

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13816652



## Day Description: Shoulders

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 26 / 18			Resistance Start Time	9:03 pm		AM	
Advanced, Day: 23		Approximate time of resistance workout: 30											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 Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	10+P	10-15	1:00	15	10+P	8-12	1:00	12				
Heavy Shoulders Delts	N/A	Seated Shoulder Press Dumbbell Multipurpose Bench - Flat to Incline	25	3-8	1:00	8	25	3-8	1:00	8				
Heavy Shoulders Rear Delts	N/A	Upright Row (#27) Fixed Barbell	50	BEST	1:30	15	50	BEST	1:00	13				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Shoulders Front Delts	N/A	Low-Pulley Upright Row Legend Selectorized (#16) Functional Trainer	70	5-10	1:00	10	70	BEST	1:00	15				
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	85	14-20	1:30	20	100	10-15	1:00	15				
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	95	5-10	1:00	10	95	3-8	1:30	8	95	3-8	1:00	8
	N/A	Squat Rack												
*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	9:33 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	90 Degree Crunch Floor		15-20	0:10	20	#2	Reverse Crunch Floor		15-20	0:10	16
#3	Decline 90 Degree Reverse Crunch Decline Adjustable Ab Board		10-12	0:15	12	#4	90 Degree Crunch Floor		15-20	0:15	16
#5	Side Oblique Crunch with Arms Extended Floor		12-15	0:15	15						

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