

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17152658



Day Description: Upper Body Shoulder Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	11 / 1 / 24			Resistance Start Time	9:23 pm			AM
Advanced, Day: 220		Approximate time of resistance workout: 28											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 Back Lats	N/A	1-Arm Row	25	10-15	1:00	10								
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	180	5-10	1:00	10				
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Chest Outer Pecs	N/A	Fly	30	5-10	1:00	8	30	3-8	1:00	8				
	N/A	Dumbbell												SPOTTER RECOMMENDED
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	10								
	N/A	Floor												
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	60	3-8	1:00	6	60	3-8	1:00	6				
	N/A													
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	15								
	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	Seated Overhead Extension (1-DB)	35	BEST	1:00	12								
	N/A	Dumbbell												

*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	9:51 pm	AM
		PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	25	#2	Reverse Crunch Floor			25
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	25	#4	Reverse Crunch Floor			25
#5	Bicycle Maneuver Floor			25-30	0:00	25	#6	90 Degree Crunch Floor			25

TODAY'S CARDIO		Distance _____	
Minimum Time Recommended	20 Minutes	Cardio Activity _____	Average Heart Rate _____
Target Heart Rate	139 - 148	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.