

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17210502



## Day Description: Upper Body Back 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
 2 / 18 / 25
 Resistance Start Time
 9:28 pm
 AM  
PM

Advanced, Day: 242
 Approximate time of resistance workout: 29

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	170	8-12	1:00	10				
Heavy Back Lats	N/A	1-Arm Row Dumbbell	40	3-8	1:00	6	40	3-8	1:00	5				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	5-10	1:00	14	180	3-8	1:00	8				
Heavy Chest Pecs	N/A	Bench Press Dumbbell	40	BEST	1:00	8								
Heavy Chest Outer Pecs	N/A	Incline Fly Dumbbell	30	8-12	1:00	8								
Medium Back Lower Back	N/A	Lying Prone Back Extension Floor	Body	10-15	1:30	10	Body	BEST	1:00	15				
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise Dumbbell	25	BEST	1:00	8								
Medium Shoulders Rear Delts	N/A	Upright Row Dumbbell	25	8-12	1:00	8								
Heavy Arms Biceps	N/A	Standing Curl with Twist Dumbbell	25	BEST	1:00	10								
Heavy Arms Triceps	N/A	Lying Extension Dumbbell	35	8-12	1:00	12								

Resistance End Time
 9:57 pm
 AM  
PM

\*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.

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor					25-30	0:00	25
#3	Side Oblique Crunch with Legs Vertical Floor					25-30	0:15	25
#5	Side Oblique Crunch Floor					25-30	0:00	25
#2	Reverse Crunch Floor					25-30	0:00	25
#4	Bicycle Maneuver Floor					25-30	0:00	25
#6	Crunch Floor					25-30	0:15	25

**TODAY'S CARDIO**

Distance
 Average Heart Rate
 Calories

Minimum Time Recommended
 20 Minutes
 Cardio Activity
 Duration

Target Heart Rate
 130 - 138

**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.