

# Upgrade 3 Program 3 at-a-glance [DrFitnessUSA.com](http://DrFitnessUSA.com) / 424.245.6560

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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 / / / /