

REPLACEMENT WORKOUT
DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17247709



Day Description: Upper Body Back Focus

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	4 / 15 / 25			Resistance Start Time	9:16 pm			AM
Advanced, Day: 249		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	1-Arm Row	25	10-15	1:00	10	30	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	5-10	1:00	10	180	3-8	1:00	8				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	BEST	1:30	10	190	3-8	1:00	7				
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	10				
	N/A	Floor												
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	50	8-12	1:00	12								
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	40	8-12	1:00	10								
	N/A	Fixed 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.

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

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	149 - 159	Average Heart Rate		
		Calories		
		Duration		

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.