

Upgrade 6 Program 2 at-a-glance

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1.DB 2-Arm Incline Chest Press



X12 / / x8 / / x12 / /

2. D.B. 2-Arm Incline Flys



X12 / / x8 / / x12 / /

3. D.B. 2-Arm Pullover



X8 -10/ / / /

4. D.B. 2-Arm Incline Shoulder Press



X12 / / x8 / / x12 / /

5. 1-Arm Side Raise



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

6. LifeFitness Rear Delt Mach



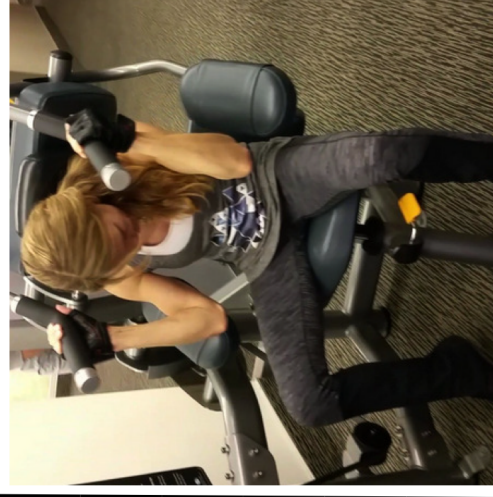
X12 / / x8 / / x12 / /

7. Tricep Cable 1-Arm Archer



X12 / / / /

8. AB Crunch



X10 / / / / / /
X18 / / / /