

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17137175



Day Description: Upper Body Chest 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

Advanced, Day: 215

Approximate time of resistance workout: 30

Date Of Workout

10 / 10 / 24

Resistance Start Time

9:14 pm

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 Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	12	40	8-12	1:00	10				
Heavy Chest Outer Pecs	N/A	Incline Fly	25	5-10	1:00	8	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Push Up (on Knees)	Body	BEST	1:00	10	Body	BEST	1:00	10				
	N/A	Floor												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	3-8	1:00	8	180	3-8	1:00	8				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	8-12	1:00	12								
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	14								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	BEST	1:00	16								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	35	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

\*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

9:44 pm

AM

PM

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	90 Degree 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 Floor		25-30	0:00	25	#6	Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

140 - 149

Distance

Cardio Activity

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.