

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15712356



Day Description: Upper Body, Arm Focus

| 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 | 11 / 11 / 19 | | | Resistance Start Time | 9:08 pm | | AM PM | |
|---|---------------|---|---------------------|-------|------|-----------------|---------------------|------|------|-----------------------|---------|------|----------|-----------------|
| Advanced, Day: 120 | | Approximate time of resistance workout: 26 | | | | | | | | | | | | |
| 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 Arms Biceps | N/A | Low-Pulley Straight Bar Curl Legend Selectorized (#16) Functional Trainer | 70 | 10-15 | 1:00 | 13 | 80 | 8-12 | 1:00 | 8 | | | | |
| Heavy Arms Biceps | N/A | 1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine | 40+P | 5-10 | 1:00 | 5 | 40+P | 5-10 | 1:00 | 5 | | | | |
| Heavy Arms Lower Biceps | N/A | Low-Pulley 1-Arm Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine | 40 | 8-12 | 1:00 | 8 | | | | | | | | |
| Medium Arms Biceps | N/A | Concentration Curl with Twist | 30 | 5-10 | 1:00 | 5 | 30 | 5-10 | 1:00 | 5 | | | | |
| Heavy Arms Outer Triceps | N/A | Lying Extension | 40 | 3-8 | 1:00 | 8 | 40 | 3-8 | 1:00 | 8 | | | | |
| | N/A | (#27) Fixed Barbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| Heavy Arms Triceps | N/A | Straight Bar Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine | 70+P | 8-12 | 1:00 | 12 | | | | | | | | |
| Medium Arms Outer Triceps | N/A | Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine | 80 | 5-10 | 1:00 | 10 | 80 | BEST | 1:00 | 8 | | | | |
| * 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 | 9:34 pm | | AM PM | |

| TODAY'S ABS | | Exercise | Reps | Rest | | Exercise | Reps | Rest | |
|-------------|--|----------|------|------|----|---|-------|------|----|
| #1 | Crunch with Legs Elevated Flat Bench | 25-30 | 0:00 | 25 | #2 | 90 Degree Reverse Crunch Floor | 25-30 | 0:00 | 25 |
| #3 | Side Oblique Crunch with Legs Elevated Flat Bench | 25-30 | 0:15 | 25 | #4 | Leg Raise Vertical Chair | 20-25 | 0:00 | 20 |
| #5 | Side Oblique Crunch with Legs Elevated Flat Bench | 25-30 | 0:00 | 25 | #6 | Crunch with Legs Elevated Stability Ball | 25-30 | 0:15 | 30 |

| TODAY'S CARDIO | | Distance | | |
|--------------------------|------------|--------------------|--|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | | |
| Target Heart Rate | 152 - 163 | Average Heart Rate | | |
| | | Calories | | |
| | | Duration | | |

| 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. |
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