

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17197410



Day Description: Upper Body Arms Focus

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	1 / 24 / 25			Resistance Start Time		9:57 pm		AM
Advanced, Day: 238		Approximate time of resistance workout: 30												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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15								
Heavy Back Lats	N/A	1-Arm Row	40	5-10	1:00	6	40	5-10	1:00	6				
	N/A	Dumbbell												
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
Medium Chest Pecs	N/A	Bench Press	35	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	10				
	N/A	Floor												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	5-10	1:00	10	15	5-10	1:00	10				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	8-12	1:00	15								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	11								
	N/A	Fixed Barbell												
Heavy Arms Triceps	N/A	Kick Back	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	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	10:27 pm	AM
		PM

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

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	149 - 159	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.