

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15500326



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 16 / 19			Resistance Start Time	9:01 pm		AM	
Advanced, Day: 104		Approximate time of resistance workout: 29											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 Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110+P	10-15	1:00	15	130	8-12	1:00	8				
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	130	5-10	1:00	8	130	5-10	1:00	8				
Medium Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	120+P	5-10	1:00	10	120+P	BEST	1:00	10				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	140	BEST	1:30	20	140	BEST	1:30	20	140	BEST	1:00	20
Heavy Arms Lower Biceps	N/A	Standing Curl	30	5-10	1:00	7	30	5-10	1:00	7				
Medium Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	—50— 40+P	5-10	1:00	5	—50— 40+P	5-10	1:00	5				
* 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	9:30 pm		AM	
													PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor					25-30	0:00	30
#3	Side Oblique Crunch with Arms Extended Floor					20-25	0:15	20
#5	Side Oblique Ab Wheel Ab Wheel					12-15	0:00	12
#2	Jack Knife Floor					12-15	0:00	12
#4	Leg Raise Gravity Crunch					20-25	0:00	20
#6	Crunch with Arms Extended Floor					25-30	0:15	25

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	153 - 163	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.