

REPLACEMENT WORKOUT

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15376088



Day Description: Back, Biceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
You have not completed a workout in over 3 weeks. Your weights have been reduced to make your comeback a bit more comfortable.					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	7 / 8 / 19			Resistance Start Time	8:52 pm			AM
Advanced, Day: 92		Approximate time of resistance workout: 32												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	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	100	10-15	1:00	15	112.5 115	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	50	BEST	1:00	8	55 40	BEST	1:30	8	55 40	BEST	1:00	8
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	125	BEST	1:30	6	125	3-8	1:00	4				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	132.5	BEST	1:30	20	132.5	BEST	1:30	20	132.5	BEST	1:00	20
Heavy Arms Biceps	N/A	Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	77.5	5-10	1:00	10	77.5	5-10	1:00	12				
Heavy Arms Lower Biceps	N/A	Standing Curl (#27) Fixed Barbell	70 60	BEST	1:30	5	70 60	3-8	1:00	4				
* 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	9:24 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball	20-25	0:00	25	#2	Straight Leg Thrust Floor	20-25	0:00	20
#3	Ball Side Oblique Crunch Stability Ball	15-20	0:15	20	#4	90 Degree Reverse Crunch Floor	20-25	0:00	20
#5	Standing Bar Twist Body Bar	25-30	0:00	30	#6	Ball Crunch Stability Ball	25-30	0:15	30

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	153 - 163	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.