

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14058462



Day Description: Back, Triceps

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	4 / 30 / 18			Resistance Start Time	8:45 pm			AM
Advanced, Day: 42		Approximate time of resistance workout: 27												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	Lever Row Legend Plate Loaded	40 45	10-15	1:00	15	45	8-12	1:00	12				
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	120	5-10	1:00	9	120	5-10	1:30	8	130	BEST	1:00	5
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100+P	BEST	1:30	18	100+P	BEST	1:00	12				
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2	100	BEST	1:30	20	100	BEST	1:30	20	100	BEST	1:00	20
	N/A	(#14) Back Extension												
Medium Arms Triceps	N/A	Lying Extension	25	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Arms Outer Triceps	N/A	Close Grip Bench Press	65 60	BEST	1:00	17								
	N/A	Barbell	SPOTTER RECOMMENDED											
*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	9:12 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor				20-25	0:00	25	
#2	90 Degree Reverse Crunch Floor				20-25	0:15	25	
#3	Side Oblique Crunch with Legs Elevated Flat Bench				20-25	0:10	22	
#4	Decline Reverse Crunch Decline Adjustable Ab Board				15-20	0:15	15	
#5	Decline Straight Leg Thrust Decline Adjustable Ab Board				15-20	0:00	2	
#6	Crunch with Heel Push Floor				20-25	0:10	25	

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	143 - 153	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.