

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17252154



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: 251		Approximate time of resistance workout: 23				Workout	4 / 22 / 25	Start Time	9:50 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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	15	40	8-12	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15								
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	50	BEST	1:00	15								
	N/A													
Heavy Shoulders Rear Delts	N/A	Upright Row	25	BEST	1:00	12								
	N/A	Dumbbell												
Medium Shoulders Front Delts	N/A	Front Deltoid Raise	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	40	8-12	1:00	8								
	N/A	Fixed Barbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	Fixed Barbell												

*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	10:13 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	25	#2 Jack Knife Floor	25-30	0:00	10
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 Jack Knife Floor	25-30	0:00	10
#5 90 Degree Side Oblique Crunch Floor	25-30	0:00	25	#6 Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate		Distance	
Target Heart Rate	149 - 159	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.