

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15443325



Day Description: Chest Back w/ Legs

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	7 / 26 / 19		Resistance Start Time		9:14 pm		AM	
Advanced, Day: 97			Approximate time of resistance workout: 25									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 Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110+P 110	10-15	1:00	15								
Heavy Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	40	5-10	1:00	10	40	5-10	1:00	10				
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized Low Row	100	BEST	1:00	12								
Heavy Chest Outer Pecs	N/A	Incline Fly	30	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	115	5-10	1:00	10	125	BEST	1:00	10				
Medium Chest Upper Pecs	N/A	Incline Barbell Bench Press	65	5-10	1:00	10	65	BEST	1:00	10				
	N/A	Olympic Incline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Warm Up Legs Quads/Hams	N/A	Barbell Squat	55 65	10-15	1:00	10								
	N/A	Squat Rack	SPOTTER RECOMMENDED											
Medium Legs Quads/Hams	N/A	Seated Leg Press Matrix Selectorized Ultra Series (#4) Leg Press	185	5-10	1:00	5	185	5-10	1:00	5				
* 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		9:39 pm		AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor					25-30	0:00	25
#2	90 Degree Reverse Crunch Floor					25-30	0:00	25
#3	Standing Bar Twist Body Bar					25-30	0:15	25
#4	Straight Leg Lift with Thrust Floor					20-25	0:00	15
#5	Side Oblique Crunch Floor					25-30	0:00	25
#6	Crunch with Legs In Stability Ball					25-30	0:15	25

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	132 - 142	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.