

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16515289



## 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

Advanced, Day: 177		Approximate time of resistance workout: 36				Date Of Workout	2 / 21 / 22			Resistance Start Time	8:43 pm			AM PM
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1 WT REPS REST			TODAY'S REPS	SET 2 WT REPS REST			TODAY'S REPS	SET 3 WT REPS REST			TODAY'S REPS
Warm Up Back Lats	N/A	1-Arm Row	25	10-15	1:00	10	30	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	3-8	1:00	8	150	3-8	1:30	8	150	3-8	1:00	8
Medium Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	8-12	1:00	8	140	8-12	1:00	8	140	8-12	1:00	8
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	10
	N/A	Floor												
Heavy Shoulders Traps	N/A	Standing Shrug	50	3-8	1:00	8	50	3-8	1:30	8	50	3-8	1:00	8
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	45	3-8	1:00	8	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	9:19 pm			AM PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Jack Knife Floor	15-20	0:00	10
#3 90 Degree Side Oblique Crunch Floor	25-30	0:15	25	#4 Bicycle Maneuver Floor	25-30	0:00	20
#5 Bicycle Maneuver Floor	25-30	0:00	20	#6 Jack Knife Floor	15-20	0:15	10

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	151 - 161	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.