

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13672125



Day Description: Back, Biceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 22 / 18		Resistance Start Time	2:44 pm		AM		
Intermediate, Day: 8		Approximate time of resistance workout: 28										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 Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	50	10-15	1:00	15	60	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	35	5-10	1:00	10	35	5-10	1:00	9				
	N/A	Dumbbell												
Medium Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100	5-10	1:00	5	100	5-10	1:00	5				
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	75	14-20	1:00	20	75	14-20	1:30	20	90	10-15	1:00	15
	N/A													
Heavy Arms Lower Biceps	N/A	Standing Curl	17.5	3-8	1:00	8	17.5	3-8	1:00	8				
	N/A	Dumbbell												
Medium Arms Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized (#16) Functional Trainer	60	5-10	1:00	10	60	BEST	1:00	10				
* 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	3:12 pm			AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	90 Degree Crunch Floor		15-20	0:10	20	#2	Straight Leg Lift with Thrust Floor		10-12	0:10	10
#3	Bicycle Maneuver Floor		12-15	0:15	10	#4	Crunch with Arms Extended Floor		12-15	0:15	12
#5	Side Oblique Crunch with Legs Elevated Stability Ball		15-20	0:15	12						

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity				Average Heart Rate			
Target Heart Rate	154 - 164	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.