

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16405234



Day Description: Chest, 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: 150 | | Approximate time of resistance workout: 31 | | | | Workout | 9 / 15 / 21 | | | Start Time | 2:33 am | | | 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 Chest Pecs | N/A | Bench Press | 25 | 10-15 | 1:00 | 12 | 25 | 8-12 | 1:00 | 9 | 30 | 8-12 | 1:00 | 9 |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | |
| Heavy Chest Pecs | | Seated Chest Press | 90 | 5-10 | 1:00 | 8 | 90 | 5-10 | 1:00 | 8 | | | | |
| | | Activtrax Selectorized Chest Press | | | | | | | | | | | | |
| Heavy Chest Outer Pecs | N/A | Incline Fly | 30 | 5-10 | 1:00 | 6 | 30 | 3-8 | 1:30 | 5 | 30 | 3-8 | 1:00 | 5 |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | |
| Medium Back Lats/Pecs | N/A | Pullover | 35 | 5-10 | 1:00 | 10 | 35 | BEST | 1:00 | 12 | | | | |
| | N/A | Dumbbell | SPOTTER RECOMMENDED | | | | SPOTTER RECOMMENDED | | | | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) | 140 | BEST | 1:00 | 12 | 150 | BEST | 1:00 | 12 | | | | |
| | | Activtrax Selectorized Lat Pulldown | | | | | | | | | | | | |
| Heavy Back Lats | N/A | 1-Arm Row | 35 | BEST | 1:30 | 12 | 35 | 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 | 3:04 am | | AM PM | |

TODAY'S ABS

| Exercise | Reps | Rest | | Exercise | Reps | Rest | |
|--|-------|------|----|--------------------------------------|-------|------|----|
| #1 90 Degree Crunch Floor | 25-30 | 0:00 | 25 | #2 90 Degree Reverse Crunch Floor | 25-30 | 0:00 | 25 |
| #3 Side Oblique Crunch with Heel Push Floor | 25-30 | 0:15 | 25 | #4 Bicycle Maneuver Floor | 25-30 | 0:00 | 20 |
| #5 90 Degree Side Oblique Crunch Floor | 25-30 | 0:00 | 25 | #6 Bicycle Maneuver Floor | 25-30 | 0:15 | 25 |

TODAY'S CARDIO

| Minimum Time Recommended | 20 Minutes | Cardio Activity | | Distance | |
|--------------------------|------------|-----------------|--|--------------------|--|
| Target Heart Rate | 142 - 151 | 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.