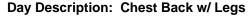
DAYAH, MICHAEL

Training Type: Upper Body Emphasis Result Desired: Mass Building Activity ID: W13836874





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of			18	Resistan	ce 🛮 🗸	4:36 pm		AM	
Advanced, Day: 25		Approximate time of resis	Workout	3 / 2 / 10			Start Tim	ne	4.00 piii		PM				
EXPECTED FEEL Region	SEAT	EXERCISE Manufacturer	SET 1		TODAY'S	SET 2		TODAY'S	SET 3		TODAY'S				
Target Area OTH		Equipment Name	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS	
Warm Up Chest Pecs	3.0	Seated Chest Press Cybex Selectorized VR 2 (#5) Dual Axis Chest Press	60	10-15	1:00	15	60	8-12	1:00	12	75	8-12	1:00	11	
Heavy Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	40	5-10	1:00	10	40	5-10	1:00	10					
Heavy	N/A	Incline Fly	25	5-10	1:00	10	25	5-10	1:00	8					
Chest Outer Pecs	N/A	Dumbbell	SPOTTER RECOMMENDED			10	SPOTTER	RECOMM	IENDED	0					
Heavy Back Lats	N/A N/A	Sit Down Row Legend Selectorized Low Row	70+P	5-10	1:00	10	80+P	BEST	1:00	16					
Heavy Back Lats	3.0	Seated Row Cybex Selectorized VR (#7) Row/Rear Delt	100	BEST	1:30	15	100	3-8	1:00	8					
Medium Back Lats	N/A N/A	1-Arm Row Dumbbell	40	5-10	1:00	10	40	5-10	1:00	10					
Warm Up	N/A	Front Squat	-25 20	10-15	1:00	12									
Legs Quadriceps	N/A	Cybex Plate Loaded (#29) Smith Press	SPOTTER RECOMMENDED		12										
Medium Legs Hamstrings		Seated Leg Curl Cybex Selectorized VR 2 (#3) Seated Leg Curl	55	8-12	1:00	12									
Medium	N/A	Barbell Squat	-75 85	5-10	1:00	10	-75 85	5-10	1:00	10					
Legs Quads/Hams	N/A	Squat Rack	SPOTTER RECOMMENDED			10	SPOTTER RECOMMENDED		10						
*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.									Resistan End Tim		5:12	pm	AM PM		

TODA	Y'S ABS	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	90 Degree Crunch Floor		15-20	0:10	20	#2	Standing Bar Twist Body Bar	15-20	0:10	15
#3	Knee Raise Vertical Chair		10-12	0:10	12	#4	90 Degree Side Oblique Crunch Floor	15-20	0:15	15

#5 90 Degree Crunch Floor				15-20	0:15	18					
TODA	Y'S CARD	OIO							Distance		
	imum Time ommended	20 Minutes	Cardio Activ	vity				Averaç	e Heart Rate		

Duration

MY NOTES

Target Heart Rate

IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.

133 - 142

Calories