

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17146823



Day Description: Upper Body Back Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	10 / 23 / 24			Resistance Start Time	8:51 pm		AM	
Advanced, Day: 218		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 Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15	160	8-12	1:00	8				
Heavy Back Lats	N/A	1-Arm Row	40	3-8	1:00	5	40	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	8	190	BEST	1:00	12				
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	BEST	1:00	15								
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	10	Body	BEST	1:00	15				
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:00	10								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	8-12	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Kick Back	20	8-12	1:00	8								
	N/A	Dumbbell												

*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	9:20 pm	AM
										PM

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch Floor		25-30	0:00	25	#2	Bicycle Maneuver Floor	25-30	0:00	20
#3	Bicycle Maneuver Floor		25-30	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch with Legs Vertical Floor		25-30	0:00	20	#6	Crunch with Legs Vertical Floor	25-30	0:15	24

TODAY'S CARDIO		Distance _____		
Minimum Time Recommended	20 Minutes	Cardio Activity _____	Average Heart Rate _____	
Target Heart Rate	130 - 138	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.