

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16415828



Day Description: Chest, Arms

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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TODAY'S RESISTANCE WORKOUT

Advanced, Day: 154		Approximate time of resistance workout: 26				Workout	10 / 4 / 21			Start Time	2:11 AM			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 Chest Pecs	N/A	Bench Press	25	10-15	1:00	12	30	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	20	3-8	1:00	8	20	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	80	5-10	1:00	8	90	BEST	1:00	10				
Heavy Arms Lower Biceps	N/A	Standing Curl	50	5-10	1:00	10	50	5-10	1:00	7				
	N/A	Fixed Barbell												
Medium Arms Biceps	N/A	Standing Curl with Twist	25	5-10	1:00	6	25	BEST	1:00	7				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	40	BEST	1:00	8								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	30	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

*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	2:37 am	AM PM
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TODAY'S ABS

#	Exercise	Reps	Rest		#	Exercise	Reps	Rest	
#1	Crunch Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	20
#3	Bicycle Maneuver Floor	25-30	0:15	25	#4	Straight Leg Thrust Floor	25-30	0:00	25
#5	90 Degree Side Oblique Crunch Floor	25-30	0:00	25	#6	90 Degree Crunch Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	142 - 151	Duration		Average Heart Rate	
				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.