

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16403673



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

Advanced, Day: 149		Approximate time of resistance workout: 23				Workout	9 / 13 / 21			Start Time		2:32 am			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	Lying Extension	20	10-15	1:00	15	20	8-12	1:00	12	25	8-12	1:00	12	
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	3-8	1:00	8	25	3-8	1:00	8					
	N/A	Dumbbell													
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	20	3-8	1:00	6	20	3-8	1:00	5					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	11	50	BEST	1:00	8					
	N/A	Fixed Barbell													
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	30	BEST	1:00	12									
	N/A	Dumbbell	SPOTTER RECOMMENDED												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	30	BEST	1:00	6									
	N/A	Dumbbell													

*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	2:55 am	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	30	#2 Jack Knife Floor	15-20	0:00	15
#3 Side Oblique Crunch with Arms Extended Floor	25-30	0:15	20	#4 Straight Leg Thrust Floor	25-30	0:00	25
#5 Side Oblique Crunch with Arms Extended Floor	25-30	0:00	25	#6 Jack Knife Floor	15-20	0:15	12

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	152 - 162	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.