

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13962983



Day Description: Upper Body, Arm 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	4 / 4 / 18			Resistance Start Time	8:49 pm		AM		
Advanced, Day: 38		Approximate time of resistance workout: 23											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 Triceps		Lying Extension	17.5	10-15	1:00	15	20	8-12	1:00	12					
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Arms Triceps	N/A	Kick Back	15	3-8	1:00	8	15	3-8	1:00	8					
	N/A	Dumbbell													
Heavy Arms Outer Triceps	N/A	Rope Pushdown	70	BEST	1:00	15									
		Legend Selectorized (#16) Functional Trainer													
Medium Arms Triceps	N/A	High-Pulley Kick Back	20+P	5-10	1:00	10	20+P	5-10	1:00	10					
		Legend Selectorized (#16) Functional Trainer													
Heavy Arms Biceps	N/A	Low-Pulley Straight Bar Curl	80	3-8	1:00	8	80	3-8	1:00	8					
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine													
Heavy Arms Lower Biceps	N/A	Seated Arm Curl	45	BEST	1:00	15									
		Cybex Selectorized VR 2 (#13) Arm Curl													
Medium Arms Biceps	N/A	1-Arm Curl with Twist	30+P	BEST	1:00	10									
		Legend Selectorized (#16) Functional Trainer													

* **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	9:12 pm	AM
		PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Heel Push Floor			20-25	0:00	25	#2	Decline Reverse Crunch Decline Adjustable Ab Board			12-15 0:15 10
#3	Bicycle Maneuver Floor			15-20	0:10	20	#4	Side Oblique Knee Raise Vertical Chair			10-12 0:00 10
#5	Leg Raise Vertical Chair			8-10	0:10	10	#6	Crunch Floor			20-25 0:10 25

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.