

Program 1 - 2 & 3 Equipment List

DrFitnessUSA.com / 424.245.6560

Plate Load Leg Press Plate Load or Selectorized

Leg Extension

Thigh Curl

Hip Adductor



Lat Cable

Smith Machine

Cable Station

handles



Program 1 - 2 & 3 Equipment List

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Chest Press



Hammer Row or Selectorized Seated Row



Rear Delt Selectorized



Dumbbell Rack



Barbell Rack



Adjustable Bench



Bicep Curl



AB Crunch

