

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17100289



Day Description: Upper Body Chest Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	7 / 30 / 24			Resistance Start Time	9:14 pm			AM
Advanced, Day: 199		Approximate time of resistance workout: 30											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	N/A	Bench Press	30	10-15	1:00	15	30	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	25	3-8	1:00	5	25	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
		Activtrax Selectorized Chest Press												
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	160	3-8	1:00	8	160	3-8	1:00	8				
		Activtrax Selectorized Lat Pulldown												
Heavy Back Lats	N/A	1-Arm Row	25	BEST	1:00	15								
	N/A	Dumbbell												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	14								
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	8								
	N/A	Dumbbell												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	8-12	1:00	15								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	20	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	15								
	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	9:44 pm		AM	
												PM		

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Heel Push Floor			25-30	0:00	25	#2	90 Degree Reverse Crunch Floor			25
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	20	#4	Jack Knife Floor			12
#5	Side Oblique Crunch with Legs Vertical Floor			25-30	0:00	20	#6	Crunch with Arms Extended Floor			20

TODAY'S CARDIO		Distance _____		
Minimum Time Recommended	20 Minutes	Cardio Activity _____	Average Heart Rate _____	
Target Heart Rate	140 - 149	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.