

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16420989



Day Description: Back, Triceps

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: 155		Approximate time of resistance workout: 27				Workout	10 / 7 / 21	Start Time	2:00 am	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) Activtrax Selectorized Lat Pulldown	110	10-15	1:00	14	130	8-12	1:00	10				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	BEST	1:00	12	130	5-10	1:30	8	140	3-8	1:00	8
Heavy Back Lats	N/A	1-Arm Row	35	BEST	1:30	12	35	BEST	1:00	10				
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	19	Body	14-20	1:30	15	Body	10-15	1:00	15
	N/A	Floor												
Medium Arms Triceps	N/A	Kick Back	15	BEST	1:00	12								
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	Close Grip Bench Press	60	BEST	1:00	10								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
*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	2:33 am			AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5 Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	23	#6 Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	142 - 151	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.