

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15076041



Day Description: Chest Shoulders w/Legs

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 20 / 19			Resistance Start Time	9:46 pm		AM	
Advanced, Day: 67		Approximate time of resistance workout: 30											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	N/A	Decline Barbell Bench Press	65 95	10-15	1:00	5	80 85	8-12	1:00	12				
		Olympic Decline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Pec Fly Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	80	3-8	1:00	8	80 90	3-8	1:00	8				
Medium Chest Pecs		Seated Chest Press Matrix Selectorized Ultra Series (#13) Converging Chest Press	60	BEST	1:00	18								
Heavy Shoulders Delts	N/A	Seated Shoulder Press	30	5-10	1:00	8	30	5-10	1:00	5				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	5-10	1:00	8	40+P	5-10	1:00	6				
Medium Shoulders Rear Delts		Seated Rear Deltoid Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	50	BEST	1:00	20								
Light Shoulders Mid Delts	N/A	Seated Lateral Raise	15	BEST	1:00	15								
	N/A	Dumbbell												
Warm Up Legs Quads/Hams		45 Degree Leg Press Legend Plate Loaded Angled Leg Press	90	10-15	1:00	15								
	N/A													
Medium Legs Quads/Hams	N/A	Barbell Squat	85	5-10	1:00	12	85	BEST	1:00	15				
	N/A	(#28) Power Rack	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
*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	10:16 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball	20-25	0:00	25	#2	Crunch with Legs In Stability Ball	20-25	0:00	20
#3	Side Oblique Crunch with Legs Elevated Flat Bench	20-25	0:15	15	#4	90 Degree Reverse Crunch Floor	20-25	0:00	15
#5	Side Oblique Crunch with Legs Elevated Stability Ball	20-25	0:00	20	#6	Crunch with Legs Elevated Stability Ball	20-25	0:15	25

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

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.