

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13629184



## Day Description: Chest, Shoulders

| TODAY'S MESSAGES  |  |  |  |  | Perform 5-10 minutes of cardio, then stretch. |
|---|--|--|--|--|---|
| Congratulations on your commitment to fitness. Please do not hesitate to call on me if you have any questions regarding your workout. |  |  |  |  |   |

| TODAY'S RESISTANCE WORKOUT   |               |  |                     |       |      | Date Of Workout | 1 / 8 / 18          | Resistance Start Time | 7:53 pm             | AM              |       |      |      |                 |
|--|---------------|--|---------------------|-------|------|-----------------|---------------------|-----------------------|---------------------|-----------------|-------|------|------|-----------------|
| Intermediate, Day: 3   |               | Approximate time of resistance workout: 26   |                     |       |      |                 |                     |                       |                     | PM              |       |      |      |                 |
| EXPECTED FEEL<br>Region<br>Target Area   | SEAT<br>OTHER | EXERCISE<br>Manufacturer<br>Equipment Name   | SET 1               |       |      | TODAY'S<br>REPS | SET 2               |                       |                     | TODAY'S<br>REPS | SET 3 |      |      | TODAY'S<br>REPS |
|  |               |  | WT                  | REPS  | REST |                 | WT                  | REPS                  | REST                |                 | WT    | REPS | REST |                 |
| Warm Up<br>Chest<br>Pecs   | N/A           | Bench Press<br>Cybex Plate Loaded<br>(#22) Plate Loaded Advanced Chest                 | <del>35</del><br>25 | 10-15 | 1:00 | 10              | <del>45</del><br>30 | 8-12                  | 1:00                | 10              |       |      |      |                 |
|  |               |  | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |                       |                     |                 |       |      |      |                 |
| Heavy<br>Chest<br>Upper Pecs   |               | Incline Fly  | 17.5                | 5-10  | 1:00 | 10              | 17.5                | 5-10                  | 1:00                | 8               |       |      |      |                 |
|  | N/A           | Dumbbell Multipurpose Bench - Flat to Incline  | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |                       |                     |                 |       |      |      |                 |
| Heavy<br>Chest<br>Outer Pecs   |               | Pec Fly<br>Paramount Selectorized Advance Performance System<br>(#6) Pec Fly/Rear Delt | 30                  | 5-10  | 1:00 | 10              | 30+P                | 3-8                   | 1:00                | 5               |       |      |      |                 |
| Heavy<br>Shoulders<br>Mid Delts  | N/A           | Seated Lateral Raise   | 15                  | 5-10  | 1:00 | 10              | 15                  | 3-8                   | 1:00                | 5               |       |      |      |                 |
|  | N/A           | Dumbbell   |                     |       |      |                 |                     |                       |                     |                 |       |      |      |                 |
| Heavy<br>Shoulders<br>Front Delts  | N/A           | Cable Front Deltoid Raise<br>Legend Selectorized<br>(#16) Functional Trainer           | 30                  | 5-10  | 1:00 | 10              | 30+P                | 3-8                   | 1:00                | 5               |       |      |      |                 |
| Heavy<br>Shoulders<br>Delts  | N/A           | Seated Shoulder Press  | <del>25</del>       | BEST  | 1:00 | 15              | <del>30</del>       | BEST                  | 1:00                | 8               |       |      |      |                 |
|  | N/A           | 90-Degree Utility Seat   | 20                  |       |      |                 |                     |                       |                     |                 |       |      |      |                 |
| *BEST means do the most you can without exceeding 20 repetitions. Blue = increase; Red = decrease.<br>+P means add a supplemental plate, +2P means add two supplemental plates, and so on. |               |  |                     |       |      |                 |                     |                       | Resistance End Time | 8:19 pm         |       | AM   |      |                 |
|  |               |  |                     |       |      |                 |                     |                       |                     |                 |       | PM   |      |                 |

| TODAY'S ABS |   |  |  |       | Exercise | Reps | Rest |  |
|-------------|---|--|--|-------|----------|------|------|--|
| #1          | Crunch with Legs In<br>Stability Ball       |  |  | 15-20 | 0:10     | 15   |      |  |
| #3          | Seated Bar Twist<br>Body Bar                |  |  | 15-20 | 0:10     | 15   |      |  |
| #5          | Crunch with Legs Elevated<br>Stability Ball |  |  | 12-15 | 0:15     | 15   |      |  |
| #2          | Straight Leg Thrust<br>Floor                |  |  | 12-15 | 0:10     | 15   |      |  |
| #4          | Straight Leg Thrust<br>Floor                |  |  | 12-15 | 0:15     | 15   |      |  |

| TODAY'S CARDIO           |            |                 |  |  | Distance           |  |  |  |
|--------------------------|------------|-----------------|--|--|--------------------|--|--|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity |  |  | Average Heart Rate |  |  |  |
| Target Heart Rate        | 143 - 153  | 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. |
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