

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15635079



Day Description: Back, Biceps

TODAY'S MESSAGES				
Perform 5-10 minutes of cardio, then stretch.				
You have reached the maximum amount of weight increase since your last Strength Test. For your safety, we have disabled automatic weight progression. To reenable this feature, schedule a Strength Test with your fitness staff. Or, you can select "Yes" in the "Reenable Weight Progression" field when entering the results of your workout.				

TODAY'S RESISTANCE WORKOUT						Date Of Workout	10 / 14 / 19			Resistance Start Time	9:01 pm		AM		
Advanced, Day: 116		Approximate time of resistance workout: 28											PM		
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S REPS	SET 2			TODAY'S REPS	SET 3			TODAY'S REPS	
			WT	REPS	REST		WT	REPS	REST		WT	REPS	REST		
Warm Up Back Lats	N/A	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	100	10-15	1:00	15	112.5- 115	8-12	1:00	10					
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	110	5-10	1:00	8	110	5-10	1:00	8					
Medium Back Lats	N/A	1-Arm Row	40	5-10	1:00	10	40	5-10	1:00	10					
	N/A	Dumbbell													
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	130	14-20	1:00	20	130	14-20	1:30	20	140	10-15	1:00	15	
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	100	5-10	1:00	8	100	5-10	1:00	5					
Medium Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized (#16) Functional Trainer	40+P	5-10	1:00	10	40+P	5-10	1:00	8					
*BEST means do the most you can without exceeding 20 repetitions. Blue = increase; Red = decrease. +P means add a supplemental plate, +2P means add two supplemental plates, and so on.										Resistance End Time	9:29 pm		AM		
													PM		

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Heel Push Floor			25-30	0:00	25	#2	Bicycle Maneuver Floor			25
#3	Side Oblique Crunch with Arms Extended Floor			20-25	0:15	25	#4	Knee Raise Vertical Chair			25
#5	Seated Bar Twist Body Bar			25-30	0:00	25	#6	Crunch with Heel Push Floor			30

TODAY'S CARDIO			Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate			
Target Heart Rate	153 - 163	Duration	Calories			

MY NOTES	IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.