

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17067544



Day Description: Chest, Back

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	6 / 11 / 24			Resistance Start Time	9:31 pm			AM PM
Advanced, Day: 186		Approximate time of resistance workout: 31												
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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	10-15	1:00	10	50	8-12	1:00	8	60	8-12	1:00	8
Heavy Chest Pecs	N/A	Bench Press	35	3-8	1:00	6	35	3-8	1:00	3				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly	35 25	8-12	1:00	8	35 25	3-8	1:30	4	35 25	3-8	1:00	5
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Medium Back Lats/Pecs	N/A	Pullover	40 35	5-10	1:00	8	40 35	BEST	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	BEST	1:00	8	160 150	BEST	1:00	8				
Heavy Back Lats	N/A	1-Arm Row	40 30	BEST	1:30	8	40 30	3-8	1:00	6				
	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	10:02 pm			AM PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	25	#2	90 Degree Reverse Crunch Floor			25-30 0:00 25
#3	Bicycle Maneuver Floor			25-30	0:15	19	#4	Straight Leg Thrust Floor			25-30 0:00 25
#5	Bicycle Maneuver Floor			25-30	0:00	20	#6	Crunch Floor			25-30 0:15 25

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	140 - 149	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.