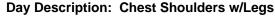
DAYAH, MICHAEL

Training Type: Upper Body Emphasis Result Desired: Mass Building Activity ID: W15493786





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT Advanced, Day: 103 Approximate time of resistance workout: 25						Date Of Workout	8 /	14/	19	Resistan Start Tin	ce ne	9:19	pm	AM PM
EXPECTED FEEL	SEAT OTHER	EXERCISE Manufacturer	SET 1		TODAY'S	SET 2		TODAY'S	SET 3			TODAY'S		
Region Target Area		Equipment Name	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS
Warm Up Chest Pecs	N/A	Decline Barbell Bench Press	-70 -	10-15	1:00	12	85	8-12	1:00	8		·		
		Olympic Decline Press	SPOTTER	RECOMM	MENDED	12	SPOTTER	RECOMN	MENDED	0				
Heavy		Incline Fly	35	3-8	1:00	8	35	3-8	1:00	7				
Chest Upper Pecs	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED		0	SPOTTER	TTER RECOMMENDED							
Heavy Chest Outer Pecs		Decline Dumbbell Fly	25	5-10	1:00	8	25	3-8	1:00	Λ				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED			0	SPOTTER RECOMMENDED		4					
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	20	BEST	1:00	10	20+P	BEST	1:00	8				
Heavy Shoulders Front Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	BEST	1:00	18								
Warm Up Legs Quadriceps	N/A	Front Squat Cybex Plate Loaded	20	10-15	1:00	10								
	N/A	(#29) Smith Press	SPOTTER RECOMMENDED		10									
Medium Legs Hamstrings	N/A	Lying Leg Curl Hammer Strength Plate Loaded	-40-	8-12	1:00	10								
	N/A	(#31) Leg Curl	50	0-12	1.00	10								
Medium Legs Quads/Hams	N/A	Barbell Squat	85	8-12	1:00	10								_
	N/A	(#28) Power Rack	SPOTTER RECOMMENDED		10									

^{*}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	9·44 nm	AM
End Time	7.44 piii	РМ

TODAY'S ABS Exercis			Reps	Rest			Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball		25-30	0:00	30	#2	Ab Wheel Ab Wheel	20-25	0:00	0
#3	Side Oblique Leg Raise Vertical Chair		15-20	0:15	15	#4	Ab Wheel Ab Wheel	20-25	0:00	0
#5	Side Oblique Knee Raise Vertical Chair		15-20	0:00	12	#6	Crunch with Legs Elevated Stability Ball	25-30	0:15	30

TODAY'S CARE	OIO		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.