

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17281285



## Day Description: Upper Body Chest 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						Date Of Workout	6 / 20 / 25			Resistance Start Time	9:46 pm		AM		
Advanced, Day: 263		Approximate time of resistance workout: 30											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	15	40	8-12	1:00	12					
Heavy Chest Upper Pecs	N/A	Incline Fly	30	3-8	1:00	8	30	3-8	1:00	8					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Chest Pecs	N/A	Bench Press	40	5-10	1:00	8	40	5-10	1:00	8					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	180	5-10	1:00	10					
Heavy Back Lats	N/A	1-Arm Row	35	8-12	1:00	10									
	N/A	Dumbbell													
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15									
	N/A	Floor													
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	8-12	1:00	10									
	N/A	Dumbbell													
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	50	BEST	1:00	15									
	N/A														
Heavy Arms Lower Biceps	N/A	Standing Curl	20	BEST	1:00	15									
	N/A	Dumbbell													
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	15									
	N/A	Dumbbell	SPOTTER RECOMMENDED												
*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	10:16 pm		AM		
													PM		

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor					25-30	0:00	25
#3	90 Degree Side Oblique Crunch Floor					25-30	0:15	25
#5	Bicycle Maneuver Floor					25-30	0:00	25
#2	Bicycle Maneuver Floor					25-30	0:00	25
#4	Jack Knife Floor					25-30	0:00	10
#6	Crunch with Heel Push Floor					25-30	0:15	25

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	139 - 148	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.