

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17071761



Day Description: Chest, 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: 188

Approximate time of resistance workout: 26

Date Of Workout

6 / 20 / 24

Resistance Start Time

9:27 pm

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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	10-15	1:00	15	60	8-12	1:00	12				
Heavy Chest Outer Pecs	N/A	Incline Fly	25	3-8	1:00	8	25	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs	N/A	Push Up	Body	5-10	1:00	0	Body	BEST	1:00	0				
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	3-8	1:00	6	20	3-8	1:00	6				
	N/A	Dumbbell												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	5-10	1:00	5	20	5-10	1:00	5				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	20	5-10	1:00	8	20	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				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

9:53 pm

AM

PM

TODAY'S ABS

	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Straight Leg Thrust Floor	25-30	0:00	20
#3	Side Oblique Crunch Floor	25-30	0:15	25	#4	Bicycle Maneuver Floor	25-30	0:00	20
#5	Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	22	#6	Jack Knife Floor	15-20	0:15	1

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

140 - 149

Cardio Activity

Duration

Distance

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.