

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17194800



Day Description: Upper Body Arms 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

Advanced, Day: 237

Approximate time of resistance workout: 25

EXPECTED FEEL  
Region  
Target Area

SEAT  
OTHER

EXERCISE  
Manufacturer  
Equipment Name

SET 1  
WTREPSREST

TODAY'S  
REPS

SET 2  
WTREPSREST

TODAY'S  
REPS

SET 3  
WTREPSREST

TODAY'S  
REPS

Warm Up Chest Pecs	N/A	Bench Press	30	10-15	1:00	10						
	N/A	Dumbbell	SPOTTER RECOMMENDED									
Heavy Chest Outer Pecs	N/A	Incline Fly	30	3-8	1:00	6	30	3-8	1:00	6		
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED					
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	BEST	1:00	15						
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15						
	N/A	Floor										
Medium Shoulders Delts	N/A	Seated Lateral Raise	20	5-10	1:00	8	20	BEST	1:00	10		
	N/A	Dumbbell										
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	12						
	N/A	Dumbbell	SPOTTER RECOMMENDED									
Heavy Arms Outer Triceps	N/A	Lying Extension	40	BEST	1:00	15						
	N/A	Fixed Barbell	SPOTTER RECOMMENDED									
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	8-12	1:00	8						
	N/A	Dumbbell	SPOTTER RECOMMENDED									
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	BEST	1:00	10						
	N/A	Dumbbell										
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	10						
	N/A	Fixed Barbell										

\*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

9:47 pm

AM  
PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor				25-30	0:00	25	
#3	Side Oblique Crunch Floor				25-30	0:15	25	
#5	Side Oblique Crunch Floor				25-30	0:00	25	
#2	Straight Leg Thrust Floor				25-30	0:00	25	
#4	90 Degree Reverse Crunch Floor				25-30	0:00	25	
#6	Jack Knife Floor				25-30	0:15	15	

TODAY'S CARDIO

Minimum Time  
Recommended

20 Minutes

Target Heart Rate

149 - 159

Cardio Activity

Duration

Distance

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.