

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16356467



Day Description: Back, Biceps

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

| Advanced, Day: 133 | | Approximate time of resistance workout: 31 | | | | Date Of Workout | 7 / 16 / 21 | | | Resistance Start Time | 1:34 am | | | AM |
|--|---------------|---|-------|-------|------|-----------------|-------------|-------|------|------------------------|---------|-------|------|-----------------|
| | | | | | | | | | | | | | | 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 | Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown | 110 | 10-15 | 1:00 | 12 | 120 | 8-12 | 1:00 | 9 | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown | 140 | 5-10 | 1:00 | 10 | 150 | BEST | 1:30 | 12 | 150 | BEST | 1:00 | 12 |
| Heavy Back Lats | N/A | 1-Arm Row | 40 | 5-10 | 1:00 | 7 | 45 | BEST | 1:00 | 10 | | | | |
| | N/A | Dumbbell | | | | | 35 | | | | | | | |
| Medium Back Lower Back | N/A | Lying Prone Back Extension | Body | 14-20 | 1:00 | 15 | Body | 14-20 | 1:30 | 14 | Body | 10-15 | 1:00 | 15 |
| | N/A | Floor | | | | | | | | | | | | |
| Heavy Arms Biceps | N/A | Concentration Curl with Twist | 35 | 5-10 | 1:00 | 5 | 35 | 5-10 | 1:00 | 5 | | | | |
| | N/A | Dumbbell | | | | | 30 | | | | | | | |
| Heavy Arms Lower Biceps | N/A | Standing Curl | 25 | BEST | 1:00 | 7 | 25 | BEST | 1:00 | 7 | | | | |
| | 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 | 2:05 am | | | AM |
| | | | | | | | | | | | | | | PM |

TODAY'S ABS

| Exercise | Reps | Rest | | Exercise | Reps | Rest | |
|---|-------|------|----|--------------------------------------|-------|------|----|
| #1 Crunch Floor | 25-30 | 0:00 | 25 | #2 90 Degree Reverse Crunch Floor | 25-30 | 0:00 | 25 |
| #3 Side Oblique Crunch Floor | 25-30 | 0:15 | 25 | #4 Bicycle Maneuver Floor | 25-30 | 0:00 | 15 |
| #5 90 Degree Side Oblique Crunch Floor | 25-30 | 0:00 | 15 | #6 Jack Knife Floor | 15-20 | 0:15 | 10 |

TODAY'S CARDIO

| Minimum Time Recommended | 20 Minutes | Cardio Activity | Distance |
|-----------------------------|------------|-----------------|--------------------|
| Target Heart Rate | 142 - 151 | Duration | Average Heart Rate |
| | | | 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.