

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15265537



Day Description: Back, Triceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	5 / 24 / 19	Resistance Start Time	9:14 pm	AM				
Advanced, Day: 90		Approximate time of resistance workout: 23								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		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	70	10-15	1:00	15	77.5	8-12	1:00	12				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	120+P 120	3-8	1:00	8	120+P	3-8	1:00	8				
Medium Back Lats	N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	60 SPOTTER RECOMMENDED	5-10	1:00	10	60 SPOTTER RECOMMENDED	BEST	1:00	12				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	120	14-20	1:00	20	120	14-20	1:30	20	132.5	10-15	1:00	15
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press (#27) Fixed Barbell	60 SPOTTER RECOMMENDED	BEST	1:00	17								
Medium Arms Triceps	N/A	Kick Back Dumbbell	17.5	8-12	1:00	12								
*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	9:37 pm	AM			
											PM			

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+P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Resistance End Time	9:37 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	25-30	0:00	30	#2	Knee Raise Vertical Chair	20-25	0:00	20
#3	Standing Bar Twist Body Bar	25-30	0:15	30	#4	Jack Knife Floor	12-15	0:00	12
#5	Side Oblique Crunch with Legs Vertical Floor	15-20	0:00	15	#6	Crunch with Legs In Stability Ball	20-25	0:15	25

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.