

# Program 3 at-a-glance

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### 1. Reverse Thigh Curl



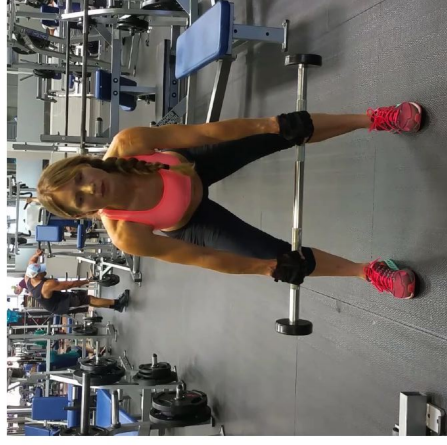
X12 / / / / /

### 2. Hip Adductor



X12/ / |x8/ / /

### 3. B.B. Partial Deadlift



X8 / / / |x12/ /

### 4. D.B. 1-Arm Side Raise Bent Over



X9 / / / /

### 5. D.B. 2-Arm Pullover



X8 / / / /

D.S X5 / / X10 / /

### 6. D.B. 1-Arm Row



X8 / / /

D.S X5/ / |x8/ / /  
X5 / /

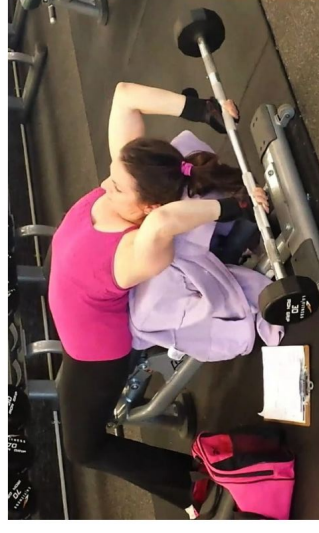
### 7. Lat Pulldwn Reverse Grip



X8 / / /

D.S X6/ / |x8/ / /

### 8. B.B. Lying Tricep Ext. 45°



X9 / / / /