

UPGRADE 3 PROGRAM 2 SPECIAL INSTRUCTIONS

Seated 1-Arm Rear Delt

1. Sit facing the machine
2. Lean towards the working arm, into the machine
3. Put your body weight on the leg (same side as the working arm)
4. Adjust the seat so that your working arm falls slightly under the shoulder line
5. Lead the movement with the elbow (like if you were to kick someone behind you)
6. Don't bring the arm too far back behind the body line

D.B.1-Arm Reverse Side Raise

1. Hold onto the side of a bench with opposite arm to movement
2. Lean the upper body slightly forward at waist
3. Keep knees slightly bent (do not lock the knees)
4. Medium foot stance
5. Initiate the movement with the elbow
6. The arm is slightly bent throughout the exercise (do not bend the arm at a 90° angle when raising your arm up to shoulder level)
7. Palm of the hand is facing back
8. Dumbbell is pointing up constantly