

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15158057



Day Description: Chest, Arms

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	4 / 17 / 19			Resistance Start Time	9:21 pm		AM PM	
Advanced, Day: 77		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	Bench Press Hammer Strength Plate Loaded (#17) Bench / Seated Dip	35	10-15	1:00	12	40	8-12	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Bench Press Dumbbell Multipurpose Bench - Flat to Incline	25	5-10	1:00	8	25	3-8	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly Dumbbell Multipurpose Bench - Flat to Incline	30	5-10	1:00	8	30	5-10	1:00	5				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	90+P	5-10	1:00	10	90+P	5-10	1:00	8				
Medium Arms Triceps	N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70+P	5-10	1:00	10	70+P	5-10	1:00	9				
Heavy Arms Lower Biceps	N/A	Standing Curl Dumbbell	30	BEST	1:00	10								
Medium Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB) Dumbbell Multipurpose Bench - Flat to Incline	30	8-12	1:00	12								
			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	9:47 pm		AM PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench	20-25	0:00	25	#2	Leg Raise Gravity Crunch	12-15	0:00	12
#3	Decline Side Oblique Crunch Decline Adjustable Ab Board	15-20	0:15	15	#4	Crunch with Legs In Stability Ball	20-25	0:00	25
#5	Standing Bar Twist Body Bar	20-25	0:00	25	#6	Jack Knife Floor	10-12	0:15	12

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity		
Target Heart Rate	143 - 152	Average Heart Rate		
		Calories		
		Duration		

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.