

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16528921



Day Description: Back, Biceps

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: 181		Approximate time of resistance workout: 31				Date Of Workout	3 / 10 / 22			Resistance Start Time	8:59 pm			AM PM
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1 WT REPS REST			TODAY'S REPS	SET 2 WT REPS REST			TODAY'S REPS	SET 3 WT REPS REST			TODAY'S REPS
Warm Up Back Lats	N/A	1-Arm Row	25	10-15	1:00	12	30	8-12	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	5-10	1:00	8	150	BEST	1:30	12	160	3-8	1:00	8
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	BEST	1:30	12	150	3-8	1:00	8				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15	Body	14-20	1:30	15	Body	10-15	1:00	15
	N/A	Floor												
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	8	25	5-10	1:00	8				
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Standing Curl	25	BEST	1:00	12	—30— 25	BEST	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	9:30 pm			AM PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree 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	20	#4 Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	20	#6 Jack Knife Floor	15-20	0:15	12

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	141 - 150	Duration		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.