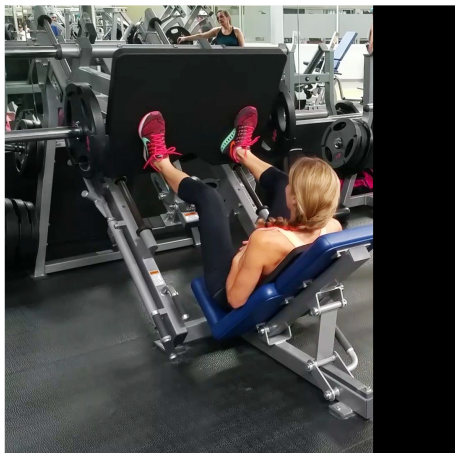


Upgrade 8 Program 1 at-a-glance

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1. Leg Press Plateload



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

2. Hip Abductor



X12 / / / /

3. Hip Adductor



X8/8/8/ /

4. Leg Extension



X12 / / / /

5. Face Down Thigh Curl



X9/ / / / /

6. Deadlift 1-leg crossed



X8/ / / /X10/ /

7. Seated Calf



X8/ / / / /

8. AB Crunch



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