

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15560137



Day Description: Shoulders

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 / 9 / 19			Resistance Start Time	9:06 pm		AM	
Advanced, Day: 107		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 Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	20	10-15	1:00	10	20	8-12	1:00	8				
Heavy Shoulders Delts	N/A	Seated Shoulder Press 90-Degree Utility Seat	35	5-10	1:00	7	35	5-10	1:00	5				
Heavy Shoulders Rear Delts	N/A	Low-Pulley Upright Row Legend Selectorized (#16) Functional Trainer	80+P	5-10	1:00	10	90+P	BEST	1:00	12				
Medium Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized (#16) Functional Trainer	40+P	5-10	1:00	10	40+P	BEST	1:00	15				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	140	10-15	1:30	15	140	BEST	1:00	20				
Heavy Shoulders Traps	N/A	Standing Shrug Dumbbell	65	5-10	1:00	10	65	3-8	1:30	7	65	3-8	1:00	6
*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	9:35 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Crunch with Legs Elevated Stability Ball		25-30	0:00	30	#2	Reverse Crunch Floor		25-30	0:00	25
#3	Side Oblique Crunch with Arms Extended Floor		20-25	0:15	25	#4	Crunch with Legs In Stability Ball		25-30	0:00	25
#5	Side Oblique Crunch with Legs Vertical Floor		20-25	0:00	25	#6	Ab Wheel Ab Wheel		20-25	0:15	20

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	143 - 152	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.