

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13681324



Day Description: Chest, Shoulders, Triceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
Find us on Facebook at http://www.facebook.com/ActivTrax					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 24 / 18			Resistance Start Time	2:01 pm		AM PM	
Intermediate, Day: 9		Approximate time of resistance workout: 30												
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	N/A	Bench Press	15	10-15	1:00	15	17.5	8-12	1:00	15				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly	17.5	3-8	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Chest Upper Pecs		Incline Bench Press	17.5	8-12	1:00	12								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED											
Heavy Shoulders Delts		Seated Shoulder Press Cybex Plate Loaded (#21) Plate Loaded Shoulder Press	40	5-10	1:00	10	40	5-10	1:00	8				
	N/A													
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	15	3-8	1:00	8	15	3-8	1:00	8				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	40	8-12	1:00	12								
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	20	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	125	3-8	1:00	12	125	3-8	1:00	12				
	N/A	Squat Rack	110				110							
Heavy Shoulders Traps	N/A	Seated Shrug	50	5-10	1:00	10	50	5-10	1:00	10				
	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	2:31 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench			12-15	0:10	15		
#3	Side Oblique Crunch with Heel Push Floor			12-15	0:10	13		
#5	Ball Crunch Stability Ball			15-20	0:15	12		

#2	Straight Leg Thrust Floor			12-15	0:10	15		
#4	Crunch with Legs In Stability Ball			15-20	0:15	15		

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.