

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13854994



## Day Description: Chest, Shoulders

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 7 / 18			Resistance Start Time	8:56 pm		AM	
Advanced, Day: 27		Approximate time of resistance workout: 28											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	3.0	Seated Chest Press	60	10-15	1:00	15	75	8-12	1:00	12				
	3.0	Cybex Selectorized VR 2 (#5) Dual Axis Chest Press												
Heavy Chest Outer Pecs		Incline Fly	25	5-10	1:00	9	25	5-10	1:00	6				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs		Decline Dumbbell Bench Press	25	5-10	1:00	10	25	5-10	1:00	9				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts	5	Seated Shoulder Press	70	5-10	1:00	10	70	5-10	1:00	10				
	N/A	Cybex Selectorized VR 2 (#9) Overhead Press												
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise	40	3-8	1:00	8	40	3-8	1:00	8				
		Legend Selectorized (#16) Functional Trainer												
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row	70	5-10	1:00	10	70	5-10	1:00	10				
		Legend Selectorized (#16) Functional Trainer												
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	18								
	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	9:24 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:10	25	#2	Bicycle Maneuver Floor	12-15	0:10	13	
#3	Side Oblique Crunch with Arms Extended Floor	12-15	0:10	15	#4	Decline Straight Leg Thrust Decline Adjustable Ab Board	10-12	0:15	12	
#5	Crunch with Heel Push Floor	15-20	0:15	20						

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	143 - 153	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.