

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17164879



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	11 / 23 / 24			Resistance Start Time	9:48 pm			AM
Advanced, Day: 226		Approximate time of resistance workout: 30												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	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	1-Arm Row	35	5-10	1:00	7	40	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	BEST	1:30	13	190	3-8	1:00	8				
Heavy Chest Pecs	N/A	Bench Press	40	3-8	1:00	7	40	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	10	Body	BEST	1:00	10				
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	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.

Resistance End Time10:18 pmAMPM

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

TODAY'S CARDIO						Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate			
Target Heart Rate	130 - 138	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.