

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17100318



Day Description: Upper Body Chest Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 1 / 24			Resistance Start Time	9:02 pm		AM	
Advanced, Day: 200		Approximate time of resistance workout: 28											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	13	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	25	5-10	1:00	7	25	5-10	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	60	5-10	1:00	10	60	5-10	1:00	10				
		Activtrax Selectorized Chest Press												
Heavy Back Lats	N/A	Close Grip Pulldown (front)	160	3-8	1:00	8	160	3-8	1:00	8				
		Activtrax Selectorized Lat Pulldown												
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	160	8-12	1:00	12								
		Activtrax Selectorized Lat Pulldown												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	BEST	1:00	8								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	30	BEST	1:00	15								
	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.

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	90 Degree Crunch Floor		25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3	Bicycle Maneuver Floor		25-30	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	20
#5	Bicycle Maneuver Floor		25-30	0:00	20	#6	90 Degree Crunch Floor	25-30	0:15	20

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	130 - 139	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.