

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17260348



Day Description: Upper Body Chest 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: 255 | | Approximate time of resistance workout: 30 | | | | | Workout | 5 / 13 / 25 | | | Start Time | 9:34 PM | | | 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 Chest Pecs | N/A | Bench Press | 30 | 10-15 | 1:00 | 12 | 35 | 8-12 | 1:00 | 8 | | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | | |
| Heavy Chest Outer Pecs | N/A | Incline Fly | 30 | 3-8 | 1:00 | 6 | 30 | 3-8 | 1:00 | 6 | | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | | |
| Heavy Chest Upper Pecs | N/A | Push Up (on Knees) | Body | BEST | 1:30 | 10 | Body | 3-8 | 1:00 | 3 | | | | | |
| | N/A | Floor | | | | | | | | | | | | | |
| Heavy Back Lats | N/A | Close Grip Pulldown (front) | 180 | 3-8 | 1:00 | 8 | 180 | 3-8 | 1:00 | 8 | | | | | |
| | | Activtrax Selectorized Lat Pulldown | | | | | | | | | | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) | 180 | BEST | 1:00 | 12 | | | | | | | | | |
| | | Activtrax Selectorized Lat Pulldown | | | | | | | | | | | | | |
| Light Back Lower Back | N/A | Lying Prone Back Extension | Body | 14-20 | 1:00 | 15 | | | | | | | | | |
| | N/A | Floor | | | | | | | | | | | | | |
| Heavy Shoulders Delts | N/A | Seated Lateral Raise | 20 | BEST | 1:00 | 10 | | | | | | | | | |
| | N/A | Dumbbell | | | | | | | | | | | | | |
| Medium Shoulders Rear Delts | N/A | Upright Row | 25 | 8-12 | 1:00 | 8 | | | | | | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | | | | | | | | | |
| Heavy Arms Biceps | N/A | Concentration Curl with Twist | 25 | 8-12 | 1:00 | 8 | | | | | | | | | |
| | N/A | Dumbbell | | | | | | | | | | | | | |
| Heavy Arms Outer Triceps | N/A | Kick Back | 20 | 8-12 | 1:00 | 8 | | | | | | | | | |
| | 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 | 10:04 pm | AM |
|---------------------|----------|----|
| | | PM |

TODAY'S ABS

| Exercise | Reps | Rest | | Exercise | Reps | Rest | |
|---|-------|------|----|--------------------------------------|-------|------|----|
| #1 Crunch Floor | 25-30 | 0:00 | 25 | #2 Jack Knife Floor | 25-30 | 0:00 | 10 |
| #3 Side Oblique Crunch Floor | 25-30 | 0:15 | 25 | #4 90 Degree Reverse Crunch Floor | 25-30 | 0:00 | 25 |
| #5 90 Degree Side Oblique Crunch Floor | 25-30 | 0:00 | 25 | #6 Crunch Floor | 25-30 | 0:15 | 25 |

TODAY'S CARDIO

| Minimum Time Recommended | 20 Minutes | Cardio Activity | | Distance | |
|--------------------------|------------|-----------------|--|--------------------|--|
| Target Heart Rate | 139 - 148 | Duration | | Average Heart Rate | |
| | | | | 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.