

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15129368



Day Description: Upper Body, Arm Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 8 / 19			Resistance Start Time	9:27 pm			AM
Advanced, Day: 74		Approximate time of resistance workout: 23												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 Arms Triceps	N/A	Seated Overhead Extension (1-DB)	20	10-15	1:00	15	20	8-12	1:00	11	25	8-12	1:00	9
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Arms Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	3-8	1:00	8	80+P	3-8	1:00	8				
Heavy Arms Outer Triceps	N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	5-10	1:00	10	80+P	5-10	1:00	9				
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	55	BEST	1:00	17	60	BEST	1:00	15				
Heavy Arms Triceps	N/A	Seated Dip Matrix Selectorized Ultra Series (#15) Triceps Press	117.5	BEST	1:00	16								
Heavy Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	8-12	1:00	8								
* 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	9:50 pm			AM
														PM

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest					
#1	Crunch Floor				20-25	0:00	25	#2	Straight Leg Thrust Floor				20-25	0:00	25
#3	Side Oblique Crunch with Legs Elevated Flat Bench				20-25	0:15	25	#4	Straight Leg Lift with Thrust Floor				15-20	0:00	15
#5	Side Oblique Leg Raise Vertical Chair				12-15	0:00	10	#6	Crunch with Legs Elevated Stability Ball				20-25	0:15	25

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate	
Target Heart Rate	143 - 152	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.