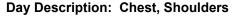
DAYAH, MICHAEL

Training Type: Upper Body Only Result Desired: Mass Building Activity ID: W16491524





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S Advanced, D		SISTANCE WORKO Approximate time of resi		cout: 26		Date Of Workout	1 /	19/	22	Resistan Start Tin	ce ne	:38	pm	AM PM
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S	SET 2		TODAY'S	SET 3		TODAY'S		
			WT	REPS	REST	REPS	WT	REPS	REST	DEDO	WT	REPS	REST	DED0
Warm Up Chest Pecs	N/A	Bench Press	25	10-15	1:00	12	30	8-12	1:00	8		•	•	
	N/A	Dumbbell	SPOTTER	RECOMM	IENDED	12	SPOTTER RECOMMENDED		0					
Heavy Chest Outer Pecs	N/A	Incline Fly	35	3-8	1:00	5	35	3-8	1:00	5				
	N/A	Dumbbell	SPOTTER	POTTER RECOMMENDED			SPOTTER	RECOMM	IENDED)				
Medium Chest Upper Pecs	N/A	Push Up	Body	5-10	1:00	5	D = -1.	BEST 1:	4.00	5				
	N/A	Floor					Body		1:00	5				
Heavy Shoulders Delts	N/A	Seated Lateral Raise	00	3-8	1:00	5	20	3-8	1:00	4				
	N/A	Dumbbell	20											
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise		20 5-10	1:00	8	-00	5-10	1:00	4				
	N/A	Dumbbell	20				20			6				
Medium Shoulders Rear Delts	N/A	Upright Row	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER	RECOMM	IENDED	10	SPOTTER	RECOMM	IENDED	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	10:04 pm	AM		
End Time	TO:OA PIII	PM		

TODA	Y'S ABS	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor		25-30	0:00	25	#2	Bicycle Maneuver Floor	25-30	0:00	20
#3	Side Oblique Crunch Floor		25-30	0:15	25	#4	Jack Knife Floor	15-20	0:00	10
#5	Side Oblique Crunch with Heel Push Floor		25-30	0:00	25	#6	Crunch with Heel Push Floor	25-30	0:15	25

TODAY'S CARD	DIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	141 - 150	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.