

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16483907



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 7 / 22			Resistance Start Time	9:43 pm			AM
Advanced, Day: 159		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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	110	10-15	1:00	13	120	8-12	1:00	10				
Heavy Back Lats	N/A	1-Arm Row	35	5-10	1:00	8	35	3-8	1:30	6	35	3-8	1:00	6
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	8-12	1:00	10	150	3-8	1:30	7	150	3-8	1:00	7
Heavy Arms Biceps	N/A	Concentration Curl with Twist	30	BEST	1:00	7	35	BEST	1:00	3				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	5-10	1:00	5	50	BEST	1:00	5				
	N/A	Fixed Barbell												
Medium Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	5	25	5-10	1:00	5				
	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	10:15 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		25-30	0:00	25	#2	Jack Knife Floor	15-20	0:00	10
#3	90 Degree Side Oblique Crunch Floor		25-30	0:15	25	#4	Jack Knife Floor	15-20	0:00	10
#5	Side Oblique Crunch with Arms Extended Floor		25-30	0:00	20	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO		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.