

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17299628



Day Description: Upper Body Arms 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: 270

Approximate time of resistance workout: 30

Date Of Workout

7 / 24 / 25

Resistance Start Time

9:25 pm

AM

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) Activtrax Selectorized Lat Pulldown	160	10-15	1:00	15								
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	5-10	1:00	10	180	BEST	1:00	15				
Heavy Chest Outer Pecs	N/A	Fly	30	5-10	1:00	10	30	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	15				
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:30	12	20	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	8-12	1:00	15								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	15								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	8-12	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.

Resistance End Time

9:55 pm

AM

PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor				25-30	0:00	25	
#2	90 Degree Reverse Crunch Floor				25-30	0:00	25	
#3	Side Oblique Crunch with Legs Vertical Floor				25-30	0:15	25	
#4	Bicycle Maneuver Floor				25-30	0:00	25	
#5	Bicycle Maneuver 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

Target Heart Rate

149 - 159

Distance

Average Heart Rate

Calories

Cardio Activity

Duration

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.