

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15037394



Day Description: Chest, Shoulders

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 8 / 19			Resistance Start Time		9:12 pm		AM PM
Advanced, Day: 63		Approximate time of resistance workout: 26												
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 Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	30	10-15	1:00	13	35	8-12	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Pec Fly Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	—55— 75	3-8	1:00	8	—55— 100	3-8	1:00	5				
Medium Chest Upper Pecs		Incline Bench Press Dumbbell Multipurpose Bench - Flat to Incline	25	5-10	1:00	10	25	BEST	1:00	10				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts	N/A	Seated Lateral Raise Dumbbell	17.5	3-8	1:00	7	17.5	3-8	1:00	6				
	N/A													
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	5-10	1:00	7	20+P	5-10	1:00	8				
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	5-10	1:00	10	70+P 80	5-10	1:00	10				
*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		9:38 pm		AM PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench	20-25	0:00	25	#2	Bicycle Maneuver Floor	15-20	0:15	17
#3	Side Oblique Crunch Floor	20-25	0:10	23	#4	Leg Raise Gravity Crunch	10-12	0:15	12
#5	Ab Wheel Ab Wheel	12-15	0:00	12	#6	Crunch Floor	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	143 - 152	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.