

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17263251



Day Description: Upper Body Chest 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	5 / 16 / 25			Resistance Start Time	10:15 pm		AM PM	
Advanced, Day: 256		Approximate time of resistance workout: 30												
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 Outer Pecs	N/A	Fly	30	5-10	1:00	7	30	5-10	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	30	BEST	1:30	10	30	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	1-Arm Row	40	5-10	1:00	6	40	5-10	1:00	7				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	8-12	1:00	12								
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	8-12	1:00	12								
	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	Standing Curl with Twist	25	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	12								
	N/A	Dumbbell	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	10:45 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					25-30	0:00	25
#2	Straight Leg Thrust Floor					25-30	0:00	25
#3	Side Oblique Crunch with Arms Extended Floor					25-30	0:15	25
#4	Straight Leg Thrust Floor					25-30	0:00	25
#5	Side Oblique Crunch with Heel Push 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		Average Heart Rate	
Target Heart Rate	130 - 138	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.