

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13989196



Day Description: Chest, Arms

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						Date Of Workout	4 / 27 / 18			Resistance Start Time	8:47 pm			AM PM
Advanced, Day: 41		Approximate time of resistance workout: 26												
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	40	8-12	1:00	9				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly Dumbbell Multipurpose Bench - Flat to Incline	25	3-8	1:00	8	25	3-8	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs	N/A	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40	BEST	1:30	7	40	3-8	1:00	5				
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40	3-8	1:00	8	40	3-8	1:00	7				
Medium Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30+P 40	5-10	1:00	7	30+P 40	5-10	1:00	5				
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB) 90-Degree Utility Seat	25	BEST	1:00	20								
			SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	70+P 70	8-12	1:00	12								

*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	9:13 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest	
#1	Crunch with Legs In Stability Ball		15-20	0:00	20	#2	Bicycle Maneuver Floor	15-20	0:15	17
#3	Bicycle Maneuver Floor		15-20	0:10	15	#4	Side Oblique Crunch with Heel Push Floor	12-15	0:00	15
#5	Reverse Crunch Floor		20-25	0:10	20	#6	Crunch with Legs In Stability Ball	15-20	0:10	20

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.