

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15226181



Day Description: Chest Back w/ Legs

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	5 / 8 / 19			Resistance Start Time	9:03 pm		AM PM	
Advanced, Day: 85		Approximate time of resistance workout: 36												
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 Matrix Selectorized Ultra Series (#13) Converging Chest Press	45 90	10-15	1:00	12	45 80	8-12	1:00	8	55 70	8-12	1:00	8
Heavy Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	40	5-10	1:00	15	40	5-10	1:00	10				
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	7	30	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	132.5 130	BEST	1:30	8	132.5 130	3-8	1:00	6				
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	90	5-10	1:00	10	97.5	BEST	1:00	12				
Medium Back Lats	N/A	1-Arm Row	50	5-10	1:00	6	50	5-10	1:00	5				
	N/A	Dumbbell												
Warm Up Legs Quadriceps	N/A	Dumbbell Squat (2 Dumbbells)	15	10-15	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Legs Hamstrings	N/A	Lying Leg Curl Hammer Strength Plate Loaded (#31) Leg Curl	40	BEST	1:00	15								
	N/A													
Medium Legs Quads/Hams	N/A	Squat Cybex Plate Loaded (#29) Smith Press	75	5-10	1:00	3	75	5-10	1:00	0				
	N/A		SPOTTER RECOMMENDED				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	9:39 pm		AM PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench					25-30	0:00	25
#2	Jack Knife Floor					12-15	0:00	12
#3	Side Oblique Crunch with Legs Elevated Flat Bench					20-25	0:15	20
#4	Bicycle Maneuver Floor					20-25	0:00	20
#5	Standing Bar Twist Body Bar					25-30	0:00	25
#6	90 Degree Crunch Floor					20-25	0:15	20

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate
Target Heart Rate	132 - 142	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.