

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15512644



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	9 / 6 / 19			Resistance Start Time	8:43 pm		AM	
Advanced, Day: 106		Approximate time of resistance workout: 32											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 Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110+P	10-15	1:00	12	130	8-12	1:00	8				
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	105	5-10	1:00	10	105	3-8	1:30	8	105	3-8	1:00	8
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded	65	8-12	1:00	8	70	3-8	1:30	6	70	3-8	1:00	6
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Arms Lower Biceps	N/A	Standing Curl	—30—	5-10	1:00	7	—30—	3-8	1:00	6				
	N/A	Dumbbell	25				25							
Heavy Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized (#16) Functional Trainer	40	5-10	1:00	10	40+P	BEST	1:00	8				
Medium Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized	40+P-	5-10	1:00	5	40+P-	BEST	1:00	5				
		Cable Crossover w/Adjustable Pulley Machine	40				40							
* 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	9:15 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball	25-30	0:00	30	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3	90 Degree Side Oblique Crunch Floor	20-25	0:15	25	#4	Bicycle Maneuver Floor	25-30	0:00	25
#5	Bicycle Maneuver Floor	25-30	0:00	20	#6	Jack Knife Floor	15-20	0:15	15

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