

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16491524



Day Description: Chest, Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 164		Approximate time of resistance workout: 26				Workout	1 / 19 / 22	Start Time	9:38 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	N/A	Bench Press	25	10-15	1:00	12	30	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly	35	3-8	1:00	5	35	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs	N/A	Push Up	Body	5-10	1:00	5	Body	BEST	1:00	5				
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	3-8	1:00	5	20	3-8	1:00	4				
	N/A	Dumbbell												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	5-10	1:00	8	20	5-10	1:00	6				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
*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	10:04 pm		AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Bicycle Maneuver Floor	25-30	0:00	20
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 Jack Knife Floor	15-20	0:00	10
#5 Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6 Crunch with Heel Push Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	Duration		Average Heart Rate	
				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.