

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17284895



Day Description: Upper Body Back 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						Date Of Workout	6 / 26 / 25		Resistance Start Time	9:47 pm		AM		
Advanced, Day: 265		Approximate time of resistance workout: 31										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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15	160	8-12	1:00	12				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	BEST	1:30	12	190	BEST	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	40	BEST	1:30	12	40	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
Heavy Chest Outer Pecs	N/A	Incline Fly	30	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	12				
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	8-12	1:00	15								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	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	10:18 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Heel Push Floor		25-30	0:00	25	#2	Jack Knife Floor	25-30	0:00	10
#3	Side Oblique Crunch with Heel Push Floor		25-30	0:15	25	#4	Jack Knife Floor	25-30	0:00	15
#5	90 Degree Side Oblique Crunch Floor		25-30	0:00	25	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	149 - 159	Average Heart Rate		
		Calories		
		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.