

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13730985



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 5 / 18			Resistance Start Time	8:53 pm		AM	
Advanced, Day: 14		Approximate time of resistance workout: 31											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 Arms Triceps	N/A	V-Bar Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	50	10-15	1:00	15	60+P	8-12	1:00	12				
Heavy Arms Triceps	N/A	Kick Back	10	5-10	1:00	10	10	5-10	1:00	10				
	N/A	Dumbbell	12				12							
Heavy Arms Outer Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	80	3-8	1:00	8	80	3-8	1:00	8				
Medium Arms Triceps	N/A	Seated Dip Hammer Strength Plate Loaded (#17) Bench / Seated Dip	80	5-10	1:00	10	80	5-10	1:00	10				
Heavy Arms Biceps	N/A	Standing Curl with Twist	20	3-8	1:00	10	20	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Cybex Selectorized VR 2 (#13) Arm Curl	45	BEST	1:30	12	45	BEST	1:00	8				
Medium Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30+P	5-10	1:00	10	30+P	5-10	1:00	10				

*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	9:24 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball					15-20	0:10	20
#3	Straight Leg Lift with Thrust Floor					10-12	0:15	12
#5	Side Oblique Crunch with Legs Elevated Stability Ball					15-20	0:15	15
#2	90 Degree Reverse Crunch Floor					15-20	0:10	15
#4	90 Degree Crunch Floor					15-20	0:15	15

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	143 - 153	Average Heart Rate		
		Calories		
		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.