

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13827156



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
Do you have a smartphone? Try entering your workout at http://activtrax.com/m					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 28 / 18			Resistance Start Time	8:45 pm		AM PM	
Advanced, Day: 24		Approximate time of resistance workout: 31												
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 Arms Triceps	N/A	Seated Overhead Extension (1-DB)	15	10-15	1:00	15	17.5	8-12	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Triceps	N/A	V-Bar Pushdown	80	3-8	1:00	8	80	3-8	1:00	8				
		Legend Selectorized (#16) Functional Trainer												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	3-8	1:00	8	15	3-8	1:00	8				
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Arms Triceps		Seated Tricep Extension	40	5-10	1:00	10	40	5-10	1:00	10				
		Cybex Selectorized VR 2 (#12) Arm Extension												
Heavy Arms Biceps	N/A	1-Arm Curl with Twist	30+P	3-8	1:00	8	30+P	3-8	1:00	8				
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:30	15	50	3-8	1:00	8				
	N/A	(#27) Fixed Barbell												
Medium Arms Biceps		Seated Arm Curl	45	5-10	1:00	10	45	5-10	1:00	8				
	N/A	Cybex Selectorized VR 2 (#13) Arm Curl												
* 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	9:16 pm		AM PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball					20-25	0:10	25
#3	Side Oblique Crunch with Legs Elevated Stability Ball					15-20	0:10	15
#5	Bicycle Maneuver Floor					12-15	0:15	12
#2	Crunch with Legs In Stability Ball					15-20	0:10	16
#4	Decline Straight Leg Thrust Decline Adjustable Ab Board					10-12	0:15	12

TODAY'S CARDIO			
Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	154 - 164		Average Heart Rate
		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.