

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15604367



Day Description: Chest, Arms

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	9 / 25 / 19			Resistance Start Time	9:17 pm			AM PM
Advanced, Day: 113		Approximate time of resistance workout: 26												
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 Hammer Strength Plate Loaded (#17) Bench / Seated Dip	35	10-15	1:00	10	45	8-12	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	7	30	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs	N/A	Decline Dumbbell Bench Press	35 30	5-10	1:00	8	35 30	BEST	1:00	10				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Standing Curl	25	3-8	1:00	7	25	3-8	1:00	7				
	N/A	Dumbbell												
Medium Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	5-10	1:00	7	40+P	BEST	1:00	8				
Heavy Arms Outer Triceps	N/A	Lying Extension	40	BEST	1:00	12								
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Low-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	10+P	8-12	1:00	12								

*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	9:43 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	25-30	0:00	30	#2	Reverse Crunch Floor	25-30	0:00	25	
#3	Decline Side Oblique Crunch Decline Adjustable Ab Board	20-25	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	20	
#5	Ball Side Oblique Crunch Stability Ball	20-25	0:00	20	#6	Jack Knife Floor	15-20	0:15	12	

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	143 - 152	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.