

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16520418



Day Description: Back, Triceps

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: 179		Approximate time of resistance workout: 27				Date Of Workout	2 / 28 / 22			Resistance Start Time	8:55 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	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	10-15	1:00	10	140	8-12	1:00	8				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	5-10	1:00	9	140	BEST	1:30	12	150	3-8	1:00	8
Heavy Back Lats	N/A	1-Arm Row	40	BEST	1:30	7	40	3-8	1:00	4				
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15	Body	BEST	1:30	15	Body	BEST	1:00	15
	N/A	Floor												
Medium Arms Triceps	N/A	Kick Back	20	8-12	1:00	8								
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	Close Grip Bench Press	70	8-12	1:00	10								
	N/A	Fixed Barbell												
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	9:22 pm			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Reverse Crunch Floor	25-30	0:00	25
#3 90 Degree Side Oblique Crunch Floor	25-30	0:15	25	#4 Jack Knife Floor	15-20	0:00	10
#5 Side Oblique Crunch with Arms Extended Floor	25-30	0:00	20	#6 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.