

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16369363



## Day Description: Arms

### 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: 139				Approximate time of resistance workout: 29				Workout		7 / 31 / 21		Start Time		11:34 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 Arms Biceps	N/A	Standing Curl with Twist	20	10-15	1:00	10	20	8-12	1:00	10						
	N/A	Dumbbell														
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	20	3-8	1:00	6	20	3-8	1:00	3						
	N/A	Dumbbell													SPOTTER RECOMMENDED	
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	3-8	1:00	4										
	N/A	Dumbbell														
Heavy Arms Outer Triceps	N/A	Kick Back	20	BEST	1:30	10	20	3-8	1:00	9						
	N/A	Dumbbell														
Heavy Arms Lower Biceps	N/A	Standing Curl	25	5-10	1:00	8	25	BEST	1:00	9						
	N/A	Dumbbell														
Heavy Arms Outer Triceps	N/A	Lying Extension	30	8-12	1:00	12										
	N/A	Dumbbell														SPOTTER RECOMMENDED
Heavy Shoulders Traps	N/A	Standing Shrug	40	3-8	1:00	8	40	3-8	1:30	8	40	3-8	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	12:03 am	AM
		PM

### TODAY'S ABS

Exercise		Reps	Rest		Exercise		Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	26	#2	90 Degree Reverse Crunch Floor	25-30	0:00	24
#3	Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4	90 Degree Reverse Crunch Floor	25-30	0:00	20
#5	Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6	Crunch with Heel Push Floor	25-30	0:15	25

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	152 - 162	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.