

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17275003



Day Description: Upper Body Shoulder Focus

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: 260		Approximate time of resistance workout: 28				Workout	6 / 10 / 25	Start Time	10:41 pm	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	1-Arm Row	25	10-15	1:00	10								
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	190	3-8	1:00	8	190	3-8	1:00	8				
		Activtrax Selectorized Lat Pulldown												
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:30	12	30	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15								
	N/A	Floor												
Heavy Shoulders Delts		Seated Shoulder Press	60	3-8	1:00	8	60	3-8	1:00	8				
	N/A	Activtrax Selectorized Shoulder Press												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	10								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Kick Back	—20—	BEST	1:00	12								
	N/A	Dumbbell	25											

*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	11:09 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Reverse Crunch Floor	25-30	0:00	25
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 Straight Leg Thrust Floor	25-30	0:00	25
#5 Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6 90 Degree Crunch Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	139 - 148	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.