

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13722138



Day Description: Chest Back w/ Legs

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 2 / 18			Resistance Start Time	7:52 pm			AM
Advanced, Day: 13		Approximate time of resistance workout: 36												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 Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	20	10-15	1:00	15	20	8-12	1:00	12	25	8-12	1:00	12
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	40	3-8	1:00	8	40	3-8	1:00	8				
Heavy Chest Outer Pecs		Fly	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	80+P	BEST	1:30	20	80+P	3-8	1:00	8				
Heavy Back Lats	N/A	1-Arm Row	35	5-10	1:00	10	40	3-8	1:00	8				
	N/A	Dumbbell												
Medium Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	75	5-10	1:00	10	75	BEST	1:00	9				
Warm Up Legs Quadriceps	3.0	Horizontal Leg Press Paramount Selectorized Performance Line	112	10-15	1:00	12								
	N/A	(#1) Leg Press												
Medium Legs Hamstrings		Seated Leg Curl Cybex Selectorized VR 2 (#3) Seated Leg Curl	55	8-12	1:00	12								
Medium Legs Quads/Hams		45 Degree Leg Press Magnum Plate Loaded (#32) Angled Leg Press	115	5-10	1:00	10	115	5-10	1:00	10				
	N/A													

*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	8:28 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball					12-15	0:10	15
#2	90 Degree Side Oblique Crunch Floor					12-15	0:10	12
#3	Straight Leg Thrust Floor					12-15	0:10	12
#4	Side Oblique Crunch with Arms Extended Floor					12-15	0:15	10
#5	Decline Crunch Decline Adjustable Ab Board					12-15	0:15	12

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate
Target Heart Rate	133 - 142	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.