

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15246357



Day Description: Back

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	5 / 17 / 19			Resistance Start Time	9:11 pm		AM	
Advanced, Day: 88		Approximate time of resistance workout: 31											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) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	100	10-15	1:00	15	112.5- 115	8-12	1:00	10				
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized Low Row	100+P	5-10	1:00	8	100+P	3-8	1:30	6	100+P	3-8	1:00	8
Medium Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110+P	5-10	1:00	10	110+P	BEST	1:00	12				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	120	14-20	1:00	20	120	14-20	1:30	20	132.5	10-15	1:00	15
Heavy Shoulders Traps	N/A	Seated Shrug Dumbbell	65	5-10	1:00	6	65	5-10	1:00	5				
Heavy Shoulders Traps	N/A	Standing Barbell Shrug (#28) Power Rack	115- 110	3-8	1:00	8	115- 110	3-8	1:00	8				
*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	9:42 pm		AM	
													PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Legs In Stability Ball			20-25	0:00	25	#2	Leg Raise Vertical Chair			15
#3	Standing Bar Twist Body Bar			25-30	0:15	25	#4	Reverse Crunch Floor			20
#5	Ball Side Oblique Crunch Stability Ball			15-20	0:00	15	#6	Crunch with Arms Extended Floor			20

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.