

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17118719



Day Description: Upper Body Chest 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

Advanced, Day: 208

Approximate time of resistance workout: 30

Date Of Workout

9 / 3 / 24

Resistance Start Time

9:13 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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	12	35	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
		Activtrax Selectorized Chest Press												
Heavy Chest Outer Pecs	N/A	Incline Fly	25	5-10	1:00	9	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	1-Arm Row	35	5-10	1:00	8	35	5-10	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front)	170	BEST	1:00	15								
		Activtrax Selectorized Lat Pulldown												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Kick Back	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	12								
	N/A	Fixed Barbell												

\*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

9:43 pm

AM

PM

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest					
#1	Crunch Floor				25-30	0:00	25	#2	Reverse Crunch Floor				25-30	0:00	25
#3	Side Oblique Crunch Floor				25-30	0:15	25	#4	Jack Knife Floor				15-20	0:00	10
#5	Side Oblique Crunch Floor				25-30	0:00	25	#6	Jack Knife Floor				15-20	0:15	15

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

130 - 139

Distance

Cardio Activity

Average Heart Rate

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.