

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16391036



Day Description: Back, Biceps

| 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 | 9 / 7 / 21 | | | Resistance Start Time | 1:18 am | | AM | | |
|--|---------------|---|-------|-------|------|-----------------|------------|------|------|-----------------------|---------|------|------|-----------------|--|
| Advanced, Day: 147 | | Approximate time of resistance workout: 28 | | | | | | | | | | | 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 | 110 | 10-15 | 1:00 | 13 | 120 | 8-12 | 1:00 | 8 | | | | | |
| Heavy Back Lats | N/A | Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown | 140 | 8-12 | 1:00 | 8 | 150 | 3-8 | 1:30 | 5 | 150 | 3-8 | 1:00 | 4 | |
| Heavy Back Lats | N/A | 1-Arm Row | 30 | 8-12 | 1:00 | 8 | 35 | 3-8 | 1:30 | 5 | 35 | 3-8 | 1:00 | 4 | |
| Heavy Arms Lower Biceps | N/A | Standing Curl | 50 | BEST | 1:30 | 8 | 50 | 3-8 | 1:00 | 5 | | | | | |
| | N/A | Fixed Barbell | | | | | | | | | | | | | |
| Heavy Arms Biceps | N/A | Standing Curl with Twist | 25 | BEST | 1:30 | 8 | 25 | 3-8 | 1:00 | 4 | | | | | |
| | 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 | 1:46 am | | AM | | |
| | | | | | | | | | | | | | PM | | |

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

| TODAY'S CARDIO | | | | | Distance | | | |
|--------------------------|------------|-----------------|--|--|--------------------|--|--|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | | | Average Heart Rate | | | |
| Target Heart Rate | 142 - 151 | 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. |
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