

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17224662



Day Description: Upper Body Chest 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
 3 / 11 / 25
 Resistance Start Time
 9:32 pm
 AM
PM

Advanced, Day: 247
 Approximate time of resistance workout: 30

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	30	10-15	1:00	12	35	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
		Activtrax Selectorized Chest Press												
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	7	30	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	1-Arm Row	40	5-10	1:00	8	40	5-10	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front)	170	8-12	1:00	12								
		Activtrax Selectorized Lat Pulldown												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Upright Row	25	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Delts		Seated Shoulder Press	50	8-12	1:00	12								
	N/A	Activtrax Selectorized Shoulder Press												
Heavy Arms Triceps	N/A	Kick Back	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	20	8-12	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
 10:02 pm
 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 Heel Push Floor			25-30	0:15	25	#4	Bicycle Maneuver Floor			25-30	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor			25-30	0:00	25	#6	Bicycle Maneuver Floor			25-30	0:15	25

TODAY'S CARDIO

Distance

 Average Heart Rate

 Calories

Minimum Time Recommended
 20 Minutes
 Cardio Activity

 Duration

Target Heart Rate
 139 - 148

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.