

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14107224



Day Description: Shoulders

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	5 / 14 / 18			Resistance Start Time	8:48 pm			AM
Advanced, Day: 47		Approximate time of resistance workout: 26												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 Shoulders Delts	N/A N/A	Seated Shoulder Press 90-Degree Utility Seat	17.5	10-15	1:00	15	20	8-12	1:00	12				
Heavy Shoulders Front Delts	N/A 	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	5-10	1:00	10	80+P	5-10	1:00	10				
Heavy Shoulders Mid Delts	N/A 	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	5-10	1:00	9	20+P	5-10	1:00	7				
Medium Shoulders Rear Delts	N/A N/A	Upright Row Dumbbell	20	5-10	1:00	10	20	BEST	1:00	20				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	7.0 N/A	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	115 120	10-15	1:30	15	115	BEST	1:00	20				
Heavy Shoulders Traps	N/A N/A	Standing Barbell Shrug Squat Rack	105 110	3-8	1:00	8	105 110	3-8	1:00	8				
*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	9:14 pm			AM
														PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Ball Crunch Stability Ball			20-25	0:00	25	#2	Reverse Crunch Floor			25
#3	Straight Leg Thrust Floor			20-25	0:10	25	#4	Ball Side Oblique Crunch Stability Ball			20
#5	Leg Raise Gravity Crunch			10-12	0:10	12	#6	90 Degree Crunch Floor			25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	143 - 153	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.