

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15005053



Day Description: Shoulders

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 27 / 19			Resistance Start Time	9:26 pm			AM PM
Advanced, Day: 59		Approximate time of resistance workout: 26												
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 Shoulders Delts	N/A	Seated Shoulder Press Cybex Plate Loaded (#21) Plate Loaded Shoulder Press	20	10-15	1:00	15	25	8-12	1:00	9				
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized (#16) Functional Trainer	40+P	3-8	1:00	10	40+P	3-8	1:00	8				
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise Dumbbell	17.5	5-10	1:00	7	17.5	5-10	1:00	6				
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	5-10	1:00	10	70+P	BEST	1:00	13				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	90	14-20	1:30	20	102.5 117.5	10-15	1:00	15				
Heavy Shoulders Traps	N/A	Standing Shrug Dumbbell	55	3-8	1:00	8	55	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	9:52 pm			AM PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball	20-25	0:00	25	#2	Reverse Crunch Floor	20-25	0:15	20
#3	Leg Raise Gravity Crunch	10-12	0:10	10	#4	Side Oblique Crunch with Legs Elevated Stability Ball	20-25	0:00	20
#5	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board	12-15	0:10	10	#6	Crunch with Legs Elevated Flat Bench	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	143 - 152	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.