

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13650483



Day Description: Back, Triceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 15 / 18			Resistance Start Time	3:44 pm		AM		
Intermediate, Day: 6		Approximate time of resistance workout: 26											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 Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	70	10-15	1:00	15	80+P	8-12	1:00	12					
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	70	5-10	1:00	10	80	3-8	1:30	8	80	3-8	1:00	8	
Heavy Back Lats	N/A	1-Arm Row	30	5-10	1:00	10	35	3-8	1:00	8					
	N/A	Dumbbell													
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	75	14-20	1:00	20	75	14-20	1:30	20	90	10-15	1:00	15	
	N/A														
Medium Arms Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	70	8-12	1:00	12									
	N/A														
Medium Arms Outer Triceps	N/A	V-Bar Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70	BEST	1:00	15									
*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	4:10 pm		AM		
													PM		

* **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	4:10 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	15-20	0:10	15	#2	Straight Leg Lift with Thrust Floor	10-12	0:10	11
#3	Seated Bar Twist Body Bar	15-20	0:10	15	#4	Straight Leg Lift with Thrust Floor	10-12	0:15	12
#5	90 Degree Crunch Floor	15-20	0:15	14					

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate			
Target Heart Rate	143 - 153	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.