

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16365632



## Day Description: Shoulders

### 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: 136		Approximate time of resistance workout: 30				Workout	7 / 23 / 21			Start Time	1:52 am	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 Shoulders Mid Delts	N/A	Seated Lateral Raise	—12—	10-15	1:00	10	15	8-12	1:00	8				
	N/A	Dumbbell	15											
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	—30—	5-10	1:00	5	—30—	5-10	1:30	5	—30—	BEST	1:00	5
	N/A	Dumbbell	25				25				25			
Heavy Shoulders Rear Delts	N/A	Upright Row	—30— 25	BEST	1:30	8	—30— 25	BEST	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts		Seated Shoulder Press	50	3-8	1:00	6	50	3-8	1:00	5				
	N/A	Activtrax Selectorized Shoulder Press												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	14	Body	10-15	1:00	14				
	N/A	Floor												
Heavy Shoulders Traps	N/A	Standing Shrug	—50—	3-8	1:00	8	—50—	3-8	1:00	8				
	N/A	Dumbbell	45											
*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	2:22 am		AM PM	

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	24	#2 Reverse Crunch Floor	25-30	0:00	20
#3 90 Degree Side Oblique Crunch Floor	25-30	0:15	12	#4 Reverse Crunch Floor	25-30	0:00	16
#5 90 Degree Side Oblique Crunch 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	152 - 162	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.