

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16375770



Day Description: Chest, 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

| Advanced, Day: 142 | | Approximate time of resistance workout: 26 | | | | Workout | 8 / 10 / 21 | | | Start Time | 1:32 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 Chest Pecs | N/A | Bench Press | 25 | 10-15 | 1:00 | 13 | 30 | 8-12 | 1:00 | 11 | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| Heavy Chest Outer Pecs | N/A | Fly | 20 | 5-10 | 1:00 | 9 | 20 | 5-10 | 1:00 | 10 | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| Heavy Chest Pecs | | Seated Chest Press | 80 | 5-10 | 1:00 | 6 | 90 | BEST | 1:00 | 8 | | | | |
| | | Activtrax Selectorized Chest Press | | | | | 80 | | | | | | | |
| Heavy Arms Lower Biceps | N/A | Standing Curl | 50 | 5-10 | 1:00 | 9 | 50 | 5-10 | 1:00 | 8 | | | | |
| | N/A | Fixed Barbell | | | | | | | | | | | | |
| Medium Arms Biceps | N/A | Concentration Curl with Twist | 30 | 5-10 | 1:00 | 5 | 30 | 5-10 | 1:00 | 5 | | | | |
| | N/A | Dumbbell | | | | | | | | | | | | |
| Heavy Arms Outer Triceps | N/A | Close Grip Bench Press | 60 | 8-12 | 1:00 | 9 | | | | | | | | |
| | N/A | Fixed Barbell | SPOTTER RECOMMENDED | | | | | | | | | | | |
| Medium Arms Triceps | N/A | Kick Back | 15 | BEST | 1:00 | 15 | | | | | | | | |
| | 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 | 1:58 am | AM |
|---------------------|---------|----|
| | | PM |

TODAY'S ABS

| | | Exercise | Reps | Rest | | | | Exercise | Reps | Rest | |
|----|--|---|-------|------|----|----|--|--|-------|------|----|
| #1 | | Crunch Floor | 25-30 | 0:00 | 25 | #2 | | Bicycle Maneuver Floor | 25-30 | 0:00 | 20 |
| #3 | | Bicycle Maneuver Floor | 25-30 | 0:15 | 25 | #4 | | Straight Leg Lift with Thrust Floor | 25-30 | 0:00 | 17 |
| #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 | Distance | | |
|--------------------------|--|------------|-----------------|--|--------------------|
| Target Heart Rate | | 142 - 151 | 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.