

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17173793



## Day Description: Upper Body Arms 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: 229		Approximate time of resistance workout: 25				Workout	12 / 10 / 24			Start Time		9:48 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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	13	40	8-12	1:00	8				
Heavy Chest Pecs	N/A	Bench Press	40	3-8	1:00	7	40	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	5-10	1:00	10	180	3-8	1:00	8				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	12								
	N/A	Floor												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	Fixed Barbell												
Heavy Arms Triceps	N/A	Kick Back	20	8-12	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	10								
	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	10:13 pm	AM
		PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 90 Degree Reverse Crunch Floor	25-30	0:00	25
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch Floor	25-30	0:00	25	#6 Jack Knife Floor	25-30	0:15	20

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	149 - 159	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.