

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16382065



Day Description: Back, Biceps

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 / 17 / 21			Resistance Start Time	1:58 am		AM		
Advanced, Day: 145		Approximate time of resistance workout: 32											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) Activtrax Selectorized Lat Pulldown	110	10-15	1:00	14	130	8-12	1:00	11					
Heavy Back Lats	N/A	1-Arm Row	30	5-10	1:00	10	35	3-8	1:30	8	35	3-8	1:00	8	
	N/A	Dumbbell													
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	BEST	1:30	15	140	3-8	1:00	8					
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	10	
	N/A	Floor													
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	5-10	1:00	5	35	5-10	1:00	5					
	N/A	Dumbbell													
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:30	10	50	BEST	1:00	8					
	N/A	Fixed Barbell													
*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	2:30 am			AM	
														PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	25	#2	Reverse Crunch Floor			25
#3	Side Oblique Crunch with Legs Vertical Floor			25-30	0:15	22	#4	90 Degree Reverse Crunch Floor			25
#5	Bicycle Maneuver Floor			25-30	0:00	20	#6	Crunch Floor			25

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	142 - 151	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.