

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16381111



Day Description: Chest, shoulders

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	8 / 12 / 21			Resistance Start Time	1:38 am			AM
Advanced, Day: 144		Approximate time of resistance workout: 29											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	Bench Press	25	10-15	1:00	13	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly	30	5-10	1:00	7	30	5-10	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs	N/A	Push Up	Body	8-12	1:00	5								
	N/A	Floor												
Medium Chest Pecs/Triceps	N/A	Pullover	35	5-10	1:30	5	35	5-10	1:00	9	30	BEST	1:00	12
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	5-10	1:00	5	20	5-10	1:00	5				
	N/A	Dumbbell												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	5-10	1:00	5	20	5-10	1:00	5				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	20	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

*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	2:07 am	AM
		PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest				
#1	Crunch with Heel Push Floor			25-30	0:00	30	#2	Jack Knife Floor			15-20	0:00	9
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	15	#4	Straight Leg Lift with Thrust Floor			25-30	0:00	15
#5	90 Degree Side Oblique Crunch Floor			25-30	0:00	20	#6	Jack Knife Floor			15-20	0:15	12

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	152 - 162	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.