Upgrade 7 Program 1 at-a-glance

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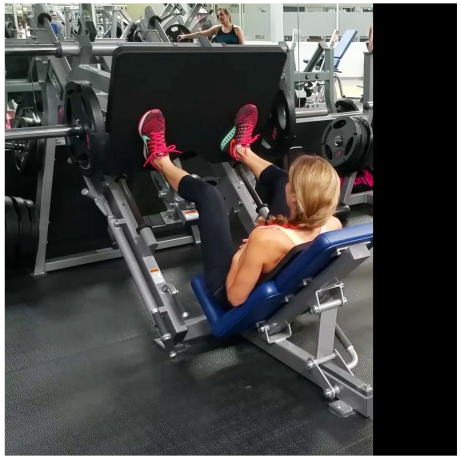
1. Leg Press Plateload



X8 / / / /
X8/ / / /
X8/ / /

2. Selectorized Leg Press

X12/ / / /
X12/ / /

3. Hip Abductor

X12 / / / / /

4. Hip Adductor

X8/8/8/ /

5. Leg Extension

X12 / / / / /

6. Reverse Thigh Curl

X20 / / / /

7. B.B. Partial Deadlift

X8 / / / / X10 / /

8. AB Crunch

X10 / / / / /
X18/ / /X 26/ /