

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17185440



Day Description: Upper Body Back Focus

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						Date Of Workout	1 / 2 / 25			Resistance Start Time	9:35 pm		AM		
Advanced, Day: 234		Approximate time of resistance workout: 29											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	150	10-15	1:00	15	160	8-12	1:00	12					
Heavy Back Lats	N/A	1-Arm Row	40	3-8	1:00	5	40	3-8	1:00	5					
	N/A	Dumbbell													
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	190	3-8	1:00	7					
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	BEST	1:00	15									
Heavy Chest Outer Pecs	N/A	Incline Fly	30	8-12	1:00	8									
	N/A	Dumbbell	SPOTTER RECOMMENDED												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	10	Body	BEST	1:00	15					
	N/A	Floor													
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	8-12	1:00	8									
	N/A	Dumbbell													
Medium Shoulders Rear Delts	N/A	Upright Row	25	8-12	1:00	8									
	N/A	Dumbbell	SPOTTER RECOMMENDED												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	12									
	N/A	Dumbbell													
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	12									
	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	10:04 pm		AM		
													PM		

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					25-30	0:00	25
#3	Side Oblique Crunch with Heel Push Floor					25-30	0:15	25
#5	Bicycle Maneuver Floor					25-30	0:00	25
#2	Straight Leg Thrust Floor					25-30	0:00	25
#4	Bicycle Maneuver Floor					25-30	0:00	25
#6	Crunch Floor					25-30	0:15	25

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