

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13872681



Day Description: Chest, Arms

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 12 / 18			Resistance Start Time	8:23 pm		AM	
Advanced, Day: 29		Approximate time of resistance workout: 26											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	17.5 20	10-15	1:00	15	20	8-12	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Pec Fly Paramount Selectorized Advance Performance System	40	3-8	1:00	8	40	3-8	1:00	8				
		(#6) Pec Fly/Rear Delt												
Heavy Chest Pecs	N/A	Decline Barbell Bench Press	75 95	5-10	1:00	5	85 95	BEST	1:00	5				
		Olympic Decline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized	30+P	3-8	1:00	8	30+P	3-8	1:00	7				
		(#16) Functional Trainer												
Medium Arms Biceps	N/A	Concentration Curl with Twist	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	90-Degree Utility Seat												
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	25	8-12	1:00	12								
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED											
Medium Arms Triceps		Lying Extension	25	BEST	1:00	15								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	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	8:49 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:10	25	#2	Decline 90 Degree Reverse Crunch Decline Adjustable Ab Board	10-12	0:10	12
#3	90 Degree Reverse Crunch Floor	15-20	0:15	15	#4	Crunch with Arms Extended Floor	15-20	0:15	20
#5	Standing Bar Twist Body Bar	15-20	0:15	16					

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	143 - 153	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.