

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15239331



Day Description: Chest, Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Do you have a smartphone? Try entering your workout at <http://activtrax.com/m>

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 87			Approximate time of resistance workout: 27			Workout	5 / 13 / 19			Start Time	9:12 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 Chest Pecs		Bench Press	25	10-15	1:00	15	30	8-12	1:00	10				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	30	5-10	1:00	10	30	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Decline Dumbbell Fly	25	BEST	1:30	10	25	3-8	1:00	7				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:30	10	20	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	30	BEST	1:30	12	30	BEST	1:00	9				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts		Seated Shoulder Press	35	5-10	1:00	10	40	BEST	1:00	7				
	N/A	Cybox Plate Loaded (#21) Plate Loaded Shoulder Press												
* 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	9:39 pm		AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Legs Elevated Stability Ball	25-30	0:00	30	#2 Jack Knife Floor	12-15	0:00	12
#3 Side Oblique Crunch Floor	20-25	0:15	25	#4 Straight Leg Thrust Floor	20-25	0:00	20
#5 Side Oblique Crunch with Heel Push Floor	15-20	0:00	20	#6 Crunch with Legs Elevated Flat Bench	25-30	0:15	30

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	143 - 152	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.