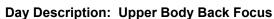
DAYAH, MICHAEL

Training Type: Upper Body Only Result Desired: Mass Building Activity ID: W17104562





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 Advanced, D		SISTANCE WORKO Approximate time of residence in the control of th		out: 29		Date Of Workout	8 /	/ 8 /	24	Resistand Start Tim		0:07	pm	AM PM
EXPECTED FEEL	SEAT	EXERCISE		SET 1		TODAY'S	SET 2		TODAY'S		SET 3		TODAY'S	
Region Target Area	OTHER	Manufacturer Equipment Name	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS
Warm Up Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	10-15	1:00	15	140	8-12	1:00	12		•		
Heavy Back Lats	N/A N/A	1-Arm Row Dumbbell	30	5-10	1:00	8	30	5-10	1:00	8				
Medium Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	5-10	1:00	8	160	BEST	1:00	15				
Heavy	N/A	Fly	30	BEST	1:00	12		•						
Chest Outer Pecs	N/A	Dumbbell	SPOTTER RECOMMENDED		12									
Heavy Chest	N/A	Incline Fly	25	8-12	1:00	10								
Upper Pecs	N/A	Dumbbell	SPOTTER RECOMMENDED			10								
Medium Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15	Body	BEST	1:00	15				
Lower Back	N/A	Floor	Бойу	10-15	1.30	15	ьошу	DEST	1.00	15				
Heavy Shoulders	N/A	Seated Lateral Raise	20	8-12	1:00	8								
Delts	N/A	Dumbbell	20	0-12	1.00	0								
Medium Shoulders	N/A	Bent Over Rear Deltoid	15	BEST	1:00	15								
Rear Delts	N/A	Dumbbell	13	DLST										
Heavy	N/A	Standing Curl with Twist	25	BEST	1:00	10								
Arms Biceps	N/A	Dumbbell		DEGI	1.00	10								
Heavy	N/A	Close Grip Bench Press	50	BEST	1:00	15								
Arms Outer Triceps	N/A	Fixed Barbell	SPOTTER RECOMMENDED			19								

*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

Resistance	10:36	nm	AM
End Time	10.30	Pπ	РМ

TODA	Y'S ABS Ex	ercise F	Reps	Rest			Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	2	25-30	0:00	25	#2	Bicycle Maneuver Floor	25-30	0:00	20
#3	90 Degree Side Oblique Crunch Floor	2	25-30	0:15	20	#4	Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch with Arms Floor	Extended 2	25-30	0:00	20	#6	Crunch Floor	25-30	0:15	25

TODAY'S CARD)IO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	130 - 139	Duration	Calories	

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IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.