

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17206121



Day Description: Upper Body Back 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: 241		Approximate time of resistance workout: 32				Workout	2 / 11 / 25	Start Time	9:21 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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15	160	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	40	3-8	1:00	5	40	3-8	1:00	5				
	N/A	Dumbbell												
Medium Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	9	180	BEST	1:00	12				
Heavy Chest Outer Pecs	N/A	Fly	30	5-10	1:00	8	30	5-10	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	5-10	1:00	10	60	5-10	1:00	10				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	10								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	BEST	1:00	15								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	10								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	12								
	N/A	Dumbbell	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	9:53 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	25	#2 Jack Knife Floor	25-30	0:00	10
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6 Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	149 - 159	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.