

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16366433



Day Description: Upper Body, Arm 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						Date Of Workout	7 / 26 / 21			Resistance Start Time	12:08 am			AM
Advanced, Day: 137		Approximate time of resistance workout: 23												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 Arms Triceps	N/A	Lying Extension	30	10-15	1:00	12	40	8-12	1:00	8				
	N/A	Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps	N/A	Kick Back	20	3-8	1:00	8	20	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	30	5-10	1:00	10	30	BEST	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	3-8	1:00	4	35	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	25	8-12	1:00	10								
	N/A	Dumbbell												
Medium Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	10								
	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	12:31 am	AM
		PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor			25-30 0:00 12
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	16	#4	Jack Knife Floor			15-20 0:00 10
#5	Side Oblique Crunch with Heel Push Floor			25-30	0:00	25	#6	Crunch with Arms Extended Floor			25-30 0:15 21

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	152 - 162	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.