

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15700745



Day Description: Shoulders

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 / 4 / 19			Resistance Start Time	9:06 pm		AM	
Advanced, Day: 119		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 Shoulders Mid Delts	N/A	Seated Lateral Raise	12	10-15	1:00	15	15	8-12	1:00	12				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	35	5-10	1:00	9	35	5-10	1:00	6				
	N/A	Dumbbell												
Heavy Shoulders Rear Delts		Seated Rear Deltoid	55	5-10	1:00	10	60	3-8	1:00	8				
		Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt												
Medium Shoulders Front Delts	N/A	Low-Pulley Upright Row	80+P	5-10	1:00	10	80+P	BEST	1:00	12				
		Legend Selectorized (#16) Functional Trainer												
Medium Back Lower Back	N/A	Seated Back Extension	130	14-20	1:30	20	140	10-15	1:00	15				
		Matrix Selectorized Ultra Series (#10) Back Extension												
Heavy Shoulders Traps	N/A	Seated Shrug	65	3-8	1:00	7	65	3-8	1:30	6	65	3-8	1:00	5
	N/A	90-Degree Utility Seat												
*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	9:35 pm		AM	
													PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest				
#1	Ball Crunch Stability Ball			25-30	0:00	30	#2	Knee Raise Vertical Chair			25-30	0:00	21
#3	Bicycle Maneuver Floor			25-30	0:15	20	#4	Straight Leg Lift with Thrust Floor			25-30	0:00	20
#5	Bicycle Maneuver Floor			25-30	0:00	19	#6	Crunch with Legs In Stability Ball			25-30	0:15	25

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	142 - 151	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.