

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17160690



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

Advanced, Day: 224

Approximate time of resistance workout: 31

EXPECTED FEEL
Region
Target Area

SEAT
OTHER

EXERCISE
Manufacturer
Equipment Name

SET 1
WTREPSREST

TODAY'S
REPS

SET 2
WTREPSREST

TODAY'S
REPS

SET 3
WTREPSREST

TODAY'S
REPS

Warm Up Chest Pecs	N/A	Bench Press	3010-151:00	12	358-121:00	8	
	N/A	Dumbbell	SPOTTER RECOMMENDED		SPOTTER RECOMMENDED		
Heavy Chest Outer Pecs	N/A	Fly	305-101:00	8	305-101:00	6	
	N/A	Dumbbell	SPOTTER RECOMMENDED		SPOTTER RECOMMENDED		
Heavy Chest Upper Pecs	N/A	Incline Fly	30BEST1:30	12	30BEST1:00	6	
	N/A	Dumbbell	SPOTTER RECOMMENDED		SPOTTER RECOMMENDED		
Heavy Back Lats	N/A	1-Arm Row	403-81:00	6	403-81:00	6	
	N/A	Dumbbell					
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	1708-121:00	12			
Light Back Lower Back	N/A	Lying Prone Back Extension	Body14-201:00	10			
	N/A	Floor					
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20BEST1:00	10			
	N/A	Dumbbell					
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	208-121:00	10			
	N/A	Dumbbell					
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	158-121:00	12			
	N/A	Dumbbell	SPOTTER RECOMMENDED				
Heavy Arms Lower Biceps	N/A	Standing Curl	208-121:00	12			
	N/A	Dumbbell					

*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

10:08 pm

AM
PM

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest					
#1	Crunch Floor				25-30	0:00	25	#2	Bicycle Maneuver Floor				25-30	0:00	25
#3	Side Oblique Crunch with Heel Push Floor				25-30	0:15	25	#4	Straight Leg Lift with Thrust Floor				25-30	0:00	25
#5	Bicycle Maneuver Floor				25-30	0:00	25	#6	Crunch Floor				25-30	0:15	25

TODAY'S CARDIO

Minimum Time
Recommended

20 Minutes

Target Heart Rate

130 - 138

Distance

Average Heart Rate

Calories

Cardio Activity

Duration

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.

rn