

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15493786



Day Description: Chest Shoulders w/Legs

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 14 / 19			Resistance Start Time	9:19 pm		AM	
Advanced, Day: 103			Approximate time of resistance workout: 25									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	Decline Barbell Bench Press	70 75	10-15	1:00	12	85	8-12	1:00	8				
		Olympic Decline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs		Incline Fly	35	3-8	1:00	8	35	3-8	1:00	7				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Decline Dumbbell Fly	25	5-10	1:00	8	25	3-8	1:00	4				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise	20	BEST	1:00	10	20+P	BEST	1:00	8				
		Legend Selectorized (#16) Functional Trainer												
Heavy Shoulders Front Delts	N/A	Low-Pulley Upright Row	80+P	BEST	1:00	18								
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Warm Up Legs Quadriceps	N/A	Front Squat	20	10-15	1:00	10								
	N/A	Cybox Plate Loaded (#29) Smith Press	SPOTTER RECOMMENDED											
Medium Legs Hamstrings	N/A	Lying Leg Curl	40	8-12	1:00	10								
	N/A	Hammer Strength Plate Loaded (#31) Leg Curl	50											
Medium Legs Quads/Hams	N/A	Barbell Squat	85	8-12	1:00	10								
	N/A	(#28) Power Rack	SPOTTER RECOMMENDED											

* **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	9:44 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball				25-30	0:00	30	
#2	Ab Wheel Ab Wheel				20-25	0:00	0	
#3	Side Oblique Leg Raise Vertical Chair				15-20	0:15	15	
#4	Ab Wheel Ab Wheel				20-25	0:00	0	
#5	Side Oblique Knee Raise Vertical Chair				15-20	0:00	12	
#6	Crunch with Legs Elevated Stability Ball				25-30	0:15	30	

TODAY'S CARDIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate
Target Heart Rate	132 - 142	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.