

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16504464



Day Description: 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

Advanced, Day: 172			Approximate time of resistance workout: 26			Workout	2 / 7 / 22			Start Time	9:21 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 Shoulders Delts	N/A	Seated Shoulder Press	25	10-15	1:00	12	25	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	3-8	1:00	5	25	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	3-8	1:00	6	20	3-8	1:00	6				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	5-10	1:00	10	15	BEST	1:00	12				
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	12				
	N/A	Floor												
Heavy Shoulders Traps	N/A	Standing Shrug	50	5-10	1:00	10	50	5-10	1:00	10				
	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	9:47 pm		AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Bicycle Maneuver Floor	25-30	0:00	25
#3 Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	25	#4 Reverse Crunch Floor	25-30	0:00	25
#5 Bicycle Maneuver Floor	25-30	0:00	20	#6 Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	151 - 161	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.