

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15098793



## Day Description: Back, Biceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 27 / 19			Resistance Start Time	9:10 pm			AM
Advanced, Day: 70		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	N/A	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	-92.5- 95	10-15	1:00	13	105	8-12	1:00	8				
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	110	5-10	1:00	10	110	3-8	1:30	8	110	3-8	1:00	8
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	55	8-12	1:00	12	60	3-8	1:30	8	60	3-8	1:00	7
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	5-10	1:00	5	40+P	3-8	1:00	6				
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	5-10	1:00	10	80+P	BEST	1:00	10				
Medium Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	6	25	BEST	1:00	6				
	N/A	Dumbbell												
* 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	9:42 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor					20-25	0:00	25
#3	Side Oblique Ab Wheel Ab Wheel					10-12	0:15	10
#5	Ball Side Oblique Crunch Stability Ball					15-20	0:00	15
#2	Leg Raise Gravity Crunch					12-15	0:00	12
#4	Leg Raise Vertical Chair					12-15	0:00	10
#6	Crunch with Arms Extended Floor					20-25	0:15	25

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate			
Target Heart Rate	153 - 163	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.