

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16493136



Day Description: Back

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 165		Approximate time of resistance workout: 31				Date Of Workout	1 / 21 / 22			Resistance Start Time	7:59 pm			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 Back Lats	N/A	1-Arm Row	25	10-15	1:00	12	25	8-12	1:00	10				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	8-12	1:00	10	160	3-8	1:30	8	160	3-8	1:00	7
Medium Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	5-10	1:00	8	140	BEST	1:00	12				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	10
	N/A	Floor												
Heavy Shoulders Traps	N/A	Seated Shrug	55	3-8	1:00	8	55	3-8	1:00	8				
	N/A	Dumbbell	50				50							
Heavy Shoulders Traps	N/A	Standing Shrug	45	3-8	1:00	8	45	3-8	1:00	8				
	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	8:30 pm			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Reverse Crunch Floor	25-30	0:00	25
#3 Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	20	#4 Reverse Crunch Floor	25-30	0:00	25
#5 90 Degree Side Oblique Crunch Floor	25-30	0:00	20	#6 Crunch Floor	25-30	0:15	30

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	151 - 161	Duration	Average Heart Rate
			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.