

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16517112



## Day Description: Chest, Arms

### 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

Advanced, Day: 178		Approximate time of resistance workout: 26				Workout	2 / 25 / 22			Start Time	9:50 PM			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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	10	30	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	35	BEST	1:30	8	35	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	5-10	1:00	8	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	3-8	1:00	4	35	3-8	1:00	3				
	N/A	Dumbbell												
Medium Arms Triceps	N/A	1-Arm Overhead Extension	15	5-10	1:00	10	15	BEST	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	Fixed Barbell												
Medium Arms Outer 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.

Resistance End Time	10:16 pm	AM PM
------------------------	----------	----------

### TODAY'S ABS

	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	90 Degree Reverse Crunch Floor	25-30	0:00	25
#3	Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	25	#4	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5	Side Oblique Crunch Floor	25-30	0:00	25	#6	Crunch with Arms Extended Floor	25-30	0:15	25

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	Duration		Average Heart Rate	
				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.