

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15658885



## Day Description: Chest, Shoulders, Triceps

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	10 / 25 / 19			Resistance Start Time	9:11 pm		AM PM	
Advanced, Day: 117		Approximate time of resistance workout: 28												
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	Decline Barbell Bench Press	<del>70</del> 75	10-15	1:00	12	85	8-12	1:00	9				
		Olympic Decline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Chest Pecs	N/A	Barbell Bench Press	75	BEST	1:00	11								
	N/A	Olympic Bench Press	SPOTTER RECOMMENDED											
Heavy Shoulders Delts		Seated Shoulder Press	35	3-8	1:00	6	35	3-8	1:00	5				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
Heavy Shoulders Front Delts	N/A	Low-Pulley Upright Row	90+P	3-8	1:00	8	90+P	3-8	1:00	8				
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Medium Shoulders Rear Delts	N/A	Upright Row	30	8-12	1:00	9								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Light Shoulders Mid Delts	N/A	Seated Lateral Raise	15	BEST	1:00	12								
	N/A	90-Degree Utility Seat												
Medium Arms Triceps	N/A	Kick Back	17.5	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	65	5-10	1:00	10	65	5-10	1:00	10				
	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	9:39 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Ball Crunch Stability Ball		25-30	0:00	30	#2	Crunch with Legs In Stability Ball		25-30	0:00	25
#3	Side Oblique Crunch with Heel Push Floor		20-25	0:15	25	#4	Straight Leg Lift with Thrust Floor		25-30	0:00	20
#5	Side Oblique Crunch with Legs Elevated Flat Bench		25-30	0:00	25	#6	90 Degree Crunch Floor		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.