

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13760114



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	2 / 12 / 18	Resistance Start Time	9:17 pm	AM				
Advanced, Day: 17		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	17.5 20	10-15	1:00	15	20	8-12	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs		Incline Bench Press	20	BEST	1:30	12	20	BEST	1:00	12				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Incline Fly	20	5-10	1:00	10	20	5-10	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps		Incline Curl with Twist	20	3-8	1:00	8	20	3-8	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	20	5-10	1:00	10	20	BEST	1:00	15				
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl	70	BEST	1:00	14								
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Medium Arms Outer Triceps	N/A	Lying Extension	20	8-12	1:00	12								
	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	9:43 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise		Reps	Rest		
#1	Ball Crunch Stability Ball		15-20	0:10	20	#2	Bicycle Maneuver Floor		12-15	0:10	12
#3	Bicycle Maneuver Floor		12-15	0:15	12	#4	Ball Crunch Stability Ball		15-20	0:15	20
#5	Side Oblique Crunch Floor		15-20	0:15	12						

TODAY'S CARDIO					Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate		
Target Heart Rate	143 - 153	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.