

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15219047



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Do you have a smartphone? Try entering your workout at <http://activtrax.com/m>

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 84		Approximate time of resistance workout: 26				Workout	5 / 6 / 19			Start Time	9:11 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 Arms Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	60+P	10-15	1:00	15	70+P	8-12	1:00	12				
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB) Dumbbell Multipurpose Bench - Flat to Incline	30	5-10	1:00	15	30	5-10	1:00	10				
Heavy Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized (#16) Functional Trainer	50	5-10	1:00	5	50	5-10	1:00	6				
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension Dumbbell	15	5-10	1:00	10	17.5	3-8	1:00	8				
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	BEST	1:30	10	40+P	3-8	1:00	8				
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press (#27) Fixed Barbell	70	5-10	1:00	10	70	BEST	1:00	10				
*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	9:37 pm		AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	30	#2 Straight Leg Thrust Floor	20-25	0:00	25
#3 Side Oblique Crunch Floor	20-25	0:15	25	#4 Reverse Crunch Floor	20-25	0:00	20
#5 Seated Bar Twist Body Bar	25-30	0:00	25	#6 Decline Crunch Decline Adjustable Ab Board	20-25	0:15	14

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	153 - 163	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.