

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15044771



Day Description: Back

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 11 / 19			Resistance Start Time	8:56 pm		AM	
Advanced, Day: 64		Approximate time of resistance workout: 31											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	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100	10-15	1:00	15	110+P	8-12	1:00	8				
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded	60	5-10	1:00	10	60	3-8	1:30	8	60	3-8	1:00	8
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Medium Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	100	5-10	1:00	10	100	5-10	1:00	10				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series	—90—	14-20	1:00	20	—90—	14-20	1:30	20	102.5	10-15	1:00	15
		(#10) Back Extension	100				100				110			
Heavy Shoulders Traps	N/A	Standing Shrug	60	5-10	1:00	10	60	5-10	1:00	10				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	60	3-8	1:00	8	60	3-8	1:00	7				
	N/A	90-Degree Utility Seat												
*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	9:27 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	20-25	0:00	25	#2	Reverse Crunch Floor	20-25	0:10	20
#3	Standing Bar Twist Body Bar	20-25	0:10	20	#4	Side Oblique Crunch with Legs Elevated Stability Ball	20-25	0:10	25
#5	Decline Side Oblique Crunch Decline Adjustable Ab Board	12-15	0:00	12	#6	Crunch with Legs In Stability Ball	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	153 - 163	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.