

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17184132



Day Description: Upper Body Back Focus

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

Advanced, Day: 233		Approximate time of resistance workout: 30				Workout	12 / 30 / 24			Start Time	9:02 pm		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	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	10-15	1:00	15	160	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	40	BEST	1:30	9	40	BEST	1:00	8				
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	190	BEST	1:00	10				
Heavy Chest Pecs	N/A	Bench Press	40	3-8	1:00	8	40	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:30	15	Body	10-15	1:00	12				
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	12								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	8-12	1:00	8								
	N/A	Dumbbell												

*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	9:32 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 90 Degree Reverse Crunch Floor	25-30	0:00	25
#3 Side Oblique Crunch with Arms Extended Floor	25-30	0:15	25	#4 Jack Knife Floor	25-30	0:00	15
#5 90 Degree Side Oblique Crunch Floor	25-30	0:00	25	#6 Jack Knife Floor	25-30	0:15	15

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	149 - 159	Duration		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.