

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15205442



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	5 / 1 / 19			Resistance Start Time	9:13 pm			AM PM
Advanced, Day: 82		Approximate time of resistance workout: 33												
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	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110+P	10-15	1:00	14	130	8-12	1:00	8				
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	115	8-12	1:00	8	120	3-8	1:30	7	120	3-8	1:00	6
Heavy Back Lats	N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	60	8-12	1:00	10	65	3-8	1:30	7	65	3-8	1:00	7
	N/A		SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	—60— 50	BEST	1:30	10	—60— 50	3-8	1:00	7				
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	—92.5— 80	BEST	1:30	8	—92.5— 80	BEST	1:00	7				
Medium Arms Biceps	N/A	Standing Curl with Twist Dumbbell	—30— 25	5-10	1:00	6	—30— 25	5-10	1:00	5				
* 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	9:46 pm			AM PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball					25-30	0:00	30
#3	Side Oblique Crunch with Legs Elevated Stability Ball					20-25	0:15	25
#5	Side Oblique Crunch with Legs Elevated Stability Ball					20-25	0:00	25
#2	90 Degree Reverse Crunch Floor					20-25	0:00	25
#4	Reverse Crunch Floor					20-25	0:00	20
#6	Crunch with Legs Vertical Floor					20-25	0:15	20

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	153 - 163	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.