Upgrade 7 Program 3 at-a-glance

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1. Lat Pulldw Behind Neck

X7 / / / /

+ DS X4 X6 / X8 / / /

2. Lat Pulldw front special handle

X8 / / X4 X6 / / / /

DS X8 / / /

3. D.B. 1-Arm Row

X8 / / / /

4. Lat Pulldwn Reverse Grip

X8 / / /

5. Tricep Lying Extension

X12 / / / / /

6. Tricep Cable Extension

X12 / / / / /

7. D. B. 1-Arm Concentration Curl

X12 / / / /

8. Scott Bench DB1-Arm Curl Turning

X9 / / / /