

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14996131



Day Description: Back, Biceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 25 / 19			Resistance Start Time	9:00 pm			AM
Advanced, Day: 58		Approximate time of resistance workout: 33												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 Back Lats	N/A N/A	Sit Down Row Legend Selectorized Low Row	60	10-15	1:00	15	70	8-12	1:00	12				
Heavy Back Lats	N/A N/A	1-Arm Row Dumbbell	45	3-8	1:00	7	45	3-8	1:30	7	45	3-8	1:00	8
Heavy Back Lats	N/A 	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	130+P	3-8	1:00	3	130+P 120	3-8	1:30	5	130+P 120	3-8	1:00	3
Heavy Arms Lower Biceps	N/A N/A	Standing Curl (#27) Fixed Barbell	50	BEST	1:30	9	50 40	BEST	1:00	10				
Heavy Arms Biceps	N/A 	1-Arm Curl with Twist Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P 30	BEST	1:30	5	40+P 30	3-8	1:00	5				
Medium Arms Lower Biceps	N/A 	Low-Pulley Straight Bar Curl Legend Selectorized (#16) Functional Trainer	70	5-10	1:00	6	70	5-10	1:00	6				
* 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	9:33 pm			AM PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	90 Degree Crunch Floor		20-25	0:00	25	#2	Ab Wheel Ab Wheel	12-15	0:10	11
#3	Decline Side Oblique Crunch Decline Adjustable Ab Board		12-15	0:10	12	#4	Side Oblique Crunch Floor	20-25	0:10	20
#5	Side Oblique Crunch Floor		20-25	0:00	20	#6	90 Degree Crunch Floor	20-25	0:10	20

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	153 - 163	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.