

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17070364



Day Description: Arms

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: 187

Approximate time of resistance workout: 28

Expected Feel  
Region  
Target Area

Seat  
Other

Exercise  
Manufacturer  
Equipment Name

Set 1  
WT  
Reps  
Rest

Date of Workout  
6 / 13 / 24

Resistance Start Time  
9:47 pm

AM  
PM

Today's Reps

Set 2  
WT  
Reps  
Rest

Today's Reps

Set 3  
WT  
Reps  
Rest

Today's Reps

Warm Up Arms Triceps	N/A	Lying Extension	25	10-15	1:00	10	25	8-12	1:00	10			
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED						
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	5-10	1:00	6	35	5-10	1:00	5			
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED						
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	<del>70</del> 50	8-12	1:00	8							
	N/A	Fixed Barbell	SPOTTER RECOMMENDED										
Medium Arms Triceps	N/A	Kick Back	20	5-10	1:00	10	20	BEST	1:00	10			
	N/A	Dumbbell											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	8	25	5-10	1:00	5			
	N/A	Dumbbell											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	8							
	N/A	Fixed Barbell											
Medium Arms Biceps	N/A	Concentration Curl with Twist	<del>30</del> 25	8-12	1:00	6							
	N/A	Dumbbell											
Heavy Shoulders Traps	N/A	Seated Shrug	45	5-10	1:00	9	45	5-10	1:00	8			
	N/A	Dumbbell											

\*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  
10:15 pm

AM  
PM

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	90 Degree Crunch 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 Lift with Thrust Floor	25-30	0:00	15
#5	90 Degree Side Oblique Crunch Floor		25-30	0:00	20	#6	90 Degree Crunch Floor	25-30	0:15	25

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.