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Upgrade 5

Program 3 . Name

Date

1.Lat Pulldown Behind Neck x7/ / / /x4/ / /
Bring bar down ONLY to ¼ below top of head +6/ / /
+8/ /

2.Lat Pulldown Close Grip V-Handle x8/ / /x4/ / /Drop
[Front –Keep Chest Up] x6/ / / Sets
Roller Tight to Top of Thighs x8/ / /

3.D.B.1-Arm Row x8/ / /x5/ / /
Incline bench

4. Lat Pulldown Reverse Grip x8/ / / /

5.Hip Adductor[Inner Thigh] x12/ / / /
Flex toes up / crunch abs

6.Hip Abductor[Outer Thigh] x12/ / /x8/ / /
Flex toes down / NEW

7.Tricep Lying 2-Arm Extension x9/ / / / /
(Barbell or Z-Bar)

8.D.B.1-Arm Incline Bicep Curl x12/ / / /
(Leaning toward the working arm)

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