Upgrade 8 Program 3 at-a-glance

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1. Selectorized Leg Press

X12/ / / / \ /

X12/ / / / | |

2. Lat Pulldw Behind Neck (A)

X6 / / / / / /

2. Lat Pulldw Behind Neck (B)

DS

X6 / / / / / /

3. Lat Pulldw front VX handle

X8 / / /X5/ / / /

4. D.B. 1-Arm Row

X8/ / /

+ DS X5 X10/ / /

5. Lat Pulldwn Reverse Grip

X8 / / /

6. B.B. Partial Deadlift

X8/ / / /X10/ /

7. Ab Crunch

X10 / / / / /

X18/ / /X 26/ /