

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15616428



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	10 / 4 / 19			Resistance Start Time	9:17 pm		AM PM	
Advanced, Day: 115		Approximate time of resistance workout: 26												
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	35	3-8	1:00	8	35	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:30	14	30	BEST	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	17.5	BEST	1:00	8	20	BEST	1:00	8				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized (#16) Functional Trainer	40+P	8-12	1:00	12								
Warm Up Legs Quadriceps	N/A	Front Squat Cybex Plate Loaded (#29) Smith Press	20	10-15	1:00	10								
	N/A		SPOTTER RECOMMENDED											
Medium Legs Hamstrings		Seated Leg Curl Matrix Selectorized Ultra Series (#6) Seated Leg Curl	47.5	BEST	1:00	20								
Medium Legs Quads/Hams	N/A	Seated Leg Press Matrix Selectorized Ultra Series (#4) Leg Press	185	BEST	1:00	12								
*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	9:43 pm		AM PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Legs Elevated Flat Bench			25-30	0:00	30	#2	Jack Knife Floor			15
#3	Side Oblique Crunch with Legs Elevated Stability Ball			25-30	0:15	25	#4	Reverse Crunch Floor			25
#5	Side Oblique Crunch with Legs Vertical Floor			20-25	0:00	15	#6	Crunch with Legs In Stability Ball			30

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	132 - 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.