

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17091718



Day Description: Back, Biceps

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: 195		Approximate time of resistance workout: 32				Date Of Workout	7 / 19 / 24			Resistance Start Time	9:28 pm			AM PM
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1 WT REPS REST			TODAY'S REPS	SET 2 WT REPS REST			TODAY'S REPS	SET 3 WT REPS REST			TODAY'S REPS
Warm Up Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	10-15	1:00	15	140	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row Dumbbell	30	5-10	1:00	8	30	3-8	1:30	6	30	3-8	1:00	6
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	5-10	1:00	10	150	3-8	1:30	8	150	3-8	1:00	8
Heavy Arms Biceps	N/A	Concentration Curl with Twist Dumbbell	25	BEST	1:00	8	25	BEST	1:00	8				
Heavy Arms Lower Biceps	N/A	Standing Curl Fixed Barbell	50	5-10	1:00	8	50	3-8	1:00	7				
Medium Arms Biceps	N/A	Standing Curl with Twist Dumbbell	25	5-10	1:00	5	25	5-10	1:00	5				
*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	10:00 pm			AM PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Jack Knife Floor	15-20	0:00	10
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 Jack Knife Floor	15-20	0:00	10
#5 Side Oblique Crunch with Arms Extended Floor	25-30	0:00	20	#6 90 Degree Crunch Floor	25-30	0:15	20

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	140 - 149	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.