

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17144915



Day Description: Upper Body Back Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	10 / 18 / 24			Resistance Start Time	10:17 pm			AM
Advanced, Day: 217		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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	10-15	1:00	15	150	8-12	1:00	12				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	180	5-10	1:00	10				
Medium Back Lats	N/A	1-Arm Row	35	5-10	1:00	6	35	BEST	1:00	12				
Heavy Chest Outer Pecs	N/A	Incline Fly	25	5-10	1:00	8	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs	N/A	Bench Press	40	5-10	1:00	8	40	5-10	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Shoulder Press Activtrax Selectorized Shoulder Press	50	BEST	1:00	15								
Medium Shoulders Rear Delts	N/A	Upright Row	25	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	20	8-12	1:00	12								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	10								
	N/A	Dumbbell	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	10:49 pm		AM	
													PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor				25-30	0:00	25	
#2	Jack Knife Floor				15-20	0:00	10	
#3	Side Oblique Crunch Floor				25-30	0:15	25	
#4	Jack Knife Floor				15-20	0:00	10	
#5	Side Oblique Crunch Floor				25-30	0:00	25	
#6	90 Degree Crunch Floor				25-30	0:15	23	

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	149 - 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.