

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14988847



Day Description: Chest, Shoulders, Triceps

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 RESISTANCE WORKOUT						Date Of Workout	2 / 22 / 19			Resistance Start Time	9:23 pm		AM PM	
Advanced, Day: 57		Approximate time of resistance workout: 30												
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 Chest Pecs	N/A	Bench Press Hammer Strength Plate Loaded (#17) Bench / Seated Dip	30	10-15	1:00	12	40	8-12	1:00	7				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	25	BEST	1:00	10								
		Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Decline Dumbbell Fly	25 20	BEST	1:00	8								
		Decline Adjustable Bench	SPOTTER RECOMMENDED											
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	20	BEST	1:00	10	20+P	BEST	1:00	6				
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	20	BEST	1:00	12	25	BEST	1:00	5				
Medium Arms Triceps	N/A	Kick Back	15	8-12	1:00	12								
		Dumbbell												
Heavy Arms Outer Triceps	N/A	Seated Dip Matrix Selectorized Ultra Series (#15) Triceps Press	72.5	BEST	1:00	20								
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	115 110	BEST	1:30	20	115 110	3-8	1:00	8				
		Squat Rack												
Heavy Shoulders Traps	N/A	Seated Shrug	55	BEST	1:30	10	55	BEST	1:00	7				
		90-Degree Utility Seat												

*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	9:53 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Crunch Floor		20-25	0:00	25	#2	Reverse Crunch Floor		20-25	0:15	20
#3	Side Oblique Leg Raise Vertical Chair		10-12	0:10	5	#4	90 Degree Reverse Crunch Floor		20-25	0:15	20
#5	Bicycle Maneuver Floor		15-20	0:00	15	#6	Crunch with Arms Extended Floor		20-25	0:10	20

TODAY'S CARDIO					Distance				
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate				
Target Heart Rate	143 - 152	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.