

REPLACEMENT WORKOUT

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16446779



Day Description: Chest, shoulders

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
You have not completed a workout in over 3 weeks. Your weights have been reduced to make your comeback a bit more comfortable.					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 1 / 22			Resistance Start Time	11:11 pm		AM	
Advanced, Day: 156		Approximate time of resistance workout: 27											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	Bench Press	25	10-15	1:00	12	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	30	3-8	1:00	5	30	3-8	1:00	4				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	20	5-10	1:00	10	20	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs/Triceps	N/A	Pullover	35	5-10	1:00	10	35	BEST	1:00	15				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:30	10	20	BEST	1:00	10				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:30	8	25	3-8	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	11:38 pm		AM PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	22
#3	Side Oblique Crunch with Arms Extended Floor	25-30	0:15	20	#4	90 Degree Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	151 - 161	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.