

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W14091236



## Day Description: Chest, Shoulders, Triceps

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	5 / 9 / 18			Resistance Start Time	9:04 pm		AM	
Advanced, Day: 45		Approximate time of resistance workout: 30											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	20	10-15	1:00	15	25	8-12	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	3-8	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Chest Upper Pecs		Incline Bench Press	20	8-12	1:00	12								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED											
Heavy Shoulders Delts	N/A	Seated Lateral Raise	17.5	3-8	1:00	8	17.5	3-8	1:00	8				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise	20+P	5-10	1:00	5	20+P	5-10	1:00	5				
		Legend Selectorized (#16) Functional Trainer					20							
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row	70+P	8-12	1:00	12								
		Legend Selectorized (#16) Functional Trainer												
Heavy Arms Outer Triceps		Seated Tricep Extension	45	8-12	1:00	12								
		Cybex Selectorized VR 2 (#12) Arm Extension												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	115	3-8	1:00	8	115	3-8	1:00	8				
	N/A	Squat Rack	110				110							
Heavy Shoulders Traps	N/A	Standing Shrug	55	5-10	1:00	10	55	5-10	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	9:34 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball					20-25	0:00	25
#2	Leg Raise Gravity Crunch					10-12	0:15	12
#3	Ball Side Oblique Crunch Stability Ball					15-20	0:10	20
#4	Reverse Crunch Floor					20-25	0:15	20
#5	Reverse Crunch Floor					20-25	0:00	15
#6	Decline Crunch Decline Adjustable Ab Board					15-20	0:10	20

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.