

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13788494



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 19 / 18			Resistance Start Time	3:21 pm			AM
Advanced, Day: 20		Approximate time of resistance workout: 32												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	N/A N/A	1-Arm Row Dumbbell	25	10-15	1:00	15	30	8-12	1:00	12				
Heavy Back Lats	N/A 	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110	BEST	1:00	8	120	BEST	1:30	3	120	BEST	1:00	3
Heavy Back Lats	3.0 3.0	Seated Row Cybex Selectorized VR (#7) Row/Rear Delt	87.5+P	BEST	1:30	15	87.5+P	BEST	1:00	15				
Medium Back Lower Back	7.0 N/A	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	80	14-20	1:00	20	80	14-20	1:30	20	95	10-15	1:00	15
Heavy Arms Biceps	N/A N/A	Standing Curl with Twist Dumbbell	20	3-8	1:00	8	20	3-8	1:00	8				
Heavy Arms Lower Biceps	N/A N/A	Standing Curl (#27) Fixed Barbell	50	BEST	1:30	15	50	BEST	1:00	12				
* 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	3:53 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor			20	#2	Reverse Crunch Floor		
#3	Straight Leg Lift with Thrust Floor			10	#4	Bicycle Maneuver Floor		
#5	90 Degree Side Oblique Crunch Floor			12				

TODAY'S CARDIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate
Target Heart Rate	154 - 164	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.
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