

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17156556



Day Description: Upper Body Arms 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

Advanced, Day: 222

Approximate time of resistance workout: 28

Date Of Workout

11 / 7 / 24

Resistance Start Time

9:04 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	150	10-15	1:00	15								
Heavy Back Lats	N/A	1-Arm Row Dumbbell	40	5-10	1:00	6	40	5-10	1:00	5				
Heavy Chest Upper Pecs	N/A	Incline Fly Dumbbell	30	8-12	1:00	9								
			SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension Floor	Body	10-15	1:30	15								
Heavy Shoulders Front Delts	N/A	Upright Row Dumbbell	25	BEST	1:30	15	25	3-8	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps	N/A	Kick Back Dumbbell	20	BEST	1:00	15								
Heavy Arms Biceps	N/A	Concentration Curl with Twist Dumbbell	25	3-8	1:00	8	25	3-8	1:00	5				
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB) Dumbbell	35	8-12	1:00	8								
			SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl Dumbbell	20	BEST	1:00	15								
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension Dumbbell	15	BEST	1:00	15								
			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

9:32 pm

AM

PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	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 Lift with Thrust Floor					25-30	0:00	25
#4	Straight Leg Thrust Floor					25-30	0:00	25
#6	Bicycle Maneuver Floor					25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

149 - 159

Distance

Cardio Activity

Average Heart Rate

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.