

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16488628



Day Description: Chest, Back

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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TODAY'S RESISTANCE WORKOUT

Advanced, Day: 162		Approximate time of resistance workout: 25				Workout	1 / 14 / 22			Start Time		9:24 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 Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	110	10-15	1:00	12	120	8-12	1:00	10					
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	90 80	5-10	1:00	10	90 80	5-10	1:00	7					
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	BEST	1:00	12									
Heavy Chest Outer Pecs	N/A	Incline Fly	30	BEST	1:00	10	30	BEST	1:00	9					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Back Lats	N/A	1-Arm Row	30	5-10	1:00	10	35	BEST	1:00	12					
	N/A	Dumbbell													
Medium Chest Upper Pecs	N/A	Push Up (on Knees)	Body	BEST	1:00	10									
	N/A	Floor													
Medium Back Lats/Pecs	N/A	Pullover	35	5-10	1:00	10	35	5-10	1:00	10					
	N/A	Dumbbell	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	9:49 pm	AM PM
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TODAY'S ABS

#	Exercise	Reps	Rest		#	Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	25-30	0:00	25	#2	Bicycle Maneuver Floor	25-30	0:00	20
#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 Floor	25-30	0:00	25	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	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.