

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15566917



Day Description: Upper Body, Arm 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 / 11 / 19			Resistance Start Time	9:04 pm		AM PM	
Advanced, Day: 108		Approximate time of resistance workout: 26												
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	1-Arm Curl with Twist Legend Selectorized (#16) Functional Trainer	30+P	10-15	1:00	13	40	8-12	1:00	10				
Heavy Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	50	5-10	1:00	10	50	5-10	1:00	7				
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	90	8-12	1:00	10								
Medium Arms Biceps	N/A	Concentration Curl with Twist Dumbbell Multipurpose Bench - Flat to Incline	30	5-10	1:00	6	30	BEST	1:00	5				
Heavy Arms Outer Triceps	N/A	Lying Extension (#27) Fixed Barbell	40	3-8	1:00	8	40	3-8	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps	N/A	V-Bar Pushdown Legend Selectorized (#16) Functional Trainer	90+P	BEST	1:00	20								
Medium Arms Outer Triceps	N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80	5-10	1:00	10	80	BEST	1:00	12				
* 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	9:30 pm		AM PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch Floor	25-30	0:00	30	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3	Decline Side Oblique Crunch Decline Adjustable Ab Board	20-25	0:15	15	#4	Leg Raise Gravity Crunch	20-25	0:00	20
#5	Side Oblique Crunch with Legs Elevated Stability Ball	25-30	0:00	25	#6	Jack Knife Floor	15-20	0:15	12

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	153 - 163	Average Heart Rate		
		Calories		
		Duration		

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.