

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15151592



Day Description: Back

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

Advanced, Day: 76						Date Of Workout	4 / 12 / 19			Resistance Start Time	9:00 pm			AM
Approximate time of resistance workout: 35														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) Legend Selectorized Lat Pull-Down	110	10-15	1:00	13	120+P	8-12	1:00	9				
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	87.5	BEST	1:00	17	87.5	5-10	1:30	10	95	3-8	1:00	8
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized Low Row	90	BEST	1:00	13	100	BEST	1:30	9	100	BEST	1:00	8
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	110	BEST	1:30	20	110	BEST	1:30	20	110	BEST	1:00	20
Heavy Shoulders Traps	N/A	Standing Barbell Shrug (#28) Power Rack	110	BEST	1:30	20	110	BEST	1:00	15				
Heavy Shoulders Traps	N/A	Seated Shrug Dumbbell	55	5-10	1:00	10	60	BEST	1:00	10				
* 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	9:35 pm			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	20-25	0:00	25	#2 Straight Leg Lift with Thrust Floor	15-20	0:00	15
#3 90 Degree Side Oblique Crunch Floor	15-20	0:15	15	#4 Straight Leg Lift with Thrust Floor	15-20	0:00	15
#5 Side Oblique Crunch with Legs Elevated Flat Bench	20-25	0:00	25	#6 90 Degree Crunch Floor	20-25	0:15	20

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	153 - 163	Duration	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.