

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16407243



Day Description: 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						Date Of Workout	9 / 20 / 21			Resistance Start Time	1:24 am			AM
Advanced, Day: 151			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 Arms Biceps	N/A	Standing Curl with Twist	20	10-15	1:00	12	20	8-12	1:00	10				
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	5-10	1:00	5	35	5-10	1:00	5				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	10								
	N/A	Fixed Barbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	3-8	1:00	8	35	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps	N/A	Kick Back	15	BEST	1:00	14								
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	Close Grip Bench Press	60	5-10	1:00	10	60	5-10	1:00	10				
	N/A	Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Traps	N/A	Standing Shrug	35	8-12	1:00	12	40	3-8	1:30	8	40	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	1:53 am	AM
		PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Heel Push Floor			25-30	0:00	25	#2	Jack Knife Floor			10
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	20	#4	Straight Leg Lift with Thrust Floor			17
#5	Side Oblique Crunch with Legs Vertical Floor			25-30	0:00	20	#6	Jack Knife Floor			15

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate	
Target Heart Rate	152 - 162	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.