

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15468105



## Day Description: Back

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	8 / 5 / 19			Resistance Start Time	8:36 pm			AM
Advanced, Day: 100		Approximate time of resistance workout: 32												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	Lever Row Legend Plate Loaded	50	10-15	1:00	15	55 60	8-12	1:00	12				
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	130	BEST	1:00	9	130	5-10	1:30	6	140	3-8	1:00	6
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized	100	5-10	1:00	10	110	3-8	1:30	8	110	3-8	1:00	8
	N/A	Low Row												
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series	132.5	10-15	1:30	15	132.5	BEST	1:00	20				
		(#10) Back Extension												
Heavy Shoulders Traps	N/A	Seated Shrug	55	5-10	1:00	10	65 55	BEST	1:00	15				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	110	BEST	1:30	20	110	BEST	1:00	15				
	N/A	(#28) Power Rack												
*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	9:08 pm			AM
														PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Legs Elevated Flat Bench			25-30	0:00	30	#2	Jack Knife Floor			12
#3	Decline Side Oblique Crunch Decline Adjustable Ab Board			15-20	0:15	15	#4	Reverse Crunch Floor			25
#5	Side Oblique Crunch with Legs Elevated Stability Ball			25-30	0:00	25	#6	Jack Knife Floor			12

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.
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