

Dayah, Michael
 Phone: (865) 919-2900 home
 Activity ID: E1097170
 Gender: Male

Member Evaluation

Coach: Sheyenne Williams
 East Tennessee-Downtown YMCA



Measurements

Date of Birth	Date of Birth * Date of Birth is necessary to prescribe target heart rates automatically.										
	Date	10/21/1982									
Baseline Measurements	Heart Rates * RHR is necessary for ActivTrax prescribed cardio. If a physician has recommended moderating your heartrate during exercise, complete the override fields. Otherwise, leave them blank.										
	Resting Heart Rate*	81	bpm	Target Heart Rate Overrides:			L		M		H
	Weight	194	lbs	BMI			D/PD				
Body Composition	% of Body Fat Record if known	% of Body Fat	25.7	%							

Strength Evaluation

Ensure all exercises are performed using proper form. Try to achieve Momentary Muscular Failure (MMF) at the suggested number of reps.

Region	Exercise Name	Equipment Name & Manufacturer	MMF Reps	Amount	New	Prev	Seat	Other
Chest	Seated Chest Press	(#5) Dual Axis Chest Press - Cybex Selectorized VR 2	1 - 15	7	Weight (lbs)	90	N/A	3.0
Back	Seated Row	(#7) Row/Rear Delt - Cybex Selectorized VR	1 - 15	8	Weight (lbs)	87.5	N/A	3.0
Legs	Horizontal Leg Press	(#1) Leg Press - Paramount Selectorized Performance Line	1 - 15	8	Weight (lbs)	208	N/A	3.0
Shoulders	Seated Shoulder Press	(#9) Overhead Press - Cybex Selectorized VR 2	1 - 15	8	Weight (lbs)	70	N/A	5
Back	Seated Back Extension	(#14) Back Extension - Cybex Selectorized VR 2	8 - 25	8	Weight (lbs)	150	N/A	7.0
Abs	Crunch	Floor	# In 1 min.	# of Reps	45	N/A	N/A	N/A

Member's Coach:	Sheyenne Williams	Evaluated By (if different):	
Date:	2018-01-08 00:00:00	* - Where different, weights may have been converted from previously used equipment or reps to failure.	

Getting Acquainted Exercises

Introduce members to the exercises below. Not all exercises are applicable to all training types.

Exercise	Equipment Number & Name	Seat	Other	Exercise	Equipment Number & Name	Seat	Other
Abductor (L,O)	(#2) Hip Abductor - Matrix	N/A		Adductor (L,O)	(#3) Hip Adductor - Matrix	N/A	
Seated Arm Curl (U,O)	(#14) Biceps Curl - Matrix		N/A	Seated Calf Raise (L,O)	(#26) Seated Calf Station - Legend	N/A	
Seated Dip (U,O)	(#15) Triceps Press - Matrix		N/A	Seated Leg Curl (L,O)	(#6) Seated Leg Curl - Matrix		
Seated Leg Extension (L,O)	(#7) Leg Extension - Matrix						

Training Types: (L) - Lower Body Only, (U) - Upper Body Only, (O) - All Other Training Types.