

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13919496



Day Description: Chest, Shoulders, Triceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 23 / 18			Resistance Start Time	8:53 pm		AM PM	
Advanced, Day: 33		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	Bench Press Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	25	10-15	1:00	15	35	8-12	1:00	12				
		SPOTTER RECOMMENDED					SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	20	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Chest Pecs	N/A	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30+P 40	8-12	1:00	12								
Heavy Shoulders Delts	N/A	Seated Lateral Raise	17.5	5-10	1:00	10	17.5	5-10	1:00	9				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	5-10	1:00	9	25	5-10	1:00	10				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row Legend Selectorized (#16) Functional Trainer	70	8-12	1:00	12								
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	17								
	N/A	Dumbbell												
Medium Arms Triceps		Seated Tricep Extension Cybex Selectorized VR 2 (#12) Arm Extension	45	8-12	1:00	12								
Heavy Shoulders Traps	N/A	Standing Shrug	55	3-8	1:00	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	9:21 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:00	25	#2	Reverse Crunch Floor	20-25	0:15	20
#3	Side Oblique Crunch with Arms Extended Floor	15-20	0:10	19	#4	Reverse Crunch Floor	20-25	0:15	20
#5	Straight Leg Thrust Floor	15-20	0:00	20	#6	Crunch with Legs Elevated Stability Ball	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	143 - 153	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.