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Upgrade 1 **Program 1 .** Name

Date

1.Leg Press Angled Down @45° [LIFE FITNESS] x8/ / / /

x8/ / /

x8/ / /

2.D.B.2-Arm Incline Press @45° x8/ / /x5/ / / /
Do not bring arms down below the shoulder line

3.D.B.2-Arm Shoulder Press Seat x8/ / /x5/ / / /
Use full range of motion

4.Lat Pulldown Behind Neck_____ x7/ / /x5/ / / /
Important: Bring bar down ONLY to ¼ below top of head

5.Tricep Lying 2-Arm Extension (Barbell or Z-Bar) x8/ / / / / /

6.D.B.1-Arm Bicep Concentration Curl x10/ / / /
Low bench, knee horizontal to groin

7. Ab. Crunch x8/ / /X12/ / / /

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