

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16412551



Day Description: Back

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 153		Approximate time of resistance workout: 31				Date Of Workout	9 / 27 / 21			Resistance Start Time	2:06 am			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 Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	110	10-15	1:00	12	130	8-12	1:00	10				
Heavy Back Lats	N/A	1-Arm Row	35	3-8	1:00	6	35	3-8	1:30	6	35	3-8	1:00	6
	N/A	Dumbbell												
Medium Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	5-10	1:00	9	130	5-10	1:00	8				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	15
	N/A	Floor												
Heavy Shoulders Traps	N/A	Standing Shrug	40	3-8	1:00	8	40	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	50	3-8	1:00	8	50	3-8	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	2:37 am			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Jack Knife Floor	15-20	0:00	15
#3 Side Oblique Crunch with Arms Extended Floor	25-30	0:15	20	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch Floor	25-30	0:00	25	#6 Jack Knife Floor	15-20	0:15	12

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	152 - 162	Duration	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.