

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17108767



Day Description: Upper Body Shoulder Focus

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 15 / 24	Resistance Start Time		9:26 pm	AM			
Advanced, Day: 204		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	1-Arm Row	20	10-15	1:00	12								
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	5-10	1:00	8	170	5-10	1:00	8				
Heavy Chest Pecs	N/A	Bench Press	35	3-8	1:00	8	35	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	13	Body	BEST	1:00	15				
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	5-10	1:00	7	20	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	20	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	8-12	1:00	10								
	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	9:54 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	25-30	0:00	20	#2	Reverse Crunch Floor	25-30	0:00	25
#3	90 Degree Side Oblique Crunch Floor	25-30	0:15	25	#4	Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch Floor	25-30	0:00	25	#6	90 Degree Crunch Floor	25-30	0:15	25

TODAY'S CARDIO		Distance _____		
Minimum Time Recommended	20 Minutes	Average Heart Rate _____		
Target Heart Rate	140 - 149	Calories _____		
Cardio Activity _____		Duration _____		

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.