

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15233310



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	5 / 10 / 19		Resistance Start Time	9:04 pm		AM		
Advanced, Day: 86		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	Seated Dip Matrix Selectorized Ultra Series (#15) Triceps Press	97.5	10-15	1:00	15	110	8-12	1:00	12				
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	3-8	1:00	8	35	3-8	1:00	6				
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	65 60	8-12	1:00	12								
	N/A	Barbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Kick Back	17.5	5-10	1:00	10	17.5	BEST	1:00	10				
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized (#16) Functional Trainer	50	3-8	1:00	7	50	3-8	1:00	6				
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	72.5	8-12	1:00	12								
Medium Arms Biceps	N/A	Incline Curl with Twist	30	8-12	1:00	8								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												

*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	9:27 pm	AM PM
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TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball					20-25	0:00	25
#3	Side Oblique Knee Raise Vertical Chair					15-20	0:15	15
#5	Side Oblique Leg Raise Vertical Chair					12-15	0:00	8
#2	Reverse Crunch Floor					20-25	0:00	25
#4	Leg Raise Vertical Chair					15-20	0:00	15
#6	Ball Crunch Stability Ball					25-30	0:15	25

TODAY'S CARDIO					Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate	
Target Heart Rate	143 - 152	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.