

# REPLACEMENT WORKOUT

## DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16567995



Day Description: Upper Body, Arm Focus

<b>TODAY'S MESSAGES</b>	Perform 5-10 minutes of cardio, then stretch.
You have not completed a workout in over 3 weeks. Your weights have been reduced to make your comeback a bit more comfortable.	

TODAY'S RESISTANCE WORKOUT						Date Of Workout	6 / 6 / 24			Resistance Start Time	9:11 pm			AM
Advanced, Day: 185		Approximate time of resistance workout: 21												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 Arms Biceps	N/A	Concentration Curl with Twist	25	10-15	1:00	10	30	8-12	1:00	5				
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	5	25	5-10	1:00	5				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	8								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	35	5-10	1:00	8	35	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps	N/A	Lying Extension	40	8-12	1:00	8								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Medium Arms Outer Triceps	N/A	Kick Back	20	5-10	1:00	6	20	BEST	1:00	8				
	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	9:32 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Jack Knife Floor	15-20	0:00	10
#3	Side Oblique Crunch with Heel Push Floor	25-30	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	20
#5	Side Oblique Crunch Floor	25-30	0:00	20	#6	90 Degree Crunch Floor	25-30	0:15	20

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	151 - 161	Duration	Calories		

<b>MY NOTES</b>	IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.