

REPLACEMENT WORKOUT

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15825860



Day Description: Back

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
You have not completed a workout in over 3 weeks. Your weights have been reduced to make your comeback a bit more comfortable.					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 6 / 20			Resistance Start Time	9:03 pm			AM
Advanced, Day: 124		Approximate time of resistance workout: 38												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	1-Arm Row	30	10-15	1:00	15	35	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	140	3-8	1:00	5	140	3-8	1:30	4	140	3-8	1:00	5
Medium Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	125	5-10	1:00	6	110	8-12	1:30	8	125	5-10	1:00	5
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	140	BEST	1:30	20	140	BEST	1:30	20	140	BEST	1:00	17
Heavy Shoulders Traps	N/A	Seated Shrug	65	5-10	1:00	8	65	3-8	1:30	7	65	3-8	1:00	6
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Standing Shrug	—65—	3-8	1:00	12	—65—	3-8	1:00	8				
	N/A	Dumbbell	60				70							
*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	9:41 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	25-30	0:00	25	#2	Knee Raise Vertical Chair	25-30	0:00	20
#3	Bicycle Maneuver Floor	25-30	0:15	25	#4	Jack Knife Floor	15-20	0:00	10
#5	Side Oblique Crunch with Legs Vertical Floor	20-25	0:00	15	#6	Ab Wheel Ab Wheel	20-25	0:15	15

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