

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16485277



Day Description: Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 160		Approximate time of resistance workout: 30				Date Of Workout	1 / 10 / 22			Resistance Start Time	9:00 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 Shoulders Mid Delts	N/A	Seated Lateral Raise	15	10-15	1:00	10	15	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	20	5-10	1:00	8	25	BEST	1:30	10	25	BEST	1:00	10
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:30	10	15	BEST	1:00	10				
	N/A	Dumbbell												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	35	3-8	1:00	4	35	3-8	1:00	4				
	N/A	Dumbbell												
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 Traps	N/A	Standing Shrug	45	5-10	1:00	10	45	5-10	1:00	10				
	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	9:30 pm			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	25	#2 Bicycle Maneuver Floor	25-30	0:00	20
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6 Crunch with Arms Extended Floor	25-30	0:15	25

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.