

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W14168629



## Day Description: Upper Body, Arm 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	6 / 13 / 18	Resistance Start Time	9:19 pm	AM				
Advanced, Day: 50		Approximate time of resistance workout: 23								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 Arms Triceps	N/A	Kick Back	<del>10</del>	10-15	1:00	15	12	8-12	1:00	12				
	N/A	Dumbbell	12											
Heavy Arms Triceps	N/A	Rope Pushdown Legend Selectorized (#16) Functional Trainer	80	5-10	1:00	10	80	5-10	1:00	10				
Heavy Arms Outer Triceps	N/A	High-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	20+P	8-12	1:00	12								
Medium Arms Triceps	N/A	Lying Extension	30	5-10	1:00	10	30	BEST	1:00	12				
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	5-10	1:00	7	40+P	5-10	1:00	6				
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	(#27) Fixed Barbell												
Medium Arms Biceps	N/A	Standing Curl with Twist	25	8-12	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	9:42 pm	AM
		PM

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

TODAY'S CARDIO					Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate		
Target Heart Rate	143 - 153	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.