

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17257791



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 | 5 / 7 / 25 | Resistance Start Time | 10:03 pm | AM | | | | |
|--|---------------|--|---------------------|-------|------|-----------------|---------------------|-----------------------|----------|-----------------|-------|------|------|-----------------|
| Advanced, Day: 254 | | Approximate time of resistance workout: 30 | | | | | | | | 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 N/A | 1-Arm Row Dumbbell | 25 | 10-15 | 1:00 | 12 | | | | | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown | 190 | 3-8 | 1:00 | 8 | 190 | 3-8 | 1:00 | 8 | | | | |
| Heavy Chest Pecs | N/A N/A | Bench Press Dumbbell | 40 | 5-10 | 1:00 | 7 | 40 | 5-10 | 1:00 | 6 | | | | |
| | | | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| Medium Chest Pecs | | Seated Chest Press Activtrax Selectorized Chest Press | 50 | BEST | 1:00 | 15 | | | | | | | | |
| Medium Back Lower Back | N/A N/A | Lying Prone Back Extension Floor | Body | 10-15 | 1:30 | 15 | Body | BEST | 1:00 | 15 | | | | |
| Medium Shoulders Rear Delts | N/A N/A | Bent Over Rear Deltoid Dumbbell | 15 | 5-10 | 1:00 | 8 | 15 | BEST | 1:00 | 12 | | | | |
| Heavy Arms Outer Triceps | N/A N/A | Seated Overhead Extension (1-DB) Dumbbell | 35 | BEST | 1:00 | 12 | | | | | | | | |
| | | | SPOTTER RECOMMENDED | | | | | | | | | | | |
| Heavy Arms Lower Biceps | N/A N/A | Standing Curl Dumbbell | 20 | BEST | 1:00 | 12 | | | | | | | | |
| Heavy Arms Triceps | N/A N/A | 1-Arm Overhead Extension Dumbbell | 15 | BEST | 1:00 | 12 | | | | | | | | |
| | | | SPOTTER RECOMMENDED | | | | | | | | | | | |
| Heavy Arms Biceps | N/A N/A | Standing Curl with Twist Dumbbell | 25 | 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 | 10:33 pm | AM |
|------------------------|----------|----|
| | | PM |

| TODAY'S ABS | | | | | Exercise | Reps | Rest | |
|-------------|---|--|--|--|----------|-------|------|----|
| #1 | Crunch with Heel Push Floor | | | | | 25-30 | 0:00 | 25 |
| #2 | Straight Leg Lift with Thrust Floor | | | | | 25-30 | 0:00 | 25 |
| #3 | Bicycle Maneuver Floor | | | | | 25-30 | 0:15 | 25 |
| #4 | Straight Leg Thrust Floor | | | | | 25-30 | 0:00 | 25 |
| #5 | Side Oblique Crunch with Heel Push Floor | | | | | 25-30 | 0:00 | 25 |
| #6 | 90 Degree Crunch 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. |
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