

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17164874



Day Description: Upper Body Back Focus

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	11 / 19 / 24			Resistance Start Time	10:20 pm			AM
Advanced, Day: 225		Approximate time of resistance workout: 30											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	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	10-15	1:00	15	170	8-12	1:00	12				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	BEST	1:30	15	180	3-8	1:00	8				
Heavy Back Lats	N/A	1-Arm Row	35	5-10	1:00	8	40	3-8	1:00	6				
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	3-8	1:00	8	60	3-8	1:00	8				
Heavy Chest Outer Pecs	N/A	Incline Fly	30	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	12	Body	BEST	1:00	15				
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												

\*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	90 Degree Crunch Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	25
#3	Side Oblique Crunch Floor	25-30	0:15	25	#4	Reverse Crunch Floor	25-30	0:00	25
#5	Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	25	#6	Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	149 - 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.