

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15737175



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 122				Approximate time of resistance workout: 27				Workout	11 / 15 / 19			Start Time	9:10 pm			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 Biceps		N/A	Herculean Cable Curl Legend Selectorized (#16) Functional Trainer	30+P	10-15	1:00	15	30+P	8-12	1:00	12					
Heavy Arms Triceps		N/A	Seated Dip Hammer Strength Plate Loaded (#17) Bench / Seated Dip	155	3-8	1:00	8	155	3-8	1:00	6					
Heavy Arms Biceps		N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	3-8	1:00	8	40+P	3-8	1:00	5					
Heavy Arms Outer Triceps		N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	BEST	1:00	12	90	BEST	1:00	12					
Heavy Arms Lower Biceps		N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	100	BEST	1:30	10	100	BEST	1:00	8					
Heavy Arms Outer Triceps		N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	90	BEST	1:30	20	90	BEST	1:00	12					
*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	9:37 pm			AM PM	

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	25-30	0:00	25
#3 Side Oblique Leg Raise Vertical Chair	15-20	0:15	10	#4 Leg Raise Gravity Crunch	20-25	0:00	13
#5 Seated Bar Twist Body Bar	25-30	0:00	25	#6 Crunch Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	142 - 151	Duration		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.