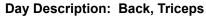
DAYAH, MICHAEL

Training Type: Upper Body Only Result Desired: Mass Building Activity ID: W16496332





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S	S RE	SISTANCE WORKO	UT			Date Of	1 /	26 /	22	Resistan	ice Q	.37	nm	АМ
Advanced, Day: 167 Approximate time of resi			stance workout: 26		Workout	1 / 20 /			Start Tin	ne O	8:37		PM	
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1		TODAY'S	SET 2		TODAY'S	SET 3		TODAY'S			
			WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS
Warm Up Back Lats	N/A	1-Arm Row	25	10-15	1:00	12	25	8-12	1:00	8				
	N/A	Dumbbell								0				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	5-10	1:00	10	140	5-10	1:30	8	150	BEST	1:00	12
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	BEST	1:30	9	160	3-8	1:00	8				
Medium	N/A	Lying Prone Back Extension	Dody	14.20	1:00	15	Dody	14 20	1:20	15	Dody	10 15	1:00	12
Back Lower Back	N/A	Floor	Body	14-20	1:00	15	Body	14-20	1:30	19	Body	10-15	1.00	12
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	1-DB) 35 8-12 1:00 SPOTTER RECOMMENDED		1:00	10								
	N/A	Dumbbell			10									
Medium	N/A	Close Grip Bench Press	70 BEST 1:00 SPOTTER RECOMMENDED		1:00	10								
Arms Outer Triceps	N/A	Fixed Barbell			10									

^{*}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	9:03	nm	AM	
End Time	9.03	Pm	PM	

TODA	Y'S ABS	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch Floor		25-30	0:00	30	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	90 Degree Side Oblique Cru Floor	nch	25-30	0:15	25	#4	90 Degree Reverse Crunch Floor	25-30	0:00	20
#5	90 Degree Side Oblique Cru Floor	nch	25-30	0:00	20	#6	Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARD	OIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	141 - 150	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.