

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14099927



Day Description: Back, Biceps

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						Date Of Workout	5 / 11 / 18			Resistance Start Time	8:59 pm			AM
Advanced, Day: 46		Approximate time of resistance workout: 32												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	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	70+P	10-15	1:00	15	80+P	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	45	5-10	1:00	10	45	3-8	1:30	8	45	3-8	1:00	8
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	120	8-12	1:00	9	130	3-8	1:30	4	130	3-8	1:00	8
Heavy Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	50	BEST	1:30	15	50	3-8	1:00	8				
Heavy Arms Lower Biceps	N/A	Standing Curl	50	5-10	1:00	10	50	3-8	1:00	8				
	N/A	(#27) Fixed Barbell												
Medium Arms Biceps		1-Arm Preacher Curl with Twist	25	5-10	1:00	10	25	BEST	1:00	9				
	N/A	Preacher Bench												
* 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	9:31 pm			AM
														PM

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest					
#1	Crunch Floor				20-25	0:00	25	#2	90 Degree Reverse Crunch Floor				20-25	0:10	23
#3	Side Oblique Leg Raise Vertical Chair				10-12	0:10	7	#4	Decline Side Oblique Crunch Decline Adjustable Ab Board				12-15	0:10	15
#5	Seated Bar Twist Body Bar				20-25	0:00	25	#6	Crunch with Heel Push Floor				20-25	0:10	25

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.