

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17157912



Day Description: Upper Body Chest 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						Date Of Workout	11 / 12 / 24			Resistance Start Time	9:41 pm		AM PM	
Advanced, Day: 223			Approximate time of resistance workout: 28											
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	Bench Press	30	10-15	1:00	12	35	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	30	3-8	1:00	8	30	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
		Activtrax Selectorized Chest Press												
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	190	5-10	1:00	10	190	5-10	1:00	10				
		Activtrax Selectorized Lat Pulldown												
Heavy Back Lats	N/A	Close Grip Pulldown (front)	170	BEST	1:00	15								
		Activtrax Selectorized Lat Pulldown												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	8-12	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	35	8-12	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.

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	25
#3	90 Degree Side Oblique Crunch Floor	25-30	0:15	25	#4	Jack Knife Floor	15-20	0:00	12
#5	Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	25	#6	90 Degree Crunch Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	139 - 148	Calories		
Cardio Activity		Duration		

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.