

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13927808



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 26 / 18			Resistance Start Time	7:24 pm			AM
Advanced, Day: 34		Approximate time of resistance workout: 32												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	3.0	Seated Row	62.5+P	10-15	1:00	15	75+P	8-12	1:00	12				
	3.0	Cybex Selectorized VR (#7) Row/Rear Delt	75				87.5							
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	130	3-8	1:00	5	130	3-8	1:30	5	130	3-8	1:00	4
		Legend Selectorized Lat Pull-Down					120				120			
Heavy Back Lats	N/A	Close Grip Pulldown (front)	90+P	8-12	1:00	12	100+P	3-8	1:30	8	100+P	3-8	1:00	8
		Legend Selectorized Lat Pull-Down												
Heavy Arms Lower Biceps	N/A	Standing Curl	25	BEST	1:30	12	25	3-8	1:00	8				
		Dumbbell												
Heavy Arms Biceps	N/A	Low-Pulley Straight Bar Curl	70+P	BEST	1:00	10	80+P	BEST	1:00	8				
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70				80							
Medium Arms Lower Biceps		1-Arm Preacher Curl	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Preacher Bench												
*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	7:56 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		20-25	0:00	25	#2	Crunch with Legs In Stability Ball	15-20	0:10	20
#3	Seated Bar Twist Body Bar		20-25	0:10	20	#4	Decline Side Oblique Crunch Decline Adjustable Ab Board	12-15	0:10	15
#5	Standing Bar Twist Body Bar		20-25	0:00	25	#6	Crunch with Legs Vertical Floor	15-20	0:10	20

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.