

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15090704



Day Description: Chest, Shoulders, Triceps

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	3 / 25 / 19			Resistance Start Time	8:40 pm		AM	
Advanced, Day: 69		Approximate time of resistance workout: 28											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 Chest Pecs	N/A	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30	10-15	1:00	10	30+P	8-12	1:00	8				
Heavy Chest Outer Pecs	N/A	Fly Dumbbell Multipurpose Bench - Flat to Incline	25	BEST	1:00	15								
Medium Chest Pecs	N/A	Bench Press	30	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Delts	N/A	Seated Shoulder Press	30	3-8	1:00	8	30	3-8	1:00	8				
Heavy Shoulders Front Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	5-10	1:00	10	80+P	5-10	1:00	5				
	N/A	Upright Row	20	BEST	1:00	15								
Medium Shoulders Rear Delts	N/A	Dumbbell	SPOTTER RECOMMENDED											
Light Shoulders Mid Delts	N/A	Seated Lateral Raise	15	BEST	1:00	13								
	N/A	90-Degree Utility Seat												
Medium Arms Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	70+P	8-12	1:00	15								
Heavy Shoulders Traps	N/A	Seated Shrug	60	3-8	1:00	8	60	3-8	1:00	8				
	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	9:08 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball	20-25	0:00	25	#2	90 Degree Reverse Crunch Floor	20-25	0:00	15
#3	Standing Bar Twist Body Bar	20-25	0:15	25	#4	Straight Leg Lift with Thrust Floor	15-20	0:00	13
#5	Side Oblique Crunch with Arms Extended Floor	15-20	0:00	17	#6	Crunch with Legs Elevated Flat Bench	20-25	0:15	25

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