

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17101679



Day Description: Upper Body Back Focus

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Do you have a smartphone? Try entering your workout at <http://activtrax.com/m>

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 6 / 24			Resistance Start Time	9:10 pm		AM	
Advanced, Day: 201		Approximate time of resistance workout: 27											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	1-Arm Row	15	10-15	1:00	15	20	8-12	1:00	12				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	5-10	1:00	10	170	BEST	1:00	15				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	BEST	1:00	12	160	BEST	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Fly	25	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	50	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	10				
	N/A	Floor												
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	50	BEST	1:00	15								
	N/A													
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	12								
	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.

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor		25-30	0:00	25	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	Side Oblique Crunch with Legs Vertical Floor		25-30	0:15	25	#4	90 Degree Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch with Heel Push Floor		25-30	0:00	25	#6	Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	150 - 159	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.