

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W14066748



## Day Description: Chest Shoulders 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	5 / 2 / 18			Resistance Start Time	8:47 pm		AM	
Advanced, Day: 43		Approximate time of resistance workout: 25											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	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	20+P	10-15	1:00	15	30	8-12	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Fly	25	3-8	1:00	8	25	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Dual Axis Chest Press Cybex Selectorized VR 2 (#5) Dual Axis Chest Press	—40— 70	5-10	1:00	10	—45— 75	3-8	1:00	8				
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	17.5	BEST	1:00	12	17.5	BEST	1:00	10				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	20	8-12	1:00	12								
	N/A	Dumbbell												
Warm Up Legs Quadriceps	N/A	Dumbbell Squat (2 Dumbbells)	15	10-15	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Legs Hamstrings		Seated Leg Curl Cybex Selectorized VR 2 (#3) Seated Leg Curl	55	BEST	1:00	20								
Medium Legs Quads/Hams	N/A	Squat Cybex Plate Loaded (#29) Smith Press	—70— 85	BEST	1:00	20								
	N/A		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	9:12 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball					20-25	0:00	25
#3	Side Oblique Crunch with Legs Vertical Floor					15-20	0:10	16
#5	Side Oblique Crunch with Arms Extended Floor					15-20	0:00	19
#2	Straight Leg Thrust Floor					20-25	0:10	25
#4	Side Oblique Crunch with Legs Vertical Floor					15-20	0:10	15
#6	Crunch with Legs In Stability Ball					20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	133 - 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.