

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13947099



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
Do you have a smartphone? Try entering your workout at http://activtrax.com/m					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 30 / 18			Resistance Start Time	8:55 pm		AM	
Advanced, Day: 36		Approximate time of resistance workout: 27											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	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	50	10-15	1:00	15	60	8-12	1:00	12				
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	5-10	1:00	10	15	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	3-8	1:00	8	25	3-8	1:00	7				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	BEST	1:30	15	70+P	BEST	1:00	11				
Heavy Arms Lower Biceps	N/A	Standing Curl	25	5-10	1:00	10	25	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	30	BEST	1:00	14	40	BEST	1:00	8				
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED				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	9:22 pm		AM	
													PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor			25	#2	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board		
						10-12	0:15	10
#3	Seated Bar Twist Body Bar			25	#4	90 Degree Reverse Crunch Floor		
						15-20	0:15	20
#5	Crunch with Legs In Stability Ball			20	#6	Crunch with Arms Extended Floor		
						15-20	0:10	20

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate			
Target Heart Rate	154 - 164	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.