

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17277598



## Day Description: Upper Body Arms 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	6 / 12 / 25			Resistance Start Time		9:26 pm		AM
Advanced, Day: 261		Approximate time of resistance workout: 25												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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	15								
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	6	30	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Medium Shoulders Delts	N/A	Seated Shoulder Press	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	Lying Extension	40	8-12	1:00	12								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:00	12								
	N/A	Fixed Barbell												

\*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	9:51 pm	AM
		PM

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

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	149 - 159	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.