

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15481319



## Day Description: Chest, Arms

| TODAY'S MESSAGES | Perform 5-10 minutes of cardio, then stretch. |
|------------------|---|
|                  |   |

| TODAY'S RESISTANCE WORKOUT             |               |  |                     |       |      | Date Of Workout | 8 / 7 / 19          |      |      | Resistance Start Time | 9:27 pm |      | AM<br>PM |                 |
|--|---------------|--|---------------------|-------|------|-----------------|---------------------|------|------|-----------------------|---------|------|----------|-----------------|
| Advanced, Day: 101                     |               | Approximate time of resistance workout: 26                         |                     |       |      |                 |                     |      |      |                       |         |      |          |                 |
| EXPECTED FEEL<br>Region<br>Target Area | SEAT<br>OTHER | EXERCISE<br>Manufacturer<br>Equipment Name                         | SET 1               |       |      | TODAY'S<br>REPS | SET 2               |      |      | TODAY'S<br>REPS       | SET 3   |      |          | TODAY'S<br>REPS |
|  |               |  | WT                  | REPS  | REST |                 | WT                  | REPS | REST |                       | WT      | REPS | REST     |                 |
| Warm Up<br>Chest<br>Pecs               |               | Seated Chest Press   | —45—                | 10-15 | 1:00 | 15              | —55—                | 8-12 | 1:00 | 10                    |         |      |          |                 |
|  |               | Matrix Selectorized Ultra Series<br>(#13) Converging Chest Press   | 70                  |       |      |                 | 65                  |      |      |                       |         |      |          |                 |
| Heavy<br>Chest<br>Upper Pecs           | N/A           | Incline Fly  | 30                  | BEST  | 1:00 | 12              | 35                  | BEST | 1:00 | 8                     |         |      |          |                 |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Heavy<br>Chest<br>Outer Pecs           | N/A           | Fly  | 30                  | 5-10  | 1:00 | 5               | 30                  | 5-10 | 1:00 | 5                     |         |      |          |                 |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Heavy<br>Arms<br>Biceps                | N/A           | 1-Arm Curl with Twist  | 50                  | 3-8   | 1:00 | 8               | 50                  | 3-8  | 1:00 | 6                     |         |      |          |                 |
|  |               | Legend Selectorized<br>(#16) Functional Trainer                    |                     |       |      |                 |                     |      |      |                       |         |      |          |                 |
| Medium<br>Arms<br>Triceps              | N/A           | Seated Overhead Extension (1-DB)                                   | 30                  | 5-10  | 1:00 | 15              | 30                  | 5-10 | 1:00 | 10                    |         |      |          |                 |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Heavy<br>Arms<br>Lower Biceps          | N/A           | Low-Pulley Straight Bar Curl                                       | 90                  | 8-12  | 1:00 | 10              |                     |      |      |                       |         |      |          |                 |
|  |               | Legend Selectorized<br>Cable Crossover w/Adjustable Pulley Machine |                     |       |      |                 |                     |      |      |                       |         |      |          |                 |
| Medium<br>Arms<br>Outer Triceps        | N/A           | 1-Arm Overhead Extension   | 17.5                | 8-12  | 1:00 | 10              |                     |      |      |                       |         |      |          |                 |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED |       |      |                 |                     |      |      |                       |         |      |          |                 |

\*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<br>End Time | 9:53 pm | AM<br>PM |
|------------------------|---------|----------|
|------------------------|---------|----------|

| TODAY'S ABS |  | Exercise | Reps | Rest |    | Exercise                           | Reps  | Rest |    |
|-------------|--|----------|------|------|----|------------------------------------|-------|------|----|
| #1          | Ball Crunch<br>Stability Ball              | 25-30    | 0:00 | 25   | #2 | Knee Raise<br>Vertical Chair       | 20-25 | 0:00 | 20 |
| #3          | 90 Degree Side Oblique Crunch<br>Floor     | 20-25    | 0:15 | 20   | #4 | Ab Wheel<br>Ab Wheel               | 20-25 | 0:00 | 20 |
| #5          | Ball Side Oblique Crunch<br>Stability Ball | 20-25    | 0:00 | 20   | #6 | Crunch with Legs Vertical<br>Floor | 20-25 | 0:15 | 20 |

| TODAY'S CARDIO              |            | Distance           |  |  |
|-----------------------------|------------|--------------------|--|--|
| Minimum Time<br>Recommended | 20 Minutes | Cardio Activity    |  |  |
| Target Heart Rate           | 143 - 152  | 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. |
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|          |  |