

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15013293



## Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 1 / 19			Resistance Start Time	9:08 pm			AM PM
Advanced, Day: 60		Approximate time of resistance workout: 27												
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 Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30+P	10-15	1:00	15	<del>40</del>	8-12	1:00	12				
							40+P							
Heavy Arms Triceps	N/A	V-Bar Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	90+P	5-10	1:00	10	<del>90+P</del>	5-10	1:00	10				
							100							
Heavy Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	<del>20+P</del>	3-8	1:00	8	<del>20+P</del>	3-8	1:00	8				
			40				40							
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension Dumbbell	<del>15</del>	BEST	1:30	10	15	BEST	1:00	13				
			17.5				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40	BEST	1:30	10	40	3-8	1:00	6				
Heavy Arms Outer Triceps		Lying Extension Dumbbell Multipurpose Bench - Flat to Incline	25	5-10	1:00	10	25	BEST	1:00	14				
	N/A						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	9:35 pm			AM PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball					20-25	0:00	25
#3	90 Degree Side Oblique Crunch Floor					15-20	0:10	15
#5	90 Degree Reverse Crunch Floor					20-25	0:00	20
#2	Ab Wheel Ab Wheel					12-15	0:15	12
#4	Bicycle Maneuver Floor					15-20	0:15	15
#6	Crunch with Legs Vertical Floor					15-20	0:10	20

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate				
Target Heart Rate	153 - 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.