

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15417311



Day Description: Shoulders

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

Advanced, Day: 95		Approximate time of resistance workout: 30				Workout	7 / 22 / 19			Start Time	8:54 pm		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 Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	10+P 20	10-15	1:00	12	20	8-12	1:00	12				
Heavy Shoulders Front Delts	N/A	Upright Row	25	BEST	1:00	12	25	5-10	1:30	10	30	3-8	1:00	7
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Shoulders Rear Delts		Seated Rear Deltoid Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	60	BEST	1:30	20	60	BEST	1:00	15				
Heavy Shoulders Delts		Seated Shoulder Press Matrix Selectorized Ultra Series (#12) Converging Shoulder Press	57.5 60	3-8	1:00	8	57.5 60	3-8	1:00	8				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	120	14-20	1:30	20	132.5	10-15	1:00	15				
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	110	5-10	1:00	10	110	5-10	1:00	10				
	N/A	Squat Rack												
* 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	9:24 pm		AM PM	

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Legs In Stability Ball	25-30	0:00	30	#2 Straight Leg Thrust Floor	25-30	0:00	22
#3 Bicycle Maneuver Floor	20-25	0:15	20	#4 Leg Raise Gravity Crunch	20-25	0:00	20
#5 Decline Side Oblique Crunch Decline Adjustable Ab Board	15-20	0:00	20	#6 Bicycle Maneuver Floor	20-25	0:15	20

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	143 - 152	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.