

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15143949



## Day Description: Chest, Shoulders

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 10 / 19			Resistance Start Time	9:22 pm			AM PM
Advanced, Day: 75		Approximate time of resistance workout: 26												
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	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	20+P	10-15	1:00	15	<del>30</del> 50	8-12	1:00	12				
Heavy Chest Outer Pecs		Pec Fly Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	80	5-10	1:00	10	<del>80</del> 90	5-10	1:00	10				
Medium Chest Upper Pecs	N/A	Incline Fly	25	5-10	1:00	9	25	5-10	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts	N/A	Seated Shoulder Press	35	5-10	1:00	7	35	5-10	1:00	8				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	5-10	1:00	8	20+P	5-10	1:00	7				
Medium Shoulders Rear Delts	N/A	Upright Row	<del>50</del> None	5-10	1:00	10	<del>50</del> None	5-10	1:00	10				
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED				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	9:48 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	Crunch with Legs In Stability Ball			20-25 0:00 25
#3	Side Oblique Ab Wheel Ab Wheel			10-12	0:15	10	#4	Leg Raise Vertical Chair			12-15 0:00 12
#5	Standing Bar Twist Body Bar			20-25	0:00	25	#6	Crunch with Arms Extended Floor			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.