

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17078873



Day Description: Chest, Arms

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						Date Of Workout	6 / 27 / 24			Resistance Start Time	9:43 pm			AM
Advanced, Day: 190			Approximate time of resistance workout: 26											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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	10	30	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	3-8	1:00	6	25	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press	70	5-10	1:00	9	80	3-8	1:00	8				
		Activtrax Selectorized Chest Press	60				60							
Heavy Arms Lower Biceps	N/A	Standing Curl	30	5-10	1:00	5	30	5-10	1:00	5				
	N/A	Dumbbell	25				25							
Medium Arms Biceps	N/A	Concentration Curl with Twist	30	5-10	1:00	5	30	BEST	1:00	7				
	N/A	Dumbbell	25				25							
Heavy Arms Outer Triceps	N/A	Lying Extension	30	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	BEST	1:00	11								
	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

10:09 pm

AM

PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Jack Knife Floor	15-20	0:00	10
#3	Side Oblique Crunch 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 with Heel Push Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended

20 Minutes

Target Heart Rate

140 - 149

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.