

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17123120



Day Description: Upper Body Back Focus

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

Advanced, Day: 210

Approximate time of resistance workout: 27

Date Of Workout

9 / 11 / 24

Resistance Start Time

1:04 am

AM

PM

| EXPECTED FEEL<br>Region<br>Target Area | SEAT<br>OTHER | EXERCISE<br>Manufacturer<br>Equipment Name                            | SET 1 |       |      | TODAY'S<br>REPS | SET 2 |      |      | TODAY'S<br>REPS | SET 3 |      |      | TODAY'S<br>REPS |
|--|---------------|---|-------|-------|------|-----------------|-------|------|------|-----------------|-------|------|------|-----------------|
|  |               |   | WT    | REPS  | REST |                 | WT    | REPS | REST |                 | WT    | REPS | REST |                 |
| Warm Up<br>Back<br>Lats                | N/A           | Close Grip Pulldown (front)<br>Activtrax Selectorized<br>Lat Pulldown | 140   | 10-15 | 1:00 | 15              | 150   | 8-12 | 1:00 | 12              |       |      |      |                 |
| Heavy<br>Back<br>Lats                  | N/A           | Wide Grip Pulldown (front)<br>Activtrax Selectorized<br>Lat Pulldown  | 180   | 5-10  | 1:00 | 10              | 180   | 5-10 | 1:00 | 10              |       |      |      |                 |
| Heavy<br>Back<br>Lats                  | N/A           | 1-Arm Row   | 35    | BEST  | 1:00 | 15              | 35    | BEST | 1:00 | 10              |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Heavy<br>Chest<br>Upper Pecs           | N/A           | Incline Fly   | 25    | BEST  | 1:00 | 15              |       |      |      |                 |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Heavy<br>Chest<br>Pecs                 | N/A           | Bench Press   | 35    | 8-12  | 1:00 | 8               |       |      |      |                 |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Medium<br>Back<br>Lower Back           | N/A           | Lying Prone Back Extension  | Body  | BEST  | 1:30 | 15              |       |      |      |                 |       |      |      |                 |
|  | N/A           | Floor   |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Heavy<br>Shoulders<br>Delts            | N/A           | Seated Lateral Raise  | 20    | 8-12  | 1:00 | 8               |       |      |      |                 |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Heavy<br>Shoulders<br>Mid Delts        | N/A           | Standing Lateral Raise  | 20    | BEST  | 1:00 | 12              |       |      |      |                 |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Heavy<br>Arms<br>Lower Biceps          | N/A           | Standing Curl   | 20    | BEST  | 1:00 | 15              |       |      |      |                 |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |
| Heavy<br>Arms<br>Triceps               | N/A           | Lying Extension   | 35    | BEST  | 1:00 | 20              |       |      |      |                 |       |      |      |                 |
|  | N/A           | Dumbbell  |       |       |      |                 |       |      |      |                 |       |      |      |                 |

\*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

1:31 am

AM

PM

| TODAY'S ABS |  |  |  |  | Exercise | Reps | Rest |  |
|-------------|--|--|--|--|----------|------|------|--|
| #1          | Crunch<br>Floor                        |  |  |  | 25-30    | 0:00 | 25   |  |
| #3          | Side Oblique Crunch<br>Floor           |  |  |  | 25-30    | 0:15 | 25   |  |
| #5          | 90 Degree Side Oblique Crunch<br>Floor |  |  |  | 25-30    | 0:00 | 25   |  |
| #2          | Reverse Crunch<br>Floor                |  |  |  | 25-30    | 0:00 | 25   |  |
| #4          | 90 Degree Reverse Crunch<br>Floor      |  |  |  | 25-30    | 0:00 | 25   |  |
| #6          | Jack Knife<br>Floor                    |  |  |  | 15-20    | 0:15 | 17   |  |

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

130 - 139

Distance

Average Heart Rate

Calories

Cardio Activity

Duration

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.