

# Upgrade 5 Program 3 at-a-glance

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## 1. Lat Pulldw Behind Neck



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

## 2. Lat Pulldw front VX Handle



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

## 3. D.B. 1-Arm Row



X8 / / / /  
X5 / / / /

## 4. Lat Pulldwn Reverse Grip



X8 / / / /

## 5. Hip Adductor



X12 / / / /

## 6. Hip Abductor



X12 / / / /  
X8 / / / /

## 7. Tricep Lying Extension



X9 / / / /

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



X12 / / / /