

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16530723



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: 182		Approximate time of resistance workout: 30				Workout	3 / 12 / 22	Start Time	10:41 pm	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	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly	35	BEST	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Chest Upper Pecs	N/A	Push Up	Body	8-12	1:00	8								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	35	3-8	1:00	6	35	3-8	1:00	6				
	N/A	Dumbbell												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	3-8	1:00	5	20	3-8	1:00	5				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	20	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	Lying Extension	40	BEST	1:00	15								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Shoulders Traps	N/A	Standing Shrug	50	5-10	1:00	10	50	5-10	1:00	10				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	45	5-10	1:00	10	45	5-10	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	11:11 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch with Arms Extended Floor	25-30	0:00	25	#6 Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	151 - 161	Duration		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.