

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13779810



## Day Description: Chest Shoulders w/Legs

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 16 / 18			Resistance Start Time	8:07 pm		AM							
Advanced, Day: 19		Approximate time of resistance workout: 25										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	Barbell Bench Press	45	10-15	1:00	15	55	8-12	1:00	12										
	N/A	Olympic Bench Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED													
Heavy Chest Upper Pecs		Incline Bench Press	20	3-8	1:00	8	20	3-8	1:00	8										
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED													
Heavy Chest Outer Pecs	N/A	Fly	20	BEST	1:00	15	20	BEST	1:00	15										
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED													
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	20	17.5	BEST	1:00	12										
	N/A	Dumbbell																		
Heavy Shoulders Front Delts	N/A	Low-Pulley Upright Row	70	8-12	1:00	12														
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine																		
Warm Up Legs Quadriceps	N/A	Front Squat	25	10-15	1:00	15														
	N/A	Cybex Plate Loaded (#29) Smith Press	SPOTTER RECOMMENDED																	
Medium Legs Hamstrings		Seated Leg Curl	55	BEST	1:00	20														
		Cybex Selectorized VR 2 (#3) Seated Leg Curl																		
Medium Legs Quads/Hams	3.0	Horizontal Leg Press	184	BEST	1:00	20														
	N/A	Paramount Selectorized Performance Line (#1) Leg Press																		

\* **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	8:32 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball					15-20	0:10	20
#2	Side Oblique Crunch with Heel Push Floor					12-15	0:10	12
#3	Straight Leg Thrust Floor					12-15	0:10	12
#4	Standing Bar Twist Body Bar					15-20	0:15	20
#5	Decline Crunch Decline Adjustable Ab Board					12-15	0:15	15

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	133 - 142	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.