

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15436614



Day Description: Upper Body, Arm Focus

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						Date Of Workout	7 / 24 / 19			Resistance Start Time	8:56 pm	AM		
Advanced, Day: 96		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 Arms Triceps	N/A	Seated Overhead Extension (1-DB)	25	10-15	1:00	15	25	8-12	1:00	12				
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps		Lying Extension	30	3-8	1:00	8	30	3-8	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	17.5	3-8	1:00	4	17.5	3-8	1:00	4				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Arms Triceps	N/A	High-Pulley Kick Back	20+P	5-10	1:00	10	20+P	BEST	1:00	10				
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	30	3-8	1:00	8	30	3-8	1:00	7				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl	90	BEST	1:00	10	100	BEST	1:00	6				
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Medium Arms Biceps		Seated Arm Curl	72.5	5-10	1:00	9	72.5	5-10	1:00	8				
	N/A	Matrix Selectorized Ultra Series (#14) Biceps Curl												

*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	9:26 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench	25-30	0:00	30	#2	Knee Raise Vertical Chair	20-25	0:00	20
#3	Side Oblique Knee Raise Vertical Chair	15-20	0:15	10	#4	Ab Wheel Ab Wheel	20-25	0:00	20
#5	Side Oblique Knee Raise Vertical Chair	15-20	0:00	10	#6	Crunch Floor	25-30	0:15	30

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	153 - 163	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.