

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14075577



Day Description: Back, Biceps

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	5 / 7 / 18			Resistance Start Time	9:03 pm			AM
Advanced, Day: 44		Approximate time of resistance workout: 28												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) Cybex Selectorized VR 2 (#8) Lat Pulldown	120	10-15	1:00	15	140	8-12	1:00	6				
Heavy Back Lats	3.0	Seated Row Cybex Selectorized VR	112.5	3-8	1:00	8	112.5	3-8	1:00	8				
	3.0	(#7) Row/Rear Delt												
Medium Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100	5-10	1:00	10	100	5-10	1:00	10				
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2	-85-	14-20	1:00	20	-85-	14-20	1:30	20	-100-	10-15	1:00	15
	N/A	(#14) Back Extension	100				100				115			
Heavy Arms Lower Biceps		1-Arm Preacher Curl	25	5-10	1:00	10	25	5-10	1:00	10				
	N/A	Preacher Bench												
Medium Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	10	25	BEST	1:00	10				
	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	9:31 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch Floor	20-25	0:00	25	#2	Knee Raise Vertical Chair	12-15	0:15	15
#3	Decline Straight Leg Thrust Decline Adjustable Ab Board	15-20	0:10	4	#4	Side Oblique Crunch Floor	20-25	0:00	25
#5	Knee Raise Vertical Chair	12-15	0:10	15	#6	Crunch with Heel Push Floor	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	154 - 164	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.