

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17087331



Day Description: Chest, Shoulders, Triceps

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: 194

Approximate time of resistance workout: 30

Date Of Workout

7 / 16 / 24

Resistance Start Time

9:41 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		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	15	40	8-12	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Fly	20	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Fly	25	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:00	8	20	BEST	1:00	6				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	25	BEST	1:30	12	25	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Arms Triceps	N/A	Lying Extension	40	BEST	1:00	12								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Traps	N/A	Seated Shrug	45	BEST	1:30	12	45	BEST	1:00	12				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Standing Shrug	—50—	BEST	1:30	12	—50—	3-8	1:00	5				
	N/A	Dumbbell	45				45							

*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

10:11 pm

AM

PM

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor		25-30	0:00	27	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	90 Degree Side Oblique Crunch Floor		25-30	0:15	20	#4	Bicycle Maneuver Floor	25-30	0:00	20
#5	90 Degree Side Oblique Crunch Floor		25-30	0:00	20	#6	Bicycle Maneuver Floor	25-30	0:15	20

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

150 - 159

Cardio Activity

Duration

Distance

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.