

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17121119



Day Description: Upper Body Back 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: 209

Approximate time of resistance workout: 28

Date Of Workout

9 / 6 / 24

Resistance Start Time

8:58 pm

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 Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15	160	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row Dumbbell	35	3-8	1:00	6	35	3-8	1:00	6				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	BEST	1:30	15	180	3-8	1:00	8				
Heavy Chest Upper Pecs	N/A	Incline Fly Dumbbell	25	BEST	1:00	15								
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension Floor	Body	BEST	1:30	15								
Heavy Shoulders Delts	N/A	Seated Shoulder Press Dumbbell	20	8-12	1:00	10								
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise Dumbbell	20	8-12	1:00	8								
Heavy Arms Lower Biceps	N/A	Standing Curl Fixed Barbell	50	8-12	1:00	15								
Heavy Arms Triceps	N/A	1-Arm Overhead Extension Dumbbell	15	8-12	1:00	10								

\*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

9:26 pm

AM

PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest				
#1	Crunch with Heel Push Floor			25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor			25-30	0:00	20
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	20	#4	Bicycle Maneuver Floor			25-30	0:00	20
#5	Side Oblique Crunch with Legs Vertical Floor			25-30	0:00	20	#6	Crunch with Legs Vertical Floor			25-30	0:15	20

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

150 - 159

Cardio Activity

Duration

Distance

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.