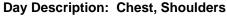
DAYAH, MICHAEL

Training Type: Upper Body Emphasis Result Desired: Mass Building Activity ID: W15037394





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

| TODAY'S RESISTANCE WORKOUT Advanced, Day: 63 Approximate time of resistance workout | | | | | | Date Of Workout | 3 / | 8 / | 19 | Resistan Start Tin | ce ne | 9:12 | pm | AM PM |
|---|---------------|---|---------------------|--------|--------|--------------------|---------------------|------|---------|-----------------------|----------|---------|------|----------|
| EXPECTED FEEL Region Target Area | SEAT OTHER | EXERCISE Manufacturer Equipment Name | SET 1 | | | TODAY'S | SET 2 | | TODAY'S | SET 3 | | TODAY'S | | |
| | | | WT | REPS | REST | REPS | WT | REPS | REST | REPS | WT | REPS | REST | REPS |
| Warm Up Chest Pecs | N/A | Bench Press Cybex Plate Loaded | 30 | 10-15 | 1:00 | 13 | 35 | 8-12 | 1:00 | 8 | | • | • | |
| | | (#22) Plate Loaded Advanced Chest | SPOTTER RECOMMENDED | | | 13 | SPOTTER RECOMMENDED | | 0 | | | | | |
| Heavy Chest Outer Pecs | | Pec Fly | -55 | 3-8 | 1.00 | 8 | -55 - | 3-8 | 1.00 | 5 | | | | |
| | | Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt | 75 | 3-0 | 1:00 | | 100 | 3-0 | 1:00 | | | | | |
| Medium Chest | | Incline Bench Press | 25 | 5-10 | 1:00 | 10 | 25 | BEST | 1:00 | 10 | | | | |
| Upper Pecs | N/A | Dumbbell Multipurpose Bench - Flat to Incline | SPOTTER | RECOMM | IENDED | 10 | SPOTTER RECOMMENDED | | 10 | | | | | |
| Heavy | N/A | Seated Lateral Raise | 17.5 | 3-8 | 1:00 | 7 | 17.5 | 3-8 | 1:00 | 6 | | | | |
| Shoulders Delts | N/A | Dumbbell | | | | | 17.5 | | | O | | | | |
| Heavy Shoulders Mid Delts | N/A | 1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine | 20+P | 5-10 | 1:00 | 7 | 20.0 | 5-10 | 0 1:00 | 8 | | | | |
| | | | | | | | 20+P | 5-10 | | 0 | | | | |
| Medium Shoulders Rear Delts | Legend Sel | Low-Pulley Upright Row Legend Selectorized | 70+P | 5-10 | 1:00 | 10 | 70+P | 5-10 | 1:00 | 10 | | | | |
| | | Cable Crossover w/Adjustable Pulley Machine | | | | | 80 | 5-10 | 1.00 | | | | | |

^{*}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 | 9:38 pm | AM | | |
|------------|-----------|----|--|--|
| End Time | 7.30 pili | PM | | |

| TODA | Y'S ABS | Exercise | Reps | Rest | | | Exercise | Reps | Rest | |
|------|--------------------------------------|----------|-------|------|----|----|-----------------------------|-------|------|----|
| #1 | Crunch with Legs Elevated Flat Bench | | 20-25 | 0:00 | 25 | #2 | Bicycle Maneuver Floor | 15-20 | 0:15 | 17 |
| #3 | Side Oblique Crunch Floor | | 20-25 | 0:10 | 23 | #4 | Leg Raise Gravity Crunch | 10-12 | 0:15 | 12 |
| #5 | Ab Wheel Ab Wheel | | 12-15 | 0:00 | 12 | #6 | Crunch Floor | 20-25 | 0:10 | 25 |

| TODAY'S CARE | OIO | | Distance | |
|-----------------------------|------------|-----------------|--------------------|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | Average Heart Rate | |
| Target Heart Rate | 143 - 152 | 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.