

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17175884



## Day Description: Upper Body Arms 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	12 / 14 / 24			Resistance Start Time		8:14 pm		AM
Advanced, Day: 230		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								
Heavy Back Lats	N/A	1-Arm Row	40	5-10	1:00	6	40	5-10	1:00	6				
	N/A	Dumbbell												
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	5-10	1:00	9	60	5-10	1:00	10				
Medium Chest Pecs	N/A	Bench Press	35	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	14	Body	10-15	1:00	10				
	N/A	Floor												
Medium Shoulders Rear Delts	N/A	Upright Row	25	5-10	1:00	8	25	BEST	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	20	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	12								
	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.

Resistance End Time	8:44 pm	AM
		PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					25-30	0:00	25
#3	Side Oblique Crunch with Legs Vertical Floor					25-30	0:15	20
#5	Side Oblique Crunch with Legs Vertical Floor					25-30	0:00	25
#2	Bicycle Maneuver Floor					25-30	0:00	25
#4	Straight Leg Lift with Thrust Floor					25-30	0:00	25
#6	Bicycle Maneuver Floor					25-30	0:15	25

TODAY'S CARDIO			Distance
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate
Target Heart Rate	149 - 159	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.