

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16503172



## 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: 171		Approximate time of resistance workout: 33				Date Of Workout	2 / 4 / 22			Resistance Start Time	8:55 pm			AM
														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) Activtrax Selectorized Lat Pulldown	130	10-15	1:00	12	140	8-12	1:00	10				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	8-12	1:00	10	150	3-8	1:30	8	150	3-8	1:00	8
Heavy Back Lats	N/A	1-Arm Row	35	8-12	1:00	10	40	3-8	1:30	5	40	3-8	1:00	6
		Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	12	25	BEST	1:00	8				
		Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:30	10	50	BEST	1:00	10				
		Fixed Barbell												
Medium Arms Biceps	N/A	Concentration Curl with Twist	30	5-10	1:00	5	30	BEST	1:00	5				
		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	9:28 pm			AM
														PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	25	#2 90 Degree Reverse Crunch Floor	25-30	0:00	25
#3 90 Degree Side Oblique Crunch Floor	25-30	0:15	25	#4 Straight Leg Lift with Thrust Floor	25-30	0:00	25
#5 90 Degree Side Oblique Crunch Floor	25-30	0:00	25	#6 Crunch with Legs Vertical Floor	25-30	0:15	25

### 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.