

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15688236



Day Description: Back, Biceps

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.
You have reached the maximum amount of weight increase since your last Strength Test. For your safety, we have disabled automatic weight progression. To reenable this feature, schedule a Strength Test with your fitness staff. Or, you can select "Yes" in the "Reenable Weight Progression" field when entering the results of your workout.	

TODAY'S RESISTANCE WORKOUT						Date Of Workout	10 / 30 / 19			Resistance Start Time	9:12 pm			AM
Advanced, Day: 118		Approximate time of resistance workout: 33												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 Back Lats	N/A	Sit Down Row Legend Selectorized	—90—	10-15	1:00	15	100	8-12	1:00	10				
	N/A	Low Row	80											
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	130	8-12	1:00	8	140	3-8	1:30	6	140	3-8	1:00	6
Heavy Back Lats	N/A	1-Arm Row	45	3-8	1:00	6	45	3-8	1:30	5	45	3-8	1:00	5
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized	40	BEST	1:30	8	40	BEST	1:00	7				
		(#16) Functional Trainer												
Heavy Arms Biceps		Concentration Curl with Twist	30	5-10	1:00	5	30	3-8	1:00	3				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
Medium Arms Lower Biceps	N/A	Standing Curl	50	5-10	1:00	7	50	5-10	1:00	6				
	N/A	(#27) Fixed Barbell												
*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	9:45 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		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	10	#4	Leg Raise Vertical Chair	20-25	0:00	20
#5	Ball Side Oblique Crunch Stability Ball		20-25	0:00	20	#6	Crunch with Legs Elevated Flat Bench	25-30	0:15	30

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	152 - 163	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.