

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15742878



## Day Description: Chest, Shoulders

### TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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### TODAY'S RESISTANCE WORKOUT

Advanced, Day: 123		Approximate time of resistance workout: 28				Workout	11 / 18 / 19			Start Time	9:06 pm			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 Chest Pecs	N/A	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	—40— None	10-15	1:00	8	40+P	8-12	1:00	10				
Heavy Chest Upper Pecs	N/A	Incline Bench Press Dumbbell Multipurpose Bench - Flat to Incline	30	3-8	1:00	8	30	3-8	1:00	5				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly Dumbbell	35	BEST	1:30	7	35	3-8	1:00	4				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	20+P	BEST	1:30	6	20+P	BEST	1:00	4				
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	50	BEST	1:30	8	50	BEST	1:00	8				
Heavy Shoulders Delts	N/A	Seated Lateral Raise 90-Degree Utility Seat	20	BEST	1:30	8	20	3-8	1:00	4				
*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	9:34 pm			AM PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Ball Crunch Stability Ball	25-30	0:00	30	#2 Crunch with Legs In Stability Ball	25-30	0:00	25
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 Crunch with Legs In Stability Ball	25-30	0:00	25
#5 Ball Side Oblique Crunch Stability Ball	20-25	0:00	20	#6 Crunch with Heel Push Floor	25-30	0:15	30

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	142 - 151	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.