

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14139239



Day Description: Chest Back w/ Legs

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	5 / 30 / 18			Resistance Start Time		9:13 pm		AM
Advanced, Day: 49		Approximate time of resistance workout: 31												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	15	35	8-12	1:00	10				
		Cybox Plate Loaded (#22) Plate Loaded Advanced Chest	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Fly	25	5-10	1:00	10	25	5-10	1:00	10				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Barbell Bench Press	75 70	BEST	1:30	8	75 70	BEST	1:00	8				
	N/A	Olympic Incline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Sit Down Row	90	3-8	1:00	8	90	3-8	1:00	8				
	N/A	Legend Selectorized Low Row												
Heavy Back Lats	3.0	Seated Row	112.5	BEST	1:30	12	112.5	3-8	1:00	8				
	3.0	Cybox Selectorized VR (#7) Row/Rear Delt												
Heavy Back Lats	N/A	Close Grip Pulldown (front)	100	BEST	1:00	15								
		Legend Selectorized Lat Pull-Down												
Warm Up Legs Quadriceps	N/A	Dumbbell Squat (2 Dumbbells)	15	10-15	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Legs Quads/Hams	N/A	Squat	70 75	5-10	1:00	10	70 75	BEST	1:00	6				
	N/A	Cybox Plate Loaded (#29) Smith Press	SPOTTER RECOMMENDED				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		9:44 pm		AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor					20-25	0:00	25
#2	Decline Reverse Crunch Decline Adjustable Ab Board					15-20	0:10	15
#3	Side Oblique Crunch with Legs Vertical Floor					15-20	0:10	15
#4	Side Oblique Crunch Floor					20-25	0:10	25
#5	Decline Side Oblique Crunch Decline Adjustable Ab Board					12-15	0:00	15
#6	Crunch with Arms Extended Floor					20-25	0:10	25

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity			
Target Heart Rate	133 - 142	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.