

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16509081



Day Description: Chest, Back

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: 174		Approximate time of resistance workout: 26				Workout	2 / 11 / 22		Start Time	10:09 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 Back Lats	N/A	1-Arm Row	25	10-15	1:00	13	30	8-12	1:00	10				
	N/A	Dumbbell												
Heavy Chest Pecs	N/A	Bench Press	35	5-10	1:00	10	35	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	8-12	1:00	12								
Heavy Chest Outer Pecs	N/A	Incline Fly	35	BEST	1:00	12	35	BEST	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	BEST	1:30	15	160	3-8	1:00	6				
Medium Chest Upper Pecs	N/A	Push Up	Body	8-12	1:00	8								
	N/A	Floor												
Medium Back Lats/Pecs	N/A	Pullover	40	5-10	1:00	10	40	5-10	1:00	10				
	N/A	Dumbbell	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	10:35 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 Legs Vertical Floor	25-30	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch Floor	25-30	0:00	25	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	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.