

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17075922



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 | 6 / 25 / 24 | | | Resistance Start Time | 9:08 pm | | | AM |
|--|---------------|---|-------|-------|------|-----------------|-------------|------|------|-----------------------|---------|------|------|-----------------|
| Advanced, Day: 189 | | Approximate time of resistance workout: 35 | | | | | | | | | | | | 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 | 120 | 10-15 | 1:00 | 12 | 130 | 8-12 | 1:00 | 12 | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown | 150 | 5-10 | 1:00 | 7 | 160 | BEST | 1:30 | 8 | 160 | BEST | 1:00 | 7 |
| Heavy Back Lats | N/A | 1-Arm Row | 25 | BEST | 1:00 | 12 | 25 | 5-10 | 1:30 | 8 | 30 | 3-8 | 1:00 | 5 |
| | N/A | Dumbbell | | | | | | | | | | | | |
| Medium Back Lower Back | N/A | Lying Prone Back Extension | Body | BEST | 1:30 | 15 | Body | BEST | 1:30 | 12 | Body | BEST | 1:00 | 12 |
| | N/A | Floor | | | | | | | | | | | | |
| Heavy Shoulders Traps | N/A | Standing Shrug | 50 | BEST | 1:30 | 12 | 50 | BEST | 1:00 | 10 | | | | |
| | N/A | Dumbbell | | | | | | | | | | | | |
| Heavy Shoulders Traps | N/A | Seated Shrug | 45 | BEST | 1:30 | 12 | 45 | 3-8 | 1:00 | 8 | | | | |
| | 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 Time | 9:43 pm | | | AM |
| | | | | | | | | | | | | | | PM |

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

| TODAY'S CARDIO | | Distance | | |
|--------------------------|------------|-----------------|--------------------|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | Average Heart Rate | |
| Target Heart Rate | 150 - 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.