

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13751134



## Day Description: Back

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 9 / 18			Resistance Start Time	8:45 pm			AM
Advanced, Day: 16		Approximate time of resistance workout: 31												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	15	30	8-12	1:00	12				
Heavy Back Lats	3.0 3.0	Seated Row Cybex Selectorized VR (#7) Row/Rear Delt	87.5+P	5-10	1:00	10	87.5+P	3-8	1:30	8	87.5+P	3-8	1:00	8
Medium Back Lats	N/A 	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100	5-10	1:00	7	100	BEST	1:00	7				
Medium Back Lower Back	7.0 N/A	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	80	14-20	1:00	20	80	14-20	1:30	20	95	10-15	1:00	15
Heavy Shoulders Traps	N/A N/A	Seated Shrug  90-Degree Utility Seat	50	5-10	1:00	10	50	5-10	1:00	10				
Heavy Shoulders Traps	N/A N/A	Standing Barbell Shrug  Squat Rack	110	3-8	1:00	8	110	3-8	1:00	8				
*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	9:16 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Crunch Floor		15-20	0:10	20	#2	Standing Bar Twist Body Bar		15-20	0:10	20
#3	Crunch with Legs In Stability Ball		15-20	0:10	20	#4	Side Oblique Crunch with Legs Vertical Floor		12-15	0:15	13
#5	90 Degree Crunch Floor		15-20	0:15	15						

TODAY'S CARDIO						Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate			
Target Heart Rate	154 - 164	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.