

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13979504



Day Description: Back

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 / 9 / 18			Resistance Start Time	8:32 pm			AM
Advanced, Day: 40		Approximate time of resistance workout: 32												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	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100	10-15	1:00	15	110	8-12	1:00	10				
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized	80	BEST	1:00	20	90	BEST	1:30	15	90	BEST	1:00	15
	N/A	Low Row												
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded	50	5-10	1:00	10	50	BEST	1:30	15	55	3-8	1:00	8
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2	85	14-20	1:30	20	100	10-15	1:00	15				
	N/A	(#14) Back Extension												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	115	BEST	1:30	20	115	BEST	1:00	15				
	N/A	(#28) Power Rack												
Heavy Shoulders Traps	N/A	Standing Shrug	50	5-10	1:00	10	55	BEST	1:00	20				
	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	9:04 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Crunch with Heel Push Floor		20-25	0:00	25	#2	Leg Raise Vertical Chair		8-10	0:10	10
#3	Side Oblique Knee Raise Vertical Chair		10-12	0:10	11	#4	Side Oblique Crunch with Legs Vertical Floor		12-15	0:10	12
#5	Side Oblique Crunch with Legs Vertical Floor		12-15	0:00	12	#6	Ball Crunch Stability Ball		20-25	0:10	25

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.