

Upgrade 4 Program 3 at-a-glance

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1. Hip Adductor



X12 / / / x8 / / /

2. D.B. 1-Arm Row



X8 / / / / / / /

3. B.B. Partial Deadlift



X8 / / / / x5 / / /

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



X9 / / / /

5. Lat Pulldwn front VX Handle



X7 / / / x5 / / / /

6. Lat Pulldwn Reverse Grip



X8 / / / x4 / / /
DS X4 / / / }
X8 / / / }

7. Tricep Lying Extension



X9 / / / / /

8. D. B. 1-Arm Concentration Curl



X12 / / / / /