

# Upgrade 5 Program 1 at-a-glance

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## 1. Selectorized Leg Press



X8 / / / /  
 X8 / / / /  
 X12 / / / /

## 2. Leg Extension



X12 / / / / /

## 3. Reverse Thigh Curl



X8 / / / / /

## 4. B.B. Partial Deadlift



X8 / / / / X10 / / /

## 5. Lat Pulldw Behind Neck



X7 / / / / +  
 DS X4 / / / / }  
 X6 / / / / }  
 X8 / / / / }

## 6. Tricep Lying Extension



X7 / / / +  
 DS X7 / / / }  
 X9 / / / }

## 7. D. B. 1-Arm Concentration Curl



X12 / / / /

## 8. AB Crunch



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