

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17133612



Day Description: Upper Body Arms 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

Advanced, Day: 214

Approximate time of resistance workout: 30

Date Of Workout

9 / 26 / 24

Resistance Start Time

9:00 pm

AM

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	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15								
Heavy Back Lats	N/A	1-Arm Row Dumbbell	35	5-10	1:00	8	35	3-8	1:00	7				
Heavy Chest Outer Pecs	N/A	Fly Dumbbell	30	5-10	1:00	7	30	5-10	1:00	6				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension Floor	Body	14-20	1:30	15	Body	10-15	1:00	12				
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise Dumbbell	20	5-10	1:00	10	20	3-8	1:00	8				
Heavy Arms Triceps	N/A	1-Arm Overhead Extension Dumbbell	15	8-12	1:00	10								
			SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist Dumbbell	25	8-12	1:00	10								
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press Fixed Barbell	50	BEST	1:00	20								
			SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl Fixed Barbell	50	BEST	1:00	15								
Heavy Arms Outer Triceps	N/A	Lying Extension Fixed Barbell	30	BEST	1:00	20								
			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

9:30 pm

AM

PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor				25-30	0:00	25	
#2	Reverse Crunch Floor				25-30	0:00	25	
#3	Side Oblique Crunch with Arms Extended Floor				25-30	0:15	20	
#4	Straight Leg Lift with Thrust Floor				25-30	0:00	20	
#5	Side Oblique Crunch with Heel Push Floor				25-30	0:00	25	
#6	Crunch Floor				25-30	0:15	25	

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

150 - 159

Cardio Activity

Duration

Distance

Average Heart Rate

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.

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