

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16360715



## 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	7 / 20 / 21	Resistance Start Time	12:00 am	AM				
Advanced, Day: 134		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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	10-15	1:00	13	70	8-12	1:00	12				
Heavy Chest Outer Pecs	N/A	Incline Fly	25	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Chest Pecs	N/A	Bench Press	30	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	50	5-10	1:00	10	50	5-10	1:00	10				
	N/A													
Heavy Shoulders Front Delts	N/A	Upright Row	30	3-8	1:00	12	30	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	8-12	1:00	9								
	N/A	Dumbbell												
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	13								
	N/A	Dumbbell												
Medium Arms Triceps	N/A	Kick Back	15	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	50	3-8	1:00	8	50	3-8	1:00	8				
	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	12:28 am	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	25
#3	Side Oblique Crunch with Arms Extended Floor	25-30	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	20
#5	Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	20	#6	Crunch with Arms Extended Floor	25-30	0:15	30

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	152 - 162	Calories		
Cardio Activity		Duration		

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.