

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16380205



Day Description: Back, Triceps

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: 143			Approximate time of resistance workout: 26			Workout			8 / 11 / 21			Start Time		2:23 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	110	10-15	1:00	12	130	8-12	1:00	12						
Heavy Back Lats	N/A	1-Arm Row	35	3-8	1:00	7	30	BEST	1:30	10	35	3-8	1:00	8		
	N/A	Dumbbell														
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	BEST	1:30	10	140	3-8	1:00	8						
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	14	Body	14-20	1:30	15	Body	10-15	1:00	15		
	N/A	Floor														
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	30	BEST	1:00	12										
	N/A	Dumbbell	SPOTTER RECOMMENDED													
Medium Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	12										
	N/A	Dumbbell	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	2:49 am			AM PM		

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	18	#2 Reverse Crunch Floor	25-30	0:00	21
#3 Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4 Straight Leg Thrust Floor	25-30	0:00	25
#5 Side Oblique Crunch Floor	25-30	0:00	25	#6 Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	142 - 151	Duration		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.