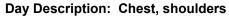
## DAYAH, MICHAEL

Training Type: Upper Body Only Result Desired: Mass Building Activity ID: W16498013





| 'C MECCACEC |  |
|-------------|--|

Perform 5-10 minutes of cardio, then stretch.

| TODAY'S  Advanced, D     |       | SISTANCE WORKO  Approximate time of resis |                     | out: 27     |         | Date Of<br>Workout | 1 /                 | ′ 29 / | 22      | Resistan<br>Start Tin | ne • | 9:58    | pm   | AM<br>PM |
|--------------------------|-------|-------------------------------------------|---------------------|-------------|---------|--------------------|---------------------|--------|---------|-----------------------|------|---------|------|----------|
| EXPECTED FEEL            | SEAT  | Manufacturer                              | SET 1               |             | TODAY'S |                    | SET 2               |        | TODAY'S | SET 3                 |      | TODAY'S |      |          |
| Region<br>Target Area    | OTHER |                                           | WT                  | REPS        | REST    | REPS               | WT                  | REPS   | REST    | REPS                  | WT   | REPS    | REST | REPS     |
| Warm Up                  | N/A   | Bench Press                               | 30                  | 10-15       | 1:00    | 12                 | 30                  | 8-12   | 1:00    | 10                    |      | •       |      |          |
| Chest<br>Pecs            | N/A   | Dumbbell                                  | SPOTTER             | RECOMM      | IENDED  | 12                 | SPOTTER             | RECOMM | IENDED  | 10                    |      |         |      |          |
| Heavy                    | N/A   | Incline Fly                               | 35                  | 3-8         | 1:00    | 7                  | 35                  | 3-8    | 1:00    | 7                     |      |         |      |          |
| Chest Upper Pecs N/A     |       | Dumbbell                                  | SPOTTER RECOMMENDED |             |         |                    | SPOTTER             | RECOMM | IENDED  | /                     |      |         |      |          |
| Heavy                    | N/A   | Fly                                       | 25                  | BEST        | 1:30    | 12                 | 25                  | BEST   | 1:00    | 12                    |      |         |      |          |
| Chest<br>Outer Pecs      | N/A   | Dumbbell                                  | SPOTTER RECOMMENDED |             |         | 12                 | SPOTTER RECOMMENDED |        | 12      |                       |      |         |      |          |
| Medium                   | N/A   | Pullover                                  | 40                  | 5-10        | 1:00    | 10                 | 40                  | BEST   | 1:00    | 12                    |      |         |      |          |
| Chest Pecs/Triceps       | N/A   | Dumbbell                                  | SPOTTER             | RECOMM      | IENDED  | 10                 | SPOTTER             | RECOMM | IENDED  | 12                    |      |         |      |          |
| Heavy                    | N/A   | Seated Lateral Raise                      | 00                  | DECT        | 4.00    | 0                  | 00                  | реот   | 4.00    | 4                     |      |         |      |          |
| Shoulders Mid Delts      | N/A   | Dumbbell                                  | 20                  | BEST        | 1:30    | 8                  | 20                  | BEST   | 1:00    | 6                     |      |         |      |          |
| Heavy                    | N/A   | Front Deltoid Raise                       | 00                  | <b>5</b> 40 | 4.00    | 10                 | 0.5                 | DEGT   | 4.00    | 0                     |      |         |      |          |
| Shoulders<br>Front Delts | N/A   | Dumbbell                                  | 20                  | 5-10        | 1:00    | 10                 | 25                  | BEST   | 1:00    | 8                     |      |         |      |          |

<sup>\*</sup>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 | 10:25 | nm | AM |  |  |
|------------|-------|----|----|--|--|
| End Time   |       | Pm | PM |  |  |

| TODA | Y'S ABS                           | Exercise | Reps  | Rest |    |    | Exercise                           | Reps  | Rest |    |
|------|-----------------------------------|----------|-------|------|----|----|------------------------------------|-------|------|----|
| #1   | Crunch with Heel Push<br>Floor    |          | 25-30 | 0:00 | 25 | #2 | Jack Knife<br>Floor                | 15-20 | 0:00 | 12 |
| #3   | Side Oblique Crunch<br>Floor      |          | 25-30 | 0:15 | 25 | #4 | Reverse Crunch<br>Floor            | 25-30 | 0:00 | 25 |
| #5   | Side Oblique Crunch with He Floor | el Push  | 25-30 | 0:00 | 25 | #6 | Crunch with Legs Vertical<br>Floor | 25-30 | 0:15 | 25 |

| TODAY'S CARD                | DIO        |                 | Distance           |  |
|-----------------------------|------------|-----------------|--------------------|--|
| Minimum Time<br>Recommended | 20 Minutes | Cardio Activity | Average Heart Rate |  |
| Target Heart Rate           | 151 - 161  | 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.