

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13910835



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 21 / 18			Resistance Start Time	9:22 pm		AM	
Advanced, Day: 32		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 Back Lats	3.0 3.0	Seated Row Cybex Selectorized VR (#7) Row/Rear Delt	62.5+P	10-15	1:00	15	75+P	8-12	1:00	12				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	120	BEST	1:00	9	130	BEST	1:30	3	130	BEST	1:00	3
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	90+P	5-10	1:00	10	100+P	3-8	1:00	6				
Medium Back Lower Back	7.0 N/A	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	100	BEST	1:30	20	100	BEST	1:30	20	100	BEST	1:00	20
Heavy Arms Biceps		Concentration Curl with Twist	25	5-10	1:00	9	25	5-10	1:00	7				
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized (#16) Functional Trainer	30+P	BEST	1:00	8	30+P	BEST	1:00	8				
* 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	9:53 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor		20-25	0:00	25	#2	Decline Reverse Crunch Decline Adjustable Ab Board	12-15	0:15	15
#3	Leg Raise Gravity Crunch		8-10	0:10	10	#4	Ball Side Oblique Crunch Stability Ball	15-20	0:00	20
#5	Decline Straight Leg Thrust Decline Adjustable Ab Board		12-15	0:10	6	#6	Crunch with Heel Push Floor	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	154 - 164	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.