

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15212794



Day Description: Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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TODAY'S RESISTANCE WORKOUT

Advanced, Day: 83			Approximate time of resistance workout: 26			Workout	5 / 3 / 19			Start Time	8:57 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 Cybex Plate Loaded (#21) Plate Loaded Shoulder Press	25	10-15	1:00	15	30	8-12	1:00	11				
Heavy Shoulders Front Delts	N/A	Upright Row	25	3-8	1:00	8	25	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	20+P	3-8	1:00	6	20+P	3-8	1:00	7				
Medium Shoulders Rear Delts		Seated Rear Deltoid Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	50	5-10	1:00	10	50	BEST	1:00	20				
	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	132.5	10-15	1:30	15	132.5	BEST	1:00	20				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	132.5	10-15	1:30	15	132.5	BEST	1:00	20				
		Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	132.5	10-15	1:30	15	132.5	BEST	1:00	20				
Heavy Shoulders Traps	N/A	Standing Shrug	60	5-10	1:00	10	60	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	9:23 pm		AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Ball Crunch Stability Ball	25-30	0:00	30	#2 Ab Wheel Ab Wheel	15-20	0:00	17
#3 Side Oblique Knee Raise Vertical Chair	15-20	0:15	15	#4 Crunch with Legs In Stability Ball	20-25	0:00	30
#5 Side Oblique Crunch with Arms Extended Floor	15-20	0:00	15	#6 90 Degree Crunch Floor	20-25	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	143 - 152	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.