

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15106854



Day Description: Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 71						Date Of Workout	3 / 29 / 19			Resistance Start Time	8:54 pm			AM
Approximate time of resistance workout: 29														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 Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	10+P	10-15	1:00	15	20	8-12	1:00	10				
Heavy Shoulders Delts	N/A	Seated Shoulder Press Cybex Plate Loaded (#21) Plate Loaded Shoulder Press	40	3-8	1:00	8	40 30	3-8	1:00	8				
Heavy Shoulders Rear Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	BEST	1:00	18	80+P	BEST	1:00	12				
Medium Shoulders Front Delts	N/A	Cable Front Deltoid Raise Legend Selectorized (#16) Functional Trainer	40	5-10	1:00	10	40	BEST	1:00	17				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	97.5	14-20	1:30	20	110	10-15	1:00	15				
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	115 110	3-8	1:00	8	115 110	3-8	1:30	8	115 110	3-8	1:00	8
	N/A	Squat Rack												
*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	9:23 pm			AM PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	20-25	0:00	25	#2 Ab Wheel Ab Wheel	12-15	0:00	15
#3 Standing Bar Twist Body Bar	20-25	0:15	25	#4 Ab Wheel Ab Wheel	12-15	0:00	15
#5 Side Oblique Crunch with Legs Elevated Stability Ball	20-25	0:00	25	#6 Bicycle Maneuver Floor	20-25	0:15	15

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity	Distance
Target Heart Rate	143 - 152	Duration	Average Heart Rate
			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.