

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16500018



Day Description: Back, Biceps

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 169		Approximate time of resistance workout: 28				Workout	1 / 31 / 22			Start Time	8:58 pm			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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	120	10-15	1:00	15	130	8-12	1:00	10				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	5-10	1:00	8	160	5-10	1:00	8				
Medium Back Lats	N/A	1-Arm Row	35	5-10	1:00	8	35	BEST	1:00	10				
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	10
	N/A	Floor												
Heavy Arms Lower Biceps	N/A	Standing Curl	30	3-8	1:00	5	30	3-8	1:00	5				
	N/A	Dumbbell												
Medium Arms Biceps	N/A	Concentration Curl with Twist	30	5-10	1:00	5	30	5-10	1:00	5				
	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	9:26 pm			AM PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3 Bicycle Maneuver Floor	25-30	0:15	25	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch with Arms Extended Floor	25-30	0:00	25	#6 90 Degree Crunch Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	Duration		Average Heart Rate	
				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.