

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15277820



Day Description: Chest Shoulders w/Legs

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	5 / 29 / 19			Resistance Start Time	9:10 pm		AM	
Advanced, Day: 91			Approximate time of resistance workout: 25										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 Matrix Selectorized Ultra Series (#13) Converging Chest Press	45 70	10-15	1:00	15	55 70	8-12	1:00	12				
Heavy Chest Upper Pecs		Incline Bench Press Dumbbell Multipurpose Bench - Flat to Incline	30	5-10	1:00	8	30	5-10	1:00	8				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Incline Fly Dumbbell	30	5-10	1:00	8	35	BEST	1:00	6				
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts		Seated Lateral Raise 90-Degree Utility Seat	17.5	5-10	1:00	10	20	BEST	1:00	6				
	N/A													
Heavy Shoulders Front Delts		Cable Front Deltoid Raise Legend Selectorized (#16) Functional Trainer	40+P	BEST	1:00	12								
Warm Up Legs Quadriceps		Seated Leg Extension Matrix Selectorized Ultra Series (#7) Leg Extension	45	10-15	1:00	15								
Medium Legs Hamstrings		Lying Leg Curl Hammer Strength Plate Loaded (#31) Leg Curl	40 50	BEST	1:00	15								
Medium Legs Quads/Hams		Seated Leg Press Matrix Selectorized Ultra Series (#4) Leg Press	185	BEST	1:00	10								
* 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	9:35 pm		AM	
													PM	

* **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	9:35 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	20-25	0:00	25	#2	Leg Raise Gravity Crunch	15-20	0:00	15
#3	Side Oblique Crunch with Arms Extended Floor	15-20	0:15	20	#4	Reverse Crunch Floor	20-25	0:00	20
#5	Side Oblique Crunch with Heel Push Floor	15-20	0:00	20	#6	90 Degree Crunch Floor	20-25	0:15	20

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	132 - 142	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.