

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17129457



Day Description: Upper Body Shoulder Focus

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             |               |  |  |       |      | Date Of Workout | 9 / 19 / 24         |      |      | Resistance Start Time |       | 9:42 pm |      | AM              |    |
|--|---------------|--|--|-------|------|-----------------|---------------------|------|------|-----------------------|-------|---------|------|-----------------|----|
| Advanced, Day: 212                     |               |  | Approximate time of resistance workout: 30 |       |      |                 |                     |      |      |                       |       |         |      |                 | PM |
| EXPECTED FEEL<br>Region<br>Target Area | SEAT<br>OTHER | EXERCISE<br>Manufacturer<br>Equipment Name                           | SET 1                                      |       |      | TODAY'S<br>REPS | SET 2               |      |      | TODAY'S<br>REPS       | SET 3 |         |      | TODAY'S<br>REPS |    |
|  |               |  | WT   | REPS  | REST |                 | WT                  | REPS | REST |                       | WT    | REPS    | REST |                 |    |
| Warm Up<br>Back<br>Lats                | N/A           | Wide Grip Pulldown (front)<br>Activtrax Selectorized<br>Lat Pulldown | 150  | 10-15 | 1:00 | 15              |                     |      |      |                       |       |         |      |                 |    |
|  |               |  |  |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Heavy<br>Back<br>Lats                  | N/A           | 1-Arm Row  | 35   | BEST  | 1:00 | 12              | 35                  | BEST | 1:00 | 8                     |       |         |      |                 |    |
|  | N/A           | Dumbbell   |  |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Heavy<br>Chest<br>Outer Pecs           | N/A           | Fly  | 30   | 3-8   | 1:00 | 8               | 30                  | 3-8  | 1:00 | 7                     |       |         |      |                 |    |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED                        |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |       |         |      |                 |    |
| Heavy<br>Chest<br>Pecs                 | N/A           | Bench Press  | 40   | 5-10  | 1:00 | 5               | 40                  | 5-10 | 1:00 | 5                     |       |         |      |                 |    |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED                        |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |       |         |      |                 |    |
| Medium<br>Back<br>Lower Back           | N/A           | Lying Prone Back Extension   | Body                                       | BEST  | 1:30 | 20              |                     |      |      |                       |       |         |      |                 |    |
|  | N/A           | Floor  |  |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Heavy<br>Shoulders<br>Delts            |               | Seated Shoulder Press<br>Activtrax Selectorized<br>Shoulder Press    | 60   | 5-10  | 1:00 | 5               | 60                  | 5-10 | 1:00 | 7                     |       |         |      |                 |    |
|  | N/A           |  |  |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Heavy<br>Shoulders<br>Front Delts      | N/A           | Front Deltoid Raise  | 25   | 8-12  | 1:00 | 8               |                     |      |      |                       |       |         |      |                 |    |
|  | N/A           | Dumbbell   |  |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Medium<br>Shoulders<br>Rear Delts      | N/A           | Bent Over Rear Deltoid   | 15   | 8-12  | 1:00 | 8               |                     |      |      |                       |       |         |      |                 |    |
|  | N/A           | Dumbbell   |  |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Heavy<br>Arms<br>Outer Triceps         | N/A           | 1-Arm Overhead Extension   | 15   | 8-12  | 1:00 | 8               |                     |      |      |                       |       |         |      |                 |    |
|  | N/A           | Dumbbell   | SPOTTER RECOMMENDED                        |       |      |                 |                     |      |      |                       |       |         |      |                 |    |
| Heavy<br>Arms<br>Biceps                | N/A           | Standing Curl with Twist   | 25   | 8-12  | 1:00 | 8               |                     |      |      |                       |       |         |      |                 |    |
|  | 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

10:12 pm

AM

PM

| TODAY'S ABS |  |  |  |  | Exercise | Reps  | Rest |    |
|-------------|--|--|--|--|----------|-------|------|----|
| #1          | Crunch<br>Floor                        |  |  |  |          | 25-30 | 0:00 | 25 |
| #2          | 90 Degree Reverse Crunch<br>Floor      |  |  |  |          | 25-30 | 0:00 | 25 |
| #3          | 90 Degree Side Oblique Crunch<br>Floor |  |  |  |          | 25-30 | 0:15 | 25 |
| #4          | 90 Degree Reverse Crunch<br>Floor      |  |  |  |          | 25-30 | 0:00 | 25 |
| #5          | 90 Degree Side Oblique Crunch<br>Floor |  |  |  |          | 25-30 | 0:00 | 25 |
| #6          | Crunch<br>Floor                        |  |  |  |          | 25-30 | 0:15 | 25 |

| 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.