

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17178086



Day Description: Upper Body Chest 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

Advanced, Day: 231		Approximate time of resistance workout: 30				Workout	12 / 24 / 24	Start Time	8:45 PM	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	12	40	8-12	1:00	10				
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	7	30	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	30	5-10	1:00	7	30	BEST	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	180	5-10	1:00	10				
Heavy Back Lats	N/A	1-Arm Row	35	8-12	1:00	10								
	N/A	Dumbbell												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

*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	9:15 pm	AM
		PM

TODAY'S ABS

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

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	139 - 148	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.