

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17264989



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						Date Of Workout	5 / 21 / 25			Resistance Start Time	10:04 pm		AM PM	
Advanced, Day: 257		Approximate time of resistance workout: 32												
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	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	3-8	1:00	8	190	3-8	1:00	8				
Medium Back Lats	N/A	1-Arm Row	35	5-10	1:00	8	35	BEST	1:00	10				
Heavy Chest Outer Pecs	N/A	Fly	30	5-10	1:00	7	30	5-10	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs	N/A	Bench Press	40	5-10	1:00	6	40	5-10	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	BEST	1:00	10								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	25	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	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	10:36 pm		AM PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	25	#2	Reverse Crunch Floor			25
#3	Side Oblique Crunch with Legs Vertical Floor			25-30	0:15	25	#4	90 Degree Reverse Crunch Floor			25
#5	Side Oblique Crunch Floor			25-30	0:00	25	#6	Bicycle Maneuver Floor			25

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