

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13639201



## Day Description: Chest, Arms

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 13 / 18	Resistance Start Time	6:02 pm	AM				
Intermediate, Day: 5		Approximate time of resistance workout: 26								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 Chest Pecs	N/A	Standing Cable Chest Press	20+P-	10-15	1:00	15	30	8-12	1:00	12				
		Legend Selectorized (#16) Functional Trainer	20											
Heavy Chest Outer Pecs	N/A	Fly	17.5	3-8	1:00	8	17.5	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Bench Press	45	BEST	1:30	10	45	BEST	1:00	10				
	N/A	Hammer Strength Plate Loaded (#17) Bench / Seated Dip	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Standing Curl	17.5	5-10	1:00	10	17.5	5-10	1:00	10				
		Dumbbell												
Medium Arms Biceps	N/A	Standing Curl with Twist	15	5-10	1:00	10	15	BEST	1:00	10				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	BEST	1:00	15								
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Rope Pushdown	50+P	BEST	1:00	20								
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												

\*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	6:28 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Crunch with Heel Push Floor		15-20	0:10	15	#2	90 Degree Reverse Crunch Floor		15-20	0:10	15
#3	Reverse Crunch Floor		15-20	0:15	12	#4	Crunch with Legs Elevated Flat Bench		12-15	0:15	12
#5	Side Oblique Crunch Floor		15-20	0:15	14						

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.