

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15061269



Day Description: Back, Triceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 18 / 19	Resistance Start Time		9:13 pm	AM PM			
Advanced, Day: 66		Approximate time of resistance workout: 24												
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	Sit Down Row Legend Selectorized	60+P	10-15	1:00	15	70+P	8-12	1:00	12				
	N/A	Low Row	70											
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	90	5-10	1:00	10	90	5-10	1:00	10				
Medium Back Lats	N/A	Wide Grip Pulldown (front) Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	112-5	5-10	1:00	9	112-5	BEST	1:00	9				
		115												
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	110	BEST	1:30	20	110	BEST	1:30	20	110	BEST	1:00	20
Heavy Arms Outer Triceps	N/A	V-Bar Pushdown Legend Selectorized (#16) Functional Trainer	90	BEST	1:00	20								
Medium Arms Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	70+P	8-12	1:00	12								
* 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		9:37 pm		AM PM	

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest					
#1	Crunch with Heel Push Floor				20-25	0:00	25	#2	Jack Knife Floor				10-12	0:00	10
#3	Seated Bar Twist Body Bar				20-25	0:15	25	#4	Reverse Crunch Floor				20-25	0:00	20
#5	Ball Side Oblique Crunch Stability Ball				15-20	0:00	11	#6	Decline Crunch Decline Adjustable Ab Board				15-20	0:15	17

TODAY'S CARDIO			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.