

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15083969



Day Description: Back, Biceps

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	3 / 22 / 19			Resistance Start Time	9:05 pm		AM	
Advanced, Day: 68		Approximate time of resistance workout: 29											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		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	80	10-15	1:00	15	90	8-12	1:00	12				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110	5-10	1:00	10	110	5-10	1:00	8				
Medium Back Lats	N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	55	5-10	1:00	10	55	5-10	1:00	8				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	110	BEST	1:30	20	110	BEST	1:30	20	110	BEST	1:00	20
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	57.5 60	3-8	1:00	8	57.5 60	3-8	1:00	8				
Medium Arms Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	5-10	1:00	10	70+P	BEST	1:00	10				
* 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	9:34 pm		AM	
													PM	

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest					
#1	Crunch Floor				20-25	0:00	25	#2	Decline Reverse Crunch Decline Adjustable Ab Board				15-20	0:00	0
#3	Side Oblique Crunch with Heel Push Floor				15-20	0:15	20	#4	Bicycle Maneuver Floor				20-25	0:00	20
#5	Side Oblique Crunch Floor				20-25	0:00	25	#6	Decline Crunch Decline Adjustable Ab Board				15-20	0:15	20

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.