

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14231521



Day Description: 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: 52		Approximate time of resistance workout: 34				Workout	6 / 25 / 18			Start Time	8:55 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	30	10-15	1:00	15	35	8-12	1:00	12				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Cybex Selectorized VR 2 (#8) Lat Pulldown	150	5-10	1:00	5	150	5-10	1:30	4	-165- 130	BEST	1:00	5
Heavy Back Lats	N/A	Close Grip Pulldown (front) Cybex Selectorized VR 2 (#8) Lat Pulldown	120	5-10	1:00	8	-135- 120	BEST	1:30	5	-135- 120	BEST	1:00	2
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	100	14-20	1:00	20	100	14-20	1:30	20	115	10-15	1:00	15
	N/A													
Heavy Shoulders Traps	N/A	Standing Shrug	50	5-10	1:00	10	55	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	55	BEST	1:30	17	55	BEST	1:00	15				
	N/A	90-Degree Utility Seat												
*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	9:29 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	20-25	0:10	25
#3 Decline Side Oblique Crunch Decline Adjustable Ab Board	12-15	0:10	15	#4 Side Oblique Crunch Floor	20-25	0:10	21
#5 Side Oblique Crunch with Heel Push Floor	15-20	0:00	20	#6 90 Degree Crunch Floor	20-25	0:10	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	154 - 164	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.