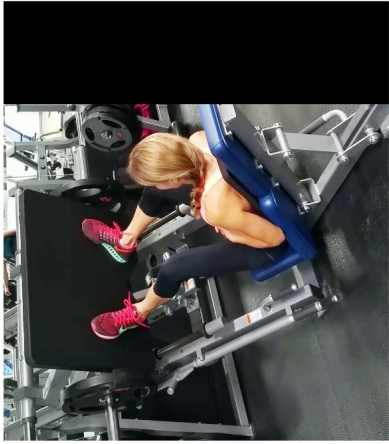


Upgrade 6 Program 1 at-a-glance

DrFitnessUSA.com / 424.245.6560

Body Design Formula© - All right reserved

1. Selectorized Leg Press



X8 / / / /
X8 / / / /
X4 / / / /

2. Hip Adductor



X8 / / / /

3. Leg Extension



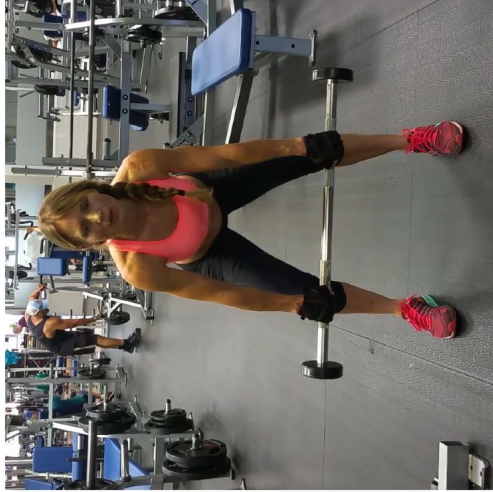
X12 / / / /

4. Reverse Thigh Curl



X8 / / / /

5. B.B. Partial Deadlift



X8 / / / X10 / /

6. Tricep Lying Extension



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

7. D. B. 1-Arm Concentration Curl



X12 / / / /

8. AB Crunch



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