

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14965560



Day Description: Back, Triceps

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	2 / 15 / 19			Resistance Start Time	9:10 pm			AM
Advanced, Day: 54		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 Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	70+P	10-15	1:00	15	80+P	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	40	5-10	1:00	8	40	BEST	1:30	8	<div><div>45</div><div>40</div></div>	3-8	1:00	6
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	<div><div>120</div><div>100</div></div>	5-10	1:00	4	<div><div>130</div><div>100</div></div>	3-8	1:00	4				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	90	14-20	1:00	20	90	14-20	1:30	20	102.5	10-15	1:00	15
Medium Arms Triceps	N/A	Seated Dip Hammer Strength Plate Loaded (#17) Bench / Seated Dip	85	BEST	1:00	18								
Medium Arms Outer Triceps	N/A	Kick Back	15	BEST	1:00	15								
* 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	9:36 pm			AM	
													PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	90 Degree Crunch Floor			20-25	0:00	25	#2	90 Degree Reverse Crunch Floor			20
#3	Side Oblique Leg Raise Vertical Chair			10-12	0:10	6	#4	Bicycle Maneuver Floor			15
#5	Bicycle Maneuver Floor			15-20	0:00	15	#6	Crunch Floor			25

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	143 - 152	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.