

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17278787



Day Description: Upper Body Arms Focus

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	6 / 17 / 25			Resistance Start Time		9:47 pm		AM
Advanced, Day: 262		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	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	10-15	1:00	15								
Heavy Back Lats	N/A	1-Arm Row	40	3-8	1:00	6	40	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15								
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:30	10	25	3-8	1:00	6				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Kick Back	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	8	25	5-10	1:00	8				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	BEST	1:00	15								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	15								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	8-12	1:00	15								
	N/A	Dumbbell	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	10:15 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	90 Degree Crunch Floor		25-30	0:00	25	#2	90 Degree Reverse Crunch Floor		25-30	0:00	25
#3	Side Oblique Crunch with Arms Extended Floor		25-30	0:15	25	#4	Straight Leg Thrust Floor		25-30	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor		25-30	0:00	25	#6	Crunch with Legs Vertical Floor		25-30	0:15	25

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	149 - 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.