

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15121544



## Day Description: Chest Back w/ Legs

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 3 / 19			Resistance Start Time	9:20 pm			AM
Advanced, Day: 73		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	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	80+P	10-15	1:00	15								
Heavy Chest Pecs	N/A	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40	3-8	1:00	10	40	3-8	1:00	8				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	130	8-12	1:00	8								
Heavy Chest Outer Pecs		Fly	25	BEST	1:00	15								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED											
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	110	BEST	1:00	15	120	BEST	1:00	12				
Medium Chest Upper Pecs		Incline Fly	25	5-10	1:00	10	25	5-10	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Warm Up Legs Quads/Hams		Seated Leg Press Matrix Selectorized Ultra Series (#4) Leg Press	<del>125</del> 200	10-15	1:00	10								
	N/A													
Medium Legs Quads/Hams		45 Degree Leg Press Legend Plate Loaded Angled Leg Press	<del>140</del> 145	5-10	1:00	10	<del>140</del> 145	5-10	1:00	10				
	N/A													
*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	9:45 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball					20-25	0:00	25
#2	Jack Knife Floor					10-12	0:00	10
#3	Bicycle Maneuver Floor					20-25	0:15	20
#4	Leg Raise Gravity Crunch					12-15	0:00	12
#5	Side Oblique Crunch with Arms Extended Floor					15-20	0:00	15
#6	Jack Knife Floor					10-12	0:15	10

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