

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16481477



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

Advanced, Day: 158		Approximate time of resistance workout: 40				Workout	1 / 5 / 22	Start Time	7:54 pm	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		Seated Chest Press Activtrax Selectorized Chest Press	60	10-15	1:00	10	70	8-12	1:00	8					
Heavy Chest Outer Pecs	N/A	Incline Fly	30	BEST	1:30	8	30	BEST	1:00	8					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Medium Chest Pecs	N/A	Bench Press	30	5-10	1:00	6	30	BEST	1:00	8					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	3-8	1:00	5	20	3-8	1:00	3					
	N/A	Dumbbell													
Heavy Shoulders Front Delts	N/A	Upright Row	25	3-8	1:00	5	25	3-8	1:00	5					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	5-10	1:00	8	15	BEST	1:00	8					
	N/A	Dumbbell													
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	8	15	8-12	1:00	8					
	N/A	Dumbbell													
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	30	5-10	1:00	8	30	5-10	1:00	8					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Shoulders Traps	N/A	Seated Shrug	50	3-8	1:00	5	50	3-8	1:00	5					
	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	8:34 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Reverse Crunch Floor	25-30	0:00	20
#3 Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	20	#4 Reverse Crunch Floor	25-30	0:00	20
#5 Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	20	#6 Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	151 - 161	Duration		Average Heart Rate	
				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.