

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16481228



Day Description: Back, Biceps

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

Advanced, Day: 157		Approximate time of resistance workout: 31				Workout	1 / 2 / 22			Start Time	8:22 pm			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	110	10-15	1:00	15	120	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	30	5-10	1:00	7	30	BEST	1:30	12	35	3-8	1:00	5
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	BEST	1:00	10	150	BEST	1:00	8				
	N/A													
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15	Body	BEST	1:30	15	Body	BEST	1:00	15
	N/A	Floor												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	5-10	1:00	5	35	5-10	1:00	5				
	N/A	Dumbbell					30							
Heavy Arms Lower Biceps	N/A	Standing Curl	50	5-10	1:00	5	50	BEST	1:00	6				
	N/A	Fixed Barbell												
*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	8:53 pm			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Jack Knife Floor	15-20	0:00	12
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 Bicycle Maneuver Floor	25-30	0:00	20
#5 90 Degree Side Oblique Crunch Floor	25-30	0:00	25	#6 Jack Knife Floor	15-20	0:15	12

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	Duration		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.