

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16349868



Day Description: Chest, Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Do you have a smartphone? Try entering your workout at <http://activtrax.com/m>

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 128		Approximate time of resistance workout: 28				Workout	7 / 3 / 21			Start Time	1:50 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 Chest Pecs	N/A	Bench Press	25	10-15	1:00	11	30	8-12	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly	35 30	3-8	1:00	4	35 30	3-8	1:00	4				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	80	5-10	1:00	10	80	BEST	1:00	10				
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	3-8	1:00	5	20	3-8	1:00	5				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	30	3-8	1:00	5	30	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	12 15	5-10	1:00	10	12 15	5-10	1:00	6				
	N/A	Dumbbell												
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	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	2:18 am	AM
		PM

TODAY'S ABS

		Exercise	Reps	Rest				Exercise	Reps	Rest	
#1		Crunch Floor	25-30	0:00	25	#2		Straight Leg Thrust Floor	25-30	0:00	20
#3		Side Oblique Crunch Floor	25-30	0:15	25	#4		90 Degree Reverse Crunch Floor	25-30	0:00	20
#5		Side Oblique Crunch Floor	25-30	0:00	25	#6		Crunch with Arms Extended Floor	25-30	0:15	20

TODAY'S CARDIO

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