

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17292023



Day Description: Upper Body Shoulder Focus

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	7 / 10 / 25			Resistance Start Time	9:25 pm			AM
Advanced, Day: 268		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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15								
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	3-8	1:00	8	190	3-8	1:00	8				
Heavy Chest Pecs	N/A	Bench Press	40	5-10	1:00	8	40	5-10	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	8-12	1:00	12								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15	Body	BEST	1:00	15				
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	5-10	1:00	9	20	3-8	1:00	7				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	12								
	N/A	Fixed Barbell												
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	12								
	N/A	Dumbbell	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	9:53 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	90 Degree Reverse Crunch Floor	25-30	0:00	25
#3	Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4	Bicycle Maneuver Floor	25-30	0:00	25
#5	Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6	Bicycle Maneuver Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	139 - 148	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.