

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17130899



Day Description: Upper Body Arms Focus

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	9 / 24 / 24			Resistance Start Time		8:52 pm		AM
Advanced, Day: 213			Approximate time of resistance workout: 25											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		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	10								
Heavy Chest Outer Pecs	N/A	Incline Fly	25	3-8	1:00	7	25	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	8-12	1:00	12								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15								
	N/A	Floor												
Medium Shoulders Delts	N/A	Seated Lateral Raise	20	5-10	1:00	5	20	5-10	1:00	5				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Kick Back	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Lying Extension	30	BEST	1:00	12								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	Fixed Barbell												

\*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

9:17 pm

AM

PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor					25-30	0:00	25
#2	Bicycle Maneuver Floor					25-30	0:00	20
#3	Side Oblique Crunch with Legs Vertical Floor					25-30	0:15	20
#4	Bicycle Maneuver Floor					25-30	0:00	20
#5	Side Oblique Crunch Floor					25-30	0:00	25
#6	Crunch with Legs Vertical Floor					25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	150 - 159	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.