

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13630858



Day Description: Back

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Intermediate, Day: 4		Approximate time of resistance workout: 31				Workout	1 / 10 / 18			Start Time	6:32 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	Sit Down Row Legend Selectorized	40+P	10-15	1:00	15	50	8-12	1:00	10				
	N/A	Low Row	50				60							
Heavy Back Lats	3.0	Seated Row Cybex Selectorized VR	87.5	5-10	1:00	10	87.5	3-8	1:30	8	87.5	3-8	1:00	7
	3.0	(#7) Row/Rear Delt												
Medium Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized	70	5-10	1:00	10	70	BEST	1:00	14				
		Lat Pull-Down	90				90							
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2	75	14-20	1:00	20	75	14-20	1:30	20	90	10-15	1:00	15
	N/A	(#14) Back Extension	80											
Heavy Shoulders Traps	N/A	Standing Shrug	50	3-8	1:00	8	50	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	50	3-8	1:00	8	50	3-8	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	7:03 pm			AM PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	15-20	0:10	15	#2 Side Oblique Crunch with Legs Elevated Stability Ball	15-20	0:10	15
#3 Bicycle Maneuver Floor	12-15	0:10	12	#4 Side Oblique Crunch with Arms Extended Floor	12-15	0:15	12
#5 Crunch with Arms Extended Floor	12-15	0:15	15				

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	154 - 164	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.