

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17271314



Day Description: Upper Body Shoulder Focus

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

Advanced, Day: 259

Approximate time of resistance workout: 25

Date Of Workout

6 / 5 / 25

Resistance Start Time

9:40 pm

AM

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	Bench Press	30	10-15	1:00	12	35	8-12	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	8	30	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	25	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:00	10								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	35	BEST	1:00	15								
	N/A	Dumbbell	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

10:05 pm

AM

PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest				
#1	Crunch Floor			25-30	0:00	25	#2	Jack Knife Floor			25-30	0:00	10
#3	Bicycle Maneuver Floor			25-30	0:15	25	#4	Bicycle Maneuver Floor			25-30	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor			25-30	0:00	25	#6	Crunch with Legs Vertical Floor			25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

149 - 159

Distance

Average Heart Rate

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.