

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15113553



Day Description: Upper Body, Arm Focus

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 1 / 19			Resistance Start Time	9:18 pm		AM		
Advanced, Day: 72		Approximate time of resistance workout: 26											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 Arms Biceps		Incline Curl with Twist	20	10-15	1:00	15	25	8-12	1:00	8					
	N/A	Dumbbell Multipurpose Bench - Flat to Incline													
Heavy Arms Biceps	N/A	Concentration Curl with Twist	30	5-10	1:00	8	30	5-10	1:00	5					
	N/A	90-Degree Utility Seat													
Heavy Arms Lower Biceps		1-Arm Preacher Curl	25	BEST	1:00	10									
	N/A	Preacher Bench													
Medium Arms Biceps	N/A	1-Arm Curl with Twist	40+P	5-10	1:00	8	40+P	5-10	1:00	5					
		Legend Selectorized (#16) Functional Trainer													
Heavy Arms Outer Triceps		Seated Dip	-105-	3-8	1:00	8	-105-	3-8	1:00	8					
	N/A	Hammer Strength Plate Loaded (#17) Bench / Seated Dip	145				160								
Heavy Arms Triceps	N/A	High-Pulley Kick Back	20+P-	8-12	1:00	12									
		Legend Selectorized (#16) Functional Trainer	30												
Medium Arms Outer Triceps		Lying Extension	25	5-10	1:00	10	25	BEST	1:00	18					
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				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.										Resistance End Time	9:44 pm		AM		
													PM		

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		20-25	0:00	25	#2	Crunch with Legs In Stability Ball	20-25	0:00	25
#3	90 Degree Side Oblique Crunch Floor		15-20	0:15	15	#4	Reverse Crunch Floor	20-25	0:00	20
#5	90 Degree Side Oblique Crunch Floor		15-20	0:00	15	#6	Crunch with Legs In Stability Ball	20-25	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	153 - 163	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.