

Upgrade 6 Program 3 at-a-glance

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1. Lat Pulldw Behind Neck



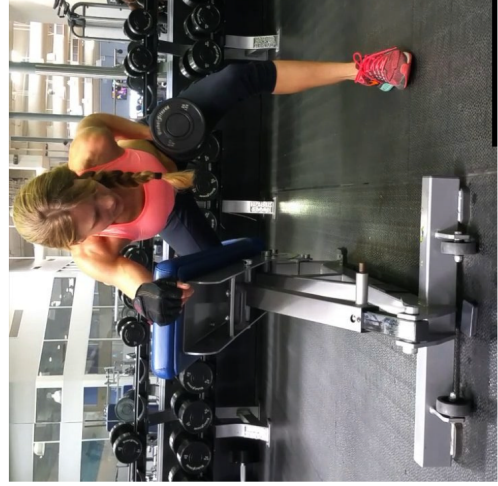
X7 / / / /
+ DS X4 / X6 / X8 /

2. Lat Pulldw front VX Handle



X8 / / / X4 / X6 / X8 /
DS

3. D.B. 1-Arm Row



X8 / / / X5 / / /

4. Lat Pulldwn Reverse Grip



X8 / / / /

5. Hip Abductor



X12 / / / X8 / / /

6. Tricep Lying Extension



X9 / / / / /

7. D. B. 1-Arm Concentration Curl



X12 / / / / /

Optional

