

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16490079



Day Description: Arms

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 17 / 22			Resistance Start Time	8:50 pm			AM
Advanced, Day: 163		Approximate time of resistance workout: 29												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 Arms Biceps	N/A	Standing Curl with Twist	20	10-15	1:00	10	20	8-12	1:00	10				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Lying Extension	35	3-8	1:00	8	35	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	BEST	1:00	6								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Kick Back	20	BEST	1:30	12	20	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	25	5-10	1:00	9	30	BEST	1:00	9				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	14								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Traps	N/A	Seated Shrug	55	3-8	1:00	8	55	3-8	1:30	8	55	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	9:19 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch Floor	25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3	Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	20	#4	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5	Side Oblique Crunch with Arms Extended Floor	25-30	0:00	20	#6	Crunch Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	151 - 161	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.