

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15579094



## 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	9 / 16 / 19			Resistance Start Time	9:09 pm			AM
Advanced, Day: 110		Approximate time of resistance workout: 23												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 Arms Triceps	N/A	Low-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	10	10-15	1:00	15	10	8-12	1:00	12	10+P	8-12	1:00	12
Heavy Arms Biceps	N/A	Concentration Curl with Twist	30	5-10	1:00	7	30	5-10	1:00	5				
	N/A	90-Degree Utility Seat												
Heavy Arms Outer Triceps		Seated Overhead Extension (1-DB)	35	5-10	1:00	10	35	5-10	1:00	10				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps		Seated Arm Curl Matrix Selectorized Ultra Series (#14) Biceps Curl	72.5	BEST	1:00	12	<del>77.5</del> 72.5	BEST	1:00	10				
	N/A													
Heavy Arms Triceps	N/A	Lying Extension	30	BEST	1:00	20								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps		1-Arm Preacher Curl with Twist	30	8-12	1:00	6								
	N/A	Preacher Bench												
*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	9:32 pm			AM
														PM

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+P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Resistance End Time	9:32 pm	AM
		PM

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch	Floor	25-30	0:00	30	#2	Ab Wheel	Ab Wheel	20-25	0:00	15
#3	Decline Side Oblique Crunch	Decline Adjustable Ab Board	20-25	0:15	15	#4	Straight Leg Lift with Thrust	Floor	25-30	0:00	20
#5	Decline Side Oblique Crunch	Decline Adjustable Ab Board	20-25	0:00	15	#6	Crunch	Floor	25-30	0:15	25

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.