

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15184971



## Day Description: Back, Biceps

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	4 / 25 / 19			Resistance Start Time	8:13 pm			AM
Advanced, Day: 80		Approximate time of resistance workout: 28												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 N/A	1-Arm Row Dumbbell	40	10-15	1:00	14	40	8-12	1:00	10				
Heavy Back Lats	N/A 	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	<del>132.5</del> 135	5-10	1:00	6	132.5	5-10	1:00	5				
Medium Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	90	5-10	1:00	10	90	BEST	1:00	15				
Medium Back Lower Back	N/A 	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	<del>107.5</del> 120	14-20	1:00	20	<del>107.5</del> 120	14-20	1:30	20	<del>120</del> 140	10-15	1:00	15
Heavy Arms Lower Biceps		Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	<del>67.5</del> 90	3-8	1:00	7	<del>67.5</del> 90	3-8	1:00	7				
Medium Arms Biceps	N/A 	Herculean Cable Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	50+P	5-10	1:00	5	<del>50+P</del> 50	BEST	1:00	5				
* 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	8:41 pm			AM
														PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			20-25	0:00	25	#2	Reverse Crunch Floor			23
#3	Bicycle Maneuver Floor			20-25	0:15	20	#4	Ab Wheel Ab Wheel			12
#5	Side Oblique Crunch with Legs Vertical Floor			15-20	0:00	20	#6	Crunch with Arms Extended Floor			25

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.