

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15195222



## Day Description: Chest, Shoulders, Triceps

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	4 / 29 / 19			Resistance Start Time	9:13 pm			AM
Advanced, Day: 81		Approximate time of resistance workout: 28											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	N/A	Barbell Bench Press	55	10-15	1:00	15	65	8-12	1:00	12				
	N/A	Olympic Bench Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Fly	25	BEST	1:00	15								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED											
Medium Chest Pecs	N/A	Cable Crossover	40	BEST	1:00	10								
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Heavy Shoulders Delts		Seated Shoulder Press	57.5	5-10	1:00	10	57.5	5-10	1:00	9				
	N/A	Matrix Selectorized Ultra Series (#12) Converging Shoulder Press												
Heavy Shoulders Front Delts	N/A	Upright Row	25	5-10	1:00	10	25	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Shoulders Rear Delts		Seated Rear Deltoid	—50—	8-12	1:00	12								
		Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	70											
Light Shoulders Mid Delts	N/A	Seated Lateral Raise	15	BEST	1:00	15								
	N/A	Dumbbell												
Medium Arms Triceps		Lying Extension	25	8-12	1:00	12								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED											
Heavy Shoulders Traps	N/A	Seated Shrug	65	3-8	1:00	8	65	3-8	1:00	5				
	N/A	90-Degree Utility Seat												

\*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	9:41 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball	25-30	0:00	30	#2	Leg Raise Vertical Chair	15-20	0:00	13
#3	Side Oblique Crunch with Heel Push Floor	15-20	0:15	20	#4	Leg Raise Vertical Chair	15-20	0:00	13
#5	Side Oblique Knee Raise Vertical Chair	15-20	0:00	10	#6	Jack Knife Floor	12-15	0:15	12

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	143 - 152	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.