

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17110167



Day Description: Upper Body Arms Focus

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 20 / 24			Resistance Start Time	8:26 pm			AM PM
Advanced, Day: 205		Approximate time of resistance workout: 25												
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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	12	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	5-10	1:00	10	170	3-8	1:00	8				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	30	8-12	1:00	12								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	20	BEST	1:00	15								
	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 Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	10								
	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.

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor		25-30	0:00	25	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	Bicycle Maneuver Floor		25-30	0:15	20	#4	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5	Side Oblique Crunch with Arms Extended Floor		25-30	0:00	25	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	150 - 159	Average Heart Rate		
		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.