

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15397874



Day Description: Chest, Shoulders, Triceps

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 / 10 / 19			Resistance Start Time	9:10 pm		AM	
Advanced, Day: 93		Approximate time of resistance workout: 29											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	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	20+P	10-15	1:00	15	30	8-12	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Bench Press Dumbbell Multipurpose Bench - Flat to Incline	25	8-12	1:00	12								
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise Dumbbell	17.5	5-10	1:00	8	20	3-8	1:00	6				
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized (#16) Functional Trainer	50	BEST	1:30	10	50	3-8	1:00	6				
Medium Arms Triceps	N/A	High-Pulley Kick Back Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	BEST	1:00	20								
Heavy Arms Outer Triceps	N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80	8-12	1:00	8								
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	—95—	5-10	1:00	10	—110—	3-8	1:00	8				
	N/A	Squat Rack	100											
Heavy Shoulders Traps	N/A	Seated Shrug 90-Degree Utility Seat	55	5-10	1:00	10	—65—	3-8	1:00	8				
							55							
*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	9:39 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		25-30	0:00	30	#2	Ab Wheel Ab Wheel	20-25	0:00	15
#3	90 Degree Side Oblique Crunch Floor		20-25	0:15	20	#4	Leg Raise Vertical Chair	20-25	0:00	12
#5	Side Oblique Leg Raise Vertical Chair		15-20	0:00	10	#6	Crunch Floor	25-30	0:15	27

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	143 - 152	Calories		
Cardio Activity		Duration		

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.