

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13806948



Day Description: Back, Biceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 23 / 18			Resistance Start Time	8:14 pm			AM	
Advanced, Day: 22		Approximate time of resistance workout: 33												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	Sit Down Row Legend Selectorized Low Row	50	10-15	1:00	15	60	8-12	1:00	12					
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	80	8-12	1:00	12	90	3-8	1:30	8	90	3-8	1:00	8	
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110	8-12	1:00	11	120	3-8	1:30	5	120	3-8	1:00	4	
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80	BEST	1:30	12	80	BEST	1:00	10					
Heavy Arms Biceps	N/A N/A	Standing Curl with Twist Dumbbell	20	5-10	1:00	8	20	BEST	1:00	8					
Medium Arms Lower Biceps	N/A	1-Arm Preacher Curl Preacher Bench	20	5-10	1:00	8	20	BEST	1:00	10					
*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	8:47 pm			AM	
														PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:10	25	#2	Decline Side Oblique Crunch Decline Adjustable Ab Board	12-15	0:10	9
#3	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board	8-10	0:10	10	#4	90 Degree Side Oblique Crunch Floor	15-20	0:15	15
#5	Decline Crunch Decline Adjustable Ab Board	12-15	0:15	15					

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	154 - 164	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.