

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16496332



Day Description: Back, Triceps

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 26 / 22			Resistance Start Time	8:37 pm			AM
Advanced, Day: 167		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 Back Lats	N/A N/A	1-Arm Row Dumbbell	25	10-15	1:00	12	25	8-12	1:00	8				
Heavy Back Lats	N/A 	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	5-10	1:00	10	140	5-10	1:30	8	150	BEST	1:00	12
Heavy Back Lats	N/A 	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	BEST	1:30	9	160	3-8	1:00	8				
Medium Back Lower Back	N/A N/A	Lying Prone Back Extension Floor	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	12
Medium Arms Triceps	N/A N/A	Seated Overhead Extension (1-DB) Dumbbell	35	8-12	1:00	10								
		SPOTTER RECOMMENDED												
Medium Arms Outer Triceps	N/A N/A	Close Grip Bench Press Fixed Barbell	70	BEST	1:00	10								
		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	9:03 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		25-30	0:00	30	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	90 Degree Side Oblique Crunch Floor		25-30	0:15	25	#4	90 Degree Reverse Crunch Floor	25-30	0:00	20
#5	90 Degree Side Oblique Crunch Floor		25-30	0:00	20	#6	Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	141 - 150	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.