

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15258989



Day Description: Chest, Arms

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	5 / 20 / 19			Resistance Start Time	9:18 pm		AM PM	
Advanced, Day: 89		Approximate time of resistance workout: 26												
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		Seated Chest Press Matrix Selectorized Ultra Series (#13) Converging Chest Press	—45—	10-15	1:00	13	—55—	8-12	1:00	12				
			90				80							
Heavy Chest Upper Pecs		Incline Fly Dumbbell Multipurpose Bench - Flat to Incline	30	BEST	1:00	11	30	BEST	1:00	8				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Pec Fly Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	80	3-8	1:00	8	80	3-8	1:00	8				
Heavy Arms Biceps		Concentration Curl with Twist Dumbbell Multipurpose Bench - Flat to Incline	30	5-10	1:00	10	30	5-10	1:00	7				
	N/A													
Medium Arms Triceps	N/A	1-Arm Overhead Extension Dumbbell	17.5	5-10	1:00	10	17.5	5-10	1:00	7				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized (#16) Functional Trainer	40+P	8-12	1:00	10								
Medium Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB) Dumbbell	30	8-12	1:00	12								
	N/A		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
------------------------	---------	----------

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		25-30	0:00	30	#2	Ab Wheel Ab Wheel	15-20	0:00	15
#3	Side Oblique Crunch Floor		20-25	0:15	25	#4	Bicycle Maneuver Floor	20-25	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor		15-20	0:00	20	#6	Bicycle Maneuver Floor	20-25	0:15	25

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