

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15448972



Day Description: Upper Body, Arm Focus

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	7 / 29 / 19			Resistance Start Time	9:13 pm			AM PM
Advanced, Day: 98		Approximate time of resistance workout: 27												
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 Arms Triceps	N/A	Low-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	10	10-15	1:00	15	10+P	8-12	1:00	12				
Heavy Arms Biceps	N/A	Concentration Curl with Twist	30	5-10	1:00	9	30	5-10	1:00	7				
	N/A	90-Degree Utility Seat												
Heavy Arms Outer Triceps	N/A	Straight Bar Pushdown Legend Selectorized (#16) Functional Trainer	80+P	5-10	1:00	15	80+P	5-10	1:00	10				
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized	50	BEST	1:30	10	50	BEST	1:00	7				
		Cable Crossover w/Adjustable Pulley Machine												
Heavy Arms Triceps	N/A	1-Arm Overhead Extension	17.5	5-10	1:00	10	17.5	BEST	1:00	11				
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	10	25	BEST	1:00	10				
	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	9:40 pm			AM PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	25-30	0:00	30	#2	Straight Leg Thrust Floor	25-30	0:00	25
#3	Bicycle Maneuver Floor	20-25	0:15	25	#4	Knee Raise Vertical Chair	20-25	0:00	25
#5	Bicycle Maneuver Floor	20-25	0:00	20	#6	Crunch Floor	25-30	0:15	30

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.