

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17286118



## 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

Advanced, Day: 266		Approximate time of resistance workout: 30				Workout	7 / 1 / 25	Start Time	9:25 PM	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	1-Arm Row	25	10-15	1:00	10	30	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	3-8	1:00	8	180	3-8	1:00	8				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	BEST	1:30	12	190	BEST	1:00	12				
Heavy Chest Pecs	N/A	Bench Press	40	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	10				
	N/A	Floor												
Heavy Shoulders Front Delts	N/A	Upright Row	25	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	8								
	N/A	Dumbbell	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	9:55 pm	AM
		PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	25	#2 Straight Leg Thrust Floor	25-30	0:00	25
#3 Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	25	#4 Straight Leg Thrust Floor	25-30	0:00	25
#5 Side Oblique Crunch Floor	25-30	0:00	25	#6 Crunch Floor	25-30	0:15	25

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Distance	
Target Heart Rate	130 - 138	Cardio Activity	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.