

UPGRADE 3 PROGRAM 3 SPECIAL INSTRUCTIONS

D.B.1-Arm Bent Over Side Raise

1. Hold onto the side of a bench with opposite arm to movement
2. Bent Over at the waste
3. Bend knees
4. Medium foot stance
5. The arm is slightly bent and forward throughout the exercise
6. Initiate the movement with the elbow
7. Palm of the hand is facing back
8. Dumbbell is pointing up