

Upgrade 3 Program 1 at-a-glance

Body Design Formula© - All right reserved

DrFitnessUSA.com / 424.245.6560

1. Selectorized Leg Press



X8/8/8 / / / /
X8/8 / / / /
X8/8 / / / /

2. D.B. 2-Arm Incline Chest Press



X8 / / / / /
D.S X12 / / / X8 / / /

3. D.B. 2-Arm Shoulder Press



X8 / / / / /
D.S X8 / / / X8 / / /

4. D.B. 1-Arm Side Raise



X8 / / / / / /

5. Lat Pulldw Behind Neck



X7 / / / / /
X5 / / / / /

6. Tricep Lying Extension



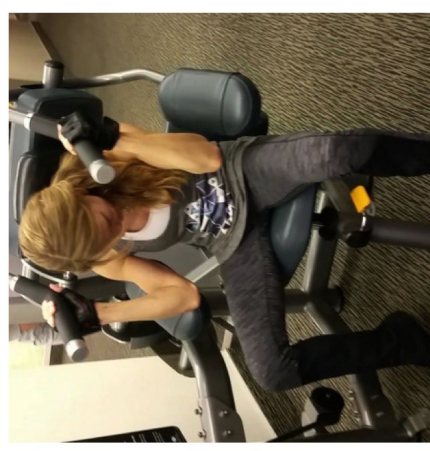
X7 / / / / /
X5 / / / / /

7. D. B. 1-Arm Concentration Curl



X8 / / / / /

8. AB Crunch



X8 / / / / / /