

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15179897



## Day Description: Chest Shoulders w/Legs

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 / 22 / 19			Resistance Start Time	9:14 pm		AM PM	
Advanced, Day: 79		Approximate time of resistance workout: 30												
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	Bench Press Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	30	10-15	1:00	15	35	8-12	1:00	10				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Decline Dumbbell Fly Decline Adjustable Bench	25	5-10	1:00	3	25	5-10	1:00	0				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs	N/A	Barbell Bench Press Olympic Bench Press	75	8-12	1:00	10								
			SPOTTER RECOMMENDED											
Heavy Shoulders Delts	N/A	Seated Lateral Raise Dumbbell	17.5	5-10	1:00	10	17.5	5-10	1:00	7				
Heavy Shoulders Front Delts	N/A	Low-Pulley Upright Row Legend Selectorized (#16) Functional Trainer	80+P	3-8	1:00	8	80+P	3-8	1:00	8				
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid Dumbbell	12	BEST	1:00	13								
Light Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20	BEST	1:00	12								
Warm Up Legs Quads/Hams	N/A	Seated Leg Press Matrix Selectorized Ultra Series (#4) Leg Press	125	10-15	1:00	15								
Medium Legs Quads/Hams	N/A	Dumbbell Squat (2 Dumbbells) Dumbbell	25	5-10	1:00	10	25	5-10	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
* 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	9:44 pm		AM PM	

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+P means add a supplemental plate, +2P means add two supplemental plates, and so on.

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench		20-25	0:00	25	#2	Straight Leg Lift with Thrust Floor	15-20	0:00	15
#3	Seated Bar Twist Body Bar		20-25	0:15	25	#4	Crunch with Legs In Stability Ball	20-25	0:00	25
#5	Side Oblique Crunch with Legs Elevated Flat Bench		20-25	0:00	25	#6	Crunch with Legs Elevated Stability Ball	20-25	0:15	25

TODAY'S CARDIO					Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate	
Target Heart Rate	132 - 142	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.