

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15172843



Day Description: Back, Triceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 20 / 19			Resistance Start Time	1:49 pm			AM
Advanced, Day: 78		Approximate time of resistance workout: 26												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		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	85 100	10-15	1:00	12	95 100	8-12	1:00	8				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110	5-10	1:00	10	120	BEST	1:30	14	120	BEST	1:00	10
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	60	5-10	1:00	10	65	BEST	1:00	10				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	97.5 120	14-20	1:00	20	97.5 120	14-20	1:30	20	110 120	10-15	1:00	20
Medium Arms Triceps	N/A	V-Bar Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	90	BEST	1:00	20								
Medium Arms Outer Triceps	N/A	Lying Extension Dumbbell Multipurpose Bench - Flat to Incline	25	BEST	1:00	15								
* 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	2:15 pm			AM	
													PM	

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

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