

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15573427



Day Description: Chest Back w/ Legs

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	9 / 13 / 19			Resistance Start Time	9:22 pm		AM	
Advanced, Day: 109		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 Back Lats	N/A	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	105	10-15	1:00	15								
Heavy Chest Pecs	N/A	Bench Press	35	5-10	1:00	10	35	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized Low Row	110	BEST	1:00	13								
Heavy Chest Outer Pecs	N/A	Fly	30	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	75	BEST	1:30	10	75	BEST	1:00	10				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs		Incline Bench Press	25	5-10	1:00	10	25	5-10	1:00	9				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Warm Up Legs Quads/Hams		Seated Leg Press Matrix Selectorized Ultra Series (#4) Leg Press	125	10-15	1:00	15								
Medium Legs Quads/Hams	N/A	Squat Cybex Plate Loaded (#29) Smith Press	75 70	5-10	1:00	10	75 70	BEST	1:00	10				
	N/A		SPOTTER RECOMMENDED				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	9:48 pm		AM	
													PM	

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

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	132 - 142	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.