

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17288549



## Day Description: Upper Body Shoulder 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

Advanced, Day: 267		Approximate time of resistance workout: 23				Workout	7 / 8 / 25			Start Time	9:33 PM			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		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	15	40	8-12	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Back Lats	N/A	1-Arm Row	35	8-12	1:00	10								
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Shoulders Rear Delts	N/A	Upright Row	25	BEST	1:00	15								
	N/A	Dumbbell												
Medium Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	8-12	1:00	12								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	12								
	N/A	Fixed Barbell												

\*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	9:56 pm	AM
		PM

### TODAY'S ABS

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

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate	
Target Heart Rate	149 - 159	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.