

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16509885



Day Description: Arms

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	2 / 14 / 22			Resistance Start Time	9:29 pm			AM PM
Advanced, Day: 175		Approximate time of resistance workout: 30												
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 Arms Biceps	N/A	Standing Curl with Twist	20	10-15	1:00	10	20	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	50	5-10	1:00	5	50	5-10	1:00	3				
	N/A	Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	3-8	1:00	5								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	20	BEST	1:30	8	20	BEST	1:00	2				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Standing Curl	30	BEST	1:30	7	30	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Kick Back	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Standing Shrug	45	8-12	1:00	12	50	3-8	1:30	8	50	3-8	1:00	5
	N/A	Dumbbell												

*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	9:59 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3	Bicycle Maneuver Floor	25-30	0:15	20	#4	90 Degree Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor	25-30	0:00	24	#6	Crunch Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes			
Target Heart Rate	151 - 161			
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.