

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15455754



Day Description: Chest, Shoulders

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	8 / 2 / 19			Resistance Start Time	9:09 pm		AM	
Advanced, Day: 99		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 Chest Pecs	N/A	Standing Cable Chest Press	20+P	10-15	1:00	15	30	8-12	1:00	12				
		Legend Selectorized (#16) Functional Trainer	30				40							
Heavy Chest Outer Pecs		Decline Dumbbell Fly	25	5-10	1:00	9	25	5-10	1:00	9				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs	N/A	Incline Barbell Bench Press	65	5-10	1:00	10	65	BEST	1:00	13				
	N/A	Olympic Incline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts	N/A	Seated Shoulder Press	35	3-8	1:00	6	35	3-8	1:00	4				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	3-8	1:00	7	20	3-8	1:00	7				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	12	5-10	1:00	10	12	5-10	1:00	8				
	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	9:35 pm		AM		
											PM			

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Legs In Stability Ball			25-30	0:00	30	#2	Crunch with Legs In Stability Ball			25
#3	Side Oblique Crunch Floor			25-30	0:15	30	#4	Straight Leg Lift with Thrust Floor			20
#5	Side Oblique Crunch with Heel Push Floor			20-25	0:00	30	#6	Ball Crunch Stability Ball			25

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate	
Target Heart Rate	143 - 152	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.