

# REPLACEMENT WORKOUT

## DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W14361306



### Day Description: Chest, Arms

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
You have not completed a workout in over 3 weeks. Your weights have been reduced to make your comeback a bit more comfortable.					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 13 / 19			Resistance Start Time	9:31 pm			AM
Advanced, Day: 53		Approximate time of resistance workout: 26												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	N/A	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	10-15	1:00	15	30	8-12	1:00	12				
Heavy Chest Upper Pecs		Incline Bench Press	25	BEST	1:30	14	25	3-8	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	3-8	1:00	6	25	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	5-10	1:00	7	25	5-10	1:00	7				
	N/A	90-Degree Utility Seat												
Medium Arms Triceps		Seated Overhead Extension (1-DB)	25	5-10	1:00	10	25	BEST	1:00	12				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps		Seated Arm Curl	45	8-12	1:00	12								
	N/A	Cybox Selectorized VR 2 (#13) Arm Curl												
Medium Arms Outer Triceps		Seated Tricep Extension	45	8-12	1:00	12								
		Cybox Selectorized VR 2 (#12) Arm Extension												

\*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	9:57 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:00	25	#2	Ab Wheel Ab Wheel	12-15	0:15	10
#3	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board	12-15	0:10	12	#4	Side Oblique Ab Wheel Ab Wheel	8-10	0:00	6
#5	Decline Straight Leg Thrust Decline Adjustable Ab Board	15-20	0:10	5	#6	Crunch with Legs Elevated Flat Bench	20-25	0:10	25

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