

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17293274



Day Description: Upper Body Arms 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: 269

Approximate time of resistance workout: 25

Date Of Workout

7 / 22 / 25

Resistance Start Time

9:55 pm

AM

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	30	10-15	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Incline Fly	30	3-8	1:00	6	30	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Back Lats	N/A	1-Arm Row	35	BEST	1:00	12								
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	10								
	N/A	Floor												
Medium Shoulders Delts		Seated Shoulder Press	50	5-10	1:00	10	50	BEST	1:00	12				
	N/A	Activtrax Selectorized Shoulder Press												
Heavy Arms Triceps	N/A	Lying Extension	35	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	Kick Back	20	8-12	1:00	12								
	N/A	Dumbbell												
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	20	BEST	1:00	15								
	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

10:20 pm

AM

PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor				25-30	0:00	25	
#2	Jack Knife Floor				25-30	0:00	10	
#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	Jack Knife Floor				25-30	0:15	10	

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

149 - 159

Distance

Average Heart Rate

Calories

Cardio Activity

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.