

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16351422



Day Description: Chest, Arms

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: 130		Approximate time of resistance workout: 26				Workout	7 / 6 / 21			Start Time	10:28 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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	10-15	1:00	12	70	8-12	1:00	8				
Heavy Chest Upper Pecs	N/A	Incline Fly	25	5-10	1:00	9	30	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	35 25	3-8	1:00	5	35 25	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	3-8	1:00	8	25	3-8	1:00	7				
	N/A	Dumbbell												
Medium Arms Triceps	N/A	Kick Back	15	5-10	1:00	10	15	5-10	1:00	10				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	25	BEST	1:00	10								
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	30	BEST	1:00	11								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

*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	10:54 pm	AM PM
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TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	30	#2 90 Degree Reverse Crunch Floor	25-30	0:00	25
#3 Side Oblique Crunch Floor	25-30	0:15	25	#4 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5 Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6 Crunch with Heel Push Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	142 - 151	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.