

Upgrade 4 Program 1 at-a-glance

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1. Selectorized Leg Press



X8 / / / /
X8 / / / /
X8 / / / /

2. Leg Extension



X12 / / / /
X8 / / / /

3. Reverse Thigh Curl



X12 / / / / /

4. D.B. 1-Arm Side Raise



X8 / / / / /

5. Lat Pulldw Behind Neck



X8 / / / / +
DS X4 / / / /
X6 / / / /

6. Tricep Lying Extension



X9 / / / / /

7. D. B. 1-Arm Concentration Curl



X12 / / / / /

8. AB Crunch



X8 / / / / /
X12 / / / / /
X25 / / / / /