

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17283138



Day Description: Upper Body Chest 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						Date Of Workout	6 / 24 / 25	Resistance Start Time	9:27 pm	AM				
Advanced, Day: 264		Approximate time of resistance workout: 30								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	30	10-15	1:00	12	35	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	30	5-10	1:00	8	30	5-10	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	30	BEST	1:00	8	30	BEST	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	190	3-8	1:00	8	190	3-8	1:00	8				
Heavy Back Lats	N/A	1-Arm Row	35	8-12	1:00	8								
	N/A	Dumbbell												
Light Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	15								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	8-12	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	50	8-12	1:00	12								
	N/A	Fixed Barbell												

*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

9:57 pm

AM
PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					25-30	0:00	25
#2	Straight Leg Lift with Thrust Floor					25-30	0:00	25
#3	Side Oblique Crunch Floor					25-30	0:15	25
#4	Straight Leg Thrust Floor					25-30	0:00	25
#5	Side Oblique Crunch with Arms Extended Floor					25-30	0:00	25
#6	90 Degree Crunch Floor					25-30	0:15	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	130 - 138	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.