

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13971730



## Day Description: Chest, Shoulders

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 / 6 / 18			Resistance Start Time	7:16 pm		AM	
Advanced, Day: 39		Approximate time of resistance workout: 26											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 Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	30	10-15	1:00	15	35	8-12	1:00	11				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Incline Fly	25	5-10	1:00	10	25	5-10	1:00	9				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs	N/A	Incline Barbell Bench Press	65	5-10	1:00	10	65	5-10	1:00	5				
	N/A	Olympic Incline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts		Seated Shoulder Press Cybex Plate Loaded (#21) Plate Loaded Shoulder Press	—45— 40	3-8	1:00	8	—45— 40	3-8	1:00	6				
	N/A													
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	3-8	1:00	10	20	3-8	1:00	8				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	12	5-10	1:00	10	12	BEST	1:00	10				
	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	7:42 pm		AM	
													PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball					15-20	0:00	20
#3	Standing Bar Twist Body Bar					20-25	0:10	20
#5	Crunch with Legs In Stability Ball					15-20	0:00	20
#2	90 Degree Reverse Crunch Floor					15-20	0:15	20
#4	Straight Leg Lift with Thrust Floor					12-15	0:15	12
#6	Crunch with Legs Elevated Stability Ball					20-25	0:10	25

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.