

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17215889



## Day Description: Upper Body Shoulder Focus

### 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: 244		Approximate time of resistance workout: 28				Workout	2 / 25 / 25	Start Time	9:22 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 Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15								
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	5-10	1:00	10	190	5-10	1:00	10				
Heavy Chest Upper Pecs	N/A	Incline Fly	30	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	10	30	BEST	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15								
Heavy Shoulders Delts	N/A	Seated Shoulder Press Activtrax Selectorized Shoulder Press	60	5-10	1:00	8	60	5-10	1:00	8				
	N/A													
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:00	12								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	25	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	35	8-12	1:00	12								
	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 End Time	9:50 pm	AM
		PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Straight Leg Thrust Floor	25-30	0:00	25
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 Bicycle Maneuver Floor	25-30	0:00	25
#5 Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6 Crunch Floor	25-30	0:15	25

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	139 - 148	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.