

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17085351



Day Description: Back, Biceps

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	7 / 9 / 24			Resistance Start Time	9:18 pm			AM
Advanced, Day: 193			Approximate time of resistance workout: 29											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	130	10-15	1:00	15	140	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	30	3-8	1:00	7	30	3-8	1:00	6				
	N/A	Dumbbell												
Medium Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	5-10	1:00	12	140	BEST	1:00	13				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	20	Body	BEST	1:30	20	Body	BEST	1:00	20
	N/A	Floor												
Heavy Arms Lower Biceps	N/A	Standing Curl	20	3-8	1:00	8	20	3-8	1:00	6				
	N/A	Dumbbell												
Medium Arms Biceps	N/A	Concentration Curl with Twist	25	5-10	1:00	5	25	5-10	1:00	5				
	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	9:47 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch Floor		25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	25
#3	Side Oblique Crunch Floor		25-30	0:15	25	#4	Straight Leg Lift with Thrust Floor	25-30	0:00	15
#5	Side Oblique Crunch with Arms Extended Floor		25-30	0:00	20	#6	Crunch with Legs Vertical Floor	25-30	0:15	20

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes		Cardio Activity	Average Heart Rate	
Target Heart Rate	140 - 149		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.