

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17142473



## Day Description: Upper Body Chest Focus

### TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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### TODAY'S RESISTANCE WORKOUT

Advanced, Day: 216		Approximate time of resistance workout: 30				Workout	10 / 15 / 24			Start Time	9:10 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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	12	35	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	60	5-10	1:00	10	60	5-10	1:00	10				
		Activtrax Selectorized Chest Press												
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	6	30	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	1-Arm Row	35	5-10	1:00	8	35	5-10	1:00	6				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	170	8-12	1:00	12								
		Activtrax Selectorized Lat Pulldown												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	14								
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	BEST	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	30	BEST	1:00	15								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	12								
	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	9:40 pm	AM PM
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### TODAY'S ABS

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

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate		Distance	
Target Heart Rate	130 - 138	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.