

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13954887



Day Description: Chest Back w/ Legs

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
Do you have a smartphone? Try entering your workout at http://activtrax.com/m					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 2 / 18			Resistance Start Time	9:12 pm			AM PM
Advanced, Day: 37		Approximate time of resistance workout: 36												
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 Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	25	10-15	1:00	15	25	8-12	1:00	12	35	8-12	1:00	10
		SPOTTER RECOMMENDED					SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Chest Pecs	N/A	Decline Barbell Bench Press	95	3-8	1:00	5	95	3-8	1:00	5				
		Olympic Decline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Fly	25	5-10	1:00	9	25	5-10	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized Low Row	90	BEST	1:30	20	90	3-8	1:00	8				
	N/A													
Heavy Back Lats	3.0	Seated Row Cybex Selectorized VR	87.5+P	5-10	1:00	10	100+P	3-8	1:00	8				
	3.0	(#7) Row/Rear Delt												
Medium Back Lats	N/A	Lever Row Legend Plate Loaded	50	5-10	1:00	10	50	5-10	1:00	10				
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Warm Up Legs Quadriceps	3.0	Horizontal Leg Press Paramount Selectorized Performance Line	—112—	10-15	1:00	15								
	N/A	(#1) Leg Press	160											
Medium Legs Hamstrings	N/A	Lying Leg Curl Hammer Strength Plate Loaded	40	8-12	1:00	12								
	N/A	(#31) Leg Curl												
Medium Legs Quads/Hams	N/A	Barbell Squat	—90— 85	5-10	1:00	10	—90— 85	5-10	1:00	10				
	N/A	Squat 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	9:48 pm		AM PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball				20-25	0:00	25	
#3	Ball Side Oblique Crunch Stability Ball				15-20	0:10	20	
#5	Side Oblique Crunch Floor				15-20	0:00	15	
#2	Reverse Crunch Floor				20-25	0:10	23	
#4	90 Degree Side Oblique Crunch Floor				15-20	0:10	15	
#6	Ball Crunch Stability Ball				20-25	0:10	25	

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate
Target Heart Rate	133 - 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.