

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17104562



Day Description: Upper Body Back Focus

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Do you have a smartphone? Try entering your workout at <http://activtrax.com/m>

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 202

Approximate time of resistance workout: 29

Date Of Workout

8 / 8 / 24

Resistance Start Time

10:07 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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	10-15	1:00	15	140	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	30	5-10	1:00	8	30	5-10	1:00	8				
	N/A	Dumbbell												
Medium Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	5-10	1:00	8	160	BEST	1:00	15				
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Chest Upper Pecs	N/A	Incline Fly	25	8-12	1:00	10								
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15	Body	BEST	1:00	15				
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	BEST	1:00	15								
	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

10:36 pm

AM

PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					25-30	0:00	25
#2	Bicycle Maneuver Floor					25-30	0:00	20
#3	90 Degree Side Oblique Crunch Floor					25-30	0:15	20
#4	Reverse Crunch Floor					25-30	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor					25-30	0:00	20
#6	Crunch Floor					25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

130 - 139

Distance

Average Heart Rate

Calories

Cardio Activity

Duration

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.