

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13796939



Day Description: Chest, Shoulders, Triceps

TODAY'S MESSAGES				
Perform 5-10 minutes of cardio, then stretch.				
Do you have a smartphone? Try entering your workout at http://activtrax.com/m				

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 21 / 18			Resistance Start Time		4:38 pm		AM
Advanced, Day: 21		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 Chest Pecs	N/A	Bench Press Hammer Strength Plate Loaded (#17) Bench / Seated Dip	30	10-15	1:00	15	35	8-12	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	20	BEST	1:00	16								
		Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Decline Dumbbell Fly	20	8-12	1:00	8								
		Decline Adjustable Bench	SPOTTER RECOMMENDED											
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	17.5	5-10	1:00	10	17.5	3-8	1:00	6				
		Dumbbell	15				20							
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30+P	5-10	1:00	7	40	3-8	1:00	3				
			30											
Medium Arms Triceps	N/A	High-Pulley Kick Back Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20	BEST	1:00	15								
Heavy Arms Outer Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	70	8-12	1:00	8								
			60+P											
Heavy Shoulders Traps	N/A	Seated Shrug	45	5-10	1:00	10	50	BEST	1:00	10				
		Dumbbell												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	105	5-10	1:00	10	120	3-8	1:00	8				
		Squat Rack	100				100							
* 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		5:07 pm		AM
														PM

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+P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Resistance End Time	5:07 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor					15-20	0:10	20
#3	Side Oblique Crunch with Legs Elevated Flat Bench					15-20	0:10	15
#5	90 Degree Crunch Floor					15-20	0:15	15
#2	Decline Straight Leg Thrust Decline Adjustable Ab Board					10-12	0:10	12
#4	Decline Straight Leg Thrust Decline Adjustable Ab Board					10-12	0:15	12

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate
Target Heart Rate	143 - 153	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.