

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15731046



Day Description: Chest Back w/ Legs

| TODAY'S MESSAGES | | | | | Perform 5-10 minutes of cardio, then stretch. |
|------------------|--|--|--|--|---|
| | | | | | |

| TODAY'S RESISTANCE WORKOUT | | | | | | Date Of Workout | 11 / 13 / 19 | | | Resistance Start Time | | 9:18 pm | | AM |
|--|---------------|--|---------------------|-------|------|-----------------|---------------------|------|------|-----------------------|---------|---------|------|-----------------|
| Advanced, Day: 121 | | Approximate time of resistance workout: 25 | | | | | | | | | | | | 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 Back Lats | N/A | Lever Row Legend Plate Loaded | 55 | 10-15 | 1:00 | 15 | | | | | | | | |
| | N/A | (#18) Incline Lever Row | SPOTTER RECOMMENDED | | | | | | | | | | | |
| Heavy Chest Pecs | | Seated Chest Press Matrix Selectorized Ultra Series (#13) Converging Chest Press | 70 | 3-8 | 1:00 | 8 | 70 | 3-8 | 1:00 | 8 | | | | |
| | | | 80 | | | | | | | | | | | |
| Heavy Back Lats | | Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row | 125 | BEST | 1:00 | 12 | | | | | | | | |
| | | | | | | | | | | | | | | |
| Heavy Chest Outer Pecs | | Incline Fly | 30 | BEST | 1:00 | 13 | | | | | | | | |
| | N/A | Dumbbell Multipurpose Bench - Flat to Incline | SPOTTER RECOMMENDED | | | | | | | | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull | 120 | 5-10 | 1:00 | 10 | 130 | BEST | 1:00 | 8 | | | | |
| | | | | | | | | | | | | | | |
| Medium Chest Upper Pecs | N/A | Incline Barbell Bench Press | 65 | 5-10 | 1:00 | 8 | 65 | BEST | 1:00 | 13 | | | | |
| | N/A | Olympic Incline Press | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| Warm Up Legs Quads/Hams | N/A | Dumbbell Squat (2 Dumbbells) | 15 | 10-15 | 1:00 | 15 | | | | | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | | | | | | | | |
| Medium Legs Quads/Hams | N/A | Squat Cybex Plate Loaded | 70 | 5-10 | 1:00 | 7 | 70 | 5-10 | 1:00 | 5 | | | | |
| | N/A | (#29) Smith Press | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| *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 | 9:43 pm | | AM | |
| | | | | | | | | | | | | | PM | |

| TODAY'S ABS | | | | | Exercise | Reps | Rest | |
|-------------|---|--|--|--|----------|-------|------|----|
| #1 | Ball Crunch Stability Ball | | | | | 25-30 | 0:00 | 25 |
| #3 | Side Oblique Crunch with Heel Push Floor | | | | | 20-25 | 0:15 | 25 |
| #5 | Standing Bar Twist Body Bar | | | | | 25-30 | 0:00 | 30 |
| #2 | Bicycle Maneuver Floor | | | | | 25-30 | 0:00 | 25 |
| #4 | Jack Knife Floor | | | | | 15-20 | 0:00 | 15 |
| #6 | Crunch with Heel Push Floor | | | | | 25-30 | 0:15 | 25 |

| TODAY'S CARDIO | | | Distance | | |
|--------------------------|------------|-----------------|--------------------|--|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | | | |
| Target Heart Rate | 132 - 141 | 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. |
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