

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17113025



Day Description: Upper Body Arms Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 27 / 24			Resistance Start Time	8:58 pm			AM
Advanced, Day: 206			Approximate time of resistance workout: 28										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	1-Arm Row	20	10-15	1:00	14								
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	9	180	5-10	1:00	8				
Heavy Chest Upper Pecs	N/A	Incline Fly	25	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	20								
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	20	5-10	1:00	10	25	BEST	1:00	8				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	3-8	1:00	8	25	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Kick Back	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	12								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	BEST	1:00	15								
	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	9:26 pm		AM	
													PM	

TODAY'S ABS				Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch Floor				25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	25
#3	Side Oblique Crunch with Heel Push Floor				25-30	0:15	25	#4	Reverse Crunch Floor	25-30	0:00	25
#5	90 Degree Side Oblique Crunch Floor				25-30	0:00	25	#6	Jack Knife Floor	15-20	0:15	10

TODAY'S CARDIO		Distance _____			
Minimum Time Recommended	20 Minutes	Cardio Activity _____		Average Heart Rate _____	
Target Heart Rate	150 - 159	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.