

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15481384



Day Description: Back, Triceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 12 / 19	Resistance Start Time		9:07 pm	AM			
Advanced, Day: 102		Approximate time of resistance workout: 27									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 Back Lats	N/A N/A	1-Arm Row Dumbbell	30	10-15	1:00	15	30	8-12	1:00	12				
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	115	5-10	1:00	10	125	3-8	1:30	8	125	3-8	1:00	6
Heavy Back Lats	N/A N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	70	BEST	1:30	12	70	BEST	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	132.5	BEST	1:30	20	132.5	BEST	1:30	20	132.5	BEST	1:00	20
Medium Arms Triceps	N/A	Low-Pulley Kick Back Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	10+P	8-12	1:00	12								
Medium Arms Outer Triceps	N/A N/A	Lying Extension (#27) Fixed Barbell	40	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		9:34 pm		AM PM	

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch with Legs In Stability Ball			25-30	0:00	30	#2	Jack Knife Floor			12
#3	Side Oblique Crunch with Legs Vertical Floor			20-25	0:15	20	#4	Leg Raise Vertical Chair			20
#5	Side Oblique Crunch with Heel Push Floor			20-25	0:00	20	#6	Decline Crunch Decline Adjustable Ab Board			20

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