

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16494565



Day Description: Chest, Arms

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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TODAY'S RESISTANCE WORKOUT

Advanced, Day: 166		Approximate time of resistance workout: 26				Workout	1 / 24 / 22			Start Time	10:16 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	25	10-15	1:00	15	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	35	BEST	1:30	8	35	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	5-10	1:00	10	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	3-8	1:00	5	35	3-8	1:00	5				
	N/A	Dumbbell												
Medium Arms Triceps	N/A	Lying Extension	40	5-10	1:00	10	40	BEST	1:00	12				
	N/A	Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Standing Curl	25	8-12	1:00	8								
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

*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	10:42 pm	AM PM
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TODAY'S ABS

#	Exercise	Reps	Rest		#	Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	15
#3	Side Oblique Crunch with Arms Extended Floor	25-30	0:15	25	#4	Bicycle Maneuver Floor	25-30	0:00	20
#5	Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6	90 Degree Crunch 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.