

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13704126



Day Description: Shoulders

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 29 / 18			Resistance Start Time	9:14 pm		AM PM	
Intermediate, Day: 11		Approximate time of resistance workout: 30												
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 Shoulders Mid Delts	N/A	Seated Lateral Raise	10	10-15	1:00	15	12	8-12	1:00	12				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Delts		Seated Shoulder Press	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
Heavy Shoulders Rear Delts	N/A	Upright Row	50	BEST	1:30	12	50	BEST	1:00	10				
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Shoulders Front Delts	N/A	Cable Front Deltoid Raise	30	5-10	1:00	10	30	BEST	1:00	11				
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Medium Back Lower Back	7.0	Seated Back Extension	95	10-15	1:30	15	95	BEST	1:00	20				
	N/A	(#14) Back Extension												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	-105-	3-8	1:00	8	-105-	3-8	1:30	8	-105-	3-8	1:00	8
	N/A	Squat Rack	110				110				110			
*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	9:44 pm		AM PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest				
#1	Ball Crunch Stability Ball			15-20	0:10	18	#2	Straight Leg Thrust Floor			12-15	0:10	15
#3	Straight Leg Lift with Thrust Floor			10-12	0:15	10	#4	Crunch with Legs Elevated Flat Bench			12-15	0:15	15
#5	Decline Side Oblique Crunch Decline Adjustable Ab Board			10-12	0:15	10							

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.