

# Upgrade 8 Program 2 at-a-glance

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1.DB 2-Arm Incline Chest Press



X8 / / / X5 / / /

2.DB 2-Arm Flat Chest Press



X8 / / / X5 / /

3. D.B. 2-Arm Flat Flys



X12 / / X8 / / X12 / /

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



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

5. 1-Arm Side Raise



X8 / / /  
+ DS X6 / /  
X6 X12 / /

6. LifeFitness Rear Delt Mach



X12 / / /

7. Tricep Lying Extension



X8 / / / X12 / /

8. Tricep Cable 1-Arm Archer

X12 / / /



AB Crunch

X10 / / / / /  
X18 / / /

