

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13895769



Day Description: Back, Triceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 15 / 18			Resistance Start Time	4:58 pm			AM
Advanced, Day: 30		Approximate time of resistance workout: 27												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) Hoist Selectorized Roc-It (#5) Lat Pulldown	#7	10-15	1:00	14	#7	8-12	1:00	8				
Heavy Back Lats	N/A	Seated Row Legend Selectorized (#7) Seated Row Machine	90	BEST	1:00	20	90	BEST	1:30	13	90	BEST	1:00	10
Heavy Back Lats	N/A	Close Grip Pulldown (front) Matrix Multi-Station (#21) Lat Pulldown w/Dual Pulleys	90	BEST	1:00	12	100	BEST	1:00	8				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	20	Body	BEST	1:30	20	Body	BEST	1:00	20
	N/A	Floor												
Medium Arms Triceps	N/A	High-Pulley Kick Back Matrix Multi-Station (#18) Adjustable Cable Crossover	20	BEST	1:00	20								
Medium Arms Outer Triceps	N/A	Straight Bar Pushdown Matrix Multi-Station (#18) Adjustable Cable Crossover	70	8-12	1:00	12								
* 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	5:25 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					20-25	0:00	25
#2	Crunch with Legs In Stability Ball					15-20	0:15	15
#3	Decline Side Oblique Crunch Decline Adjustable Ab Board					12-15	0:10	12
#4	Decline Reverse Crunch Decline Adjustable Ab Board					12-15	0:15	12
#5	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board					10-12	0:00	10
#6	Decline Crunch Decline Adjustable Ab Board					15-20	0:10	15

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate				
Target Heart Rate	143 - 153	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.