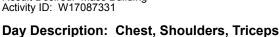
DAYAH, MICHAEL

Training Type: Upper Body Only Result Desired: Mass Building Activity ID: W17087331



TODAY'S RESISTANCE WORKOUT



AM

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Date Of 7 / 16 / 24 Resistance

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.

Advanced, D		Approximate time of res		cout: 30		Workout	/	16/	4	Start Tim	e >	/:41	hu	PM	
EXPECTED FEEL	SEAT	EXERCISE Manufacturer		SET 1		TODAY'S	SET 2		TODAY'S	SET 3			TODAY'S		
Region Target Area	OTHER	Equipment Name	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS	
Warm Up Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	15	40	8-12	1:00	12					
Heavy	N/A	Incline Fly	20	BEST	1:00	12									
Chest Upper Pecs	N/A	Dumbbell	SPOTTER	SPOTTER RECOMMENDED											
Heavy	N/A	Fly	25	BEST	1:00	12									
Chest Outer Pecs	N/A	Dumbbell	SPOTTER RECOMMENDED			12									
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	00	DEOT	1:00	8	00	реот	1.00	4					
	N/A	Dumbbell	20	BEST			20	BEST	1:00	6					
Heavy	N/A	Upright Row	25	BEST	1:30	12	25	3-8	1:00	4					
Shoulders Front Delts	N/A	Dumbbell	SPOTTER RECOMMENDED			12	SPOTTER RECOMMENDED		6						
Medium	N/A	Lying Extension	40 BEST 1		1:00	12									
Arms Triceps	N/A	Fixed Barbell	SPOTTER	RECOMM	IENDED	12									
Heavy	N/A	1-Arm Overhead Extension	15 BEST 1:00 SPOTTER RECOMMENDED		10										
Arms Outer Triceps	N/A	Dumbbell			IENDED	10									
Heavy	N/A	Seated Shrug	1=	DEGE	4.00	12	4-	БЕОТ	4.00	12					
Shoulders Traps	N/A	Dumbbell	45	BEST	1:30	12	45	BEST	1:00	12					
Heavy	N/A	Standing Shrug	-50-	50 550	4:00	12	-50-	2.0	4.00	5					
Shoulders Traps	N/A	Dumbbell	45 BEST 1:30		12	45	3-8	1:00	9						
		e most you can without exceed						decreas	e.	Resistand End Time		0:11	pm	AM PM	

Resistance	10:11	nm	AM		
End Time	10.11	Pm	PM		

TODA	Y'S ABS	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor		25-30	0:00	27	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	90 Degree Side Oblique Crur Floor	nch	25-30	0:15	20	#4	Bicycle Maneuver Floor	25-30	0:00	20
#5	90 Degree Side Oblique Crur Floor	nch	25-30	0:00	20	#6	Bicycle Maneuver Floor	25-30	0:15	20

TODAY'S CARD	OIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	150 - 159	Duration	Calories	

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IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.