

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17093726



Day Description: Shoulders

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: 196

Approximate time of resistance workout: 26

Date Of Workout

7 / 23 / 24

Resistance Start Time

8:41 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 Shoulders Delts	N/A	Seated Shoulder Press Activtrax Selectorized Shoulder Press	20	10-15	1:00	15	30	8-12	1:00	10				
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise Dumbbell	25	3-8	1:00	5	25	3-8	1:00	4				
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise Dumbbell	20	5-10	1:00	7	20	5-10	1:00	7				
Medium Shoulders Rear Delts	N/A	Upright Row Dumbbell	20	5-10	1:00	10	20	5-10	1:00	10				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension Floor	Body	14-20	1:30	20	Body	10-15	1:00	15				
Heavy Shoulders Traps	N/A	Standing Shrug Dumbbell	45	3-8	1:00	8	45	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

9:07 pm

AM

PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Bicycle Maneuver Floor	25-30	0:00	20
#3 Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	20	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Bicycle Maneuver Floor	25-30	0:00	20	#6 Crunch with Legs Vertical Floor	25-30	0:15	20

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

150 - 159

Cardio Activity

Duration

Distance

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.