

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13836874



Day Description: Chest Back w/ Legs

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 2 / 18			Resistance Start Time	4:36 pm			AM PM
Advanced, Day: 25		Approximate time of resistance workout: 36												
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	3.0	Seated Chest Press Cybex Selectorized VR 2	60	10-15	1:00	15	60	8-12	1:00	12	75	8-12	1:00	11
	3.0	(#5) Dual Axis Chest Press												
Heavy Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized	40	5-10	1:00	10	40	5-10	1:00	10				
		(#16) Functional Trainer												
Heavy Chest Outer Pecs	N/A	Incline Fly	25	5-10	1:00	10	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Sit Down Row Legend Selectorized	70+P	5-10	1:00	10	80+P	BEST	1:00	16				
	N/A	Low Row												
Heavy Back Lats	3.0	Seated Row Cybex Selectorized VR	100	BEST	1:30	15	100	3-8	1:00	8				
	3.0	(#7) Row/Rear Delt												
Medium Back Lats	N/A	1-Arm Row	40	5-10	1:00	10	40	5-10	1:00	10				
	N/A	Dumbbell												
Warm Up Legs Quadriceps	N/A	Front Squat Cybex Plate Loaded	25 20	10-15	1:00	12								
	N/A	(#29) Smith Press	SPOTTER RECOMMENDED											
Medium Legs Hamstrings		Seated Leg Curl Cybex Selectorized VR 2	55	8-12	1:00	12								
		(#3) Seated Leg Curl												
Medium Legs Quads/Hams	N/A	Barbell Squat	75 85	5-10	1:00	10	75 85	5-10	1:00	10				
	N/A	Squat Rack	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	5:12 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	90 Degree Crunch Floor	15-20	0:10	20	#2	Standing Bar Twist Body Bar	15-20	0:10	15
#3	Knee Raise Vertical Chair	10-12	0:10	12	#4	90 Degree Side Oblique Crunch Floor	15-20	0:15	15
#5	90 Degree Crunch Floor	15-20	0:15	18					

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	133 - 142	Calories		
		Cardio Activity		
		Duration		

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.