

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15020425



Day Description: Chest Back w/ Legs

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 4 / 19			Resistance Start Time	9:07 pm			AM PM
Advanced, Day: 61		Approximate time of resistance workout: 37												
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	Decline Barbell Bench Press	65	10-15	1:00	15	65	8-12	1:00	12	80	8-12	1:00	8
		Olympic Decline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Chest Pecs	N/A	Bench Press	30	5-10	1:00	9	30	5-10	1:00	7				
		Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	3-8	1:00	6	25	3-8	1:00	6				
		Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Sit Down Row	90+P	BEST	1:30	20	90+P	BEST	1:00	12				
		Legend Selectorized Low Row												
Heavy Back Lats	N/A	Lever Row	60	BEST	1:30	10	60	3-8	1:00	7				
		Legend Plate Loaded (#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lats	N/A	Wide Grip Pulldown (front)	120+P	5-10	1:00	5	120+P	BEST	1:00	5				
		Legend Selectorized Lat Pull-Down					110+P							
Warm Up Legs Quadriceps	N/A	Dumbbell Squat (2 Dumbbells)	15 20	10-15	1:00	14								
		Dumbbell	SPOTTER RECOMMENDED											
Medium Legs Hamstrings	N/A	Lying Leg Curl	40	BEST	1:00	17								
		Hammer Strength Plate Loaded (#31) Leg Curl												
Medium Legs Quads/Hams	N/A	Squat	75 70	5-10	1:00	15	75	BEST	1:00	10				
		Cybex Plate Loaded (#29) Smith Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
* 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	9:44 pm		AM PM	

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Resistance End Time	9:44 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch	Floor	20-25	0:00	25	#2	Leg Raise	10-12
							Gravity Crunch	0:10
#3	Side Oblique Crunch with Heel Push	Floor	15-20	0:10	20	#4	Side Oblique Crunch	20-25
							Floor	0:10
#5	Side Oblique Crunch with Legs Elevated	Stability Ball	20-25	0:00	20	#6	Crunch	20-25
							Floor	0:10

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate			
Target Heart Rate	132 - 142	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.