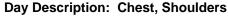
DAYAH, MICHAEL

Training Type: Upper Body Emphasis Result Desired: Mass Building Activity ID: W15143949





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S		SISTANCE WORKOW Approximate time of resist		cout: 26		Date Of Workout	4 /	10/	19	Resistan Start Tin	ce ne	9:22	pm	AM PM
EXPECTED FEEL	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S		SET 2		TODAY'S		SET 3		TODAY'S
Region Target Area			WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS
Warm Up Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	20+P	10-15	1:00	15	-30-	0.40	1.00	12		•	•	
							50	8-12	1:00					
Heavy		Pec Fly Matrix Selectorized Ultra Series 80 5-10 1:00 10	-80-	5-10	1.00	10								
Chest Outer Pecs		(#5) Pec Fly/Rear Delt	80	5-10	1:00	10	90	5-10	1:00	10				
Medium	N/A	Incline Fly	25	5-10	1:00	9	25	5 5-10 1:0		8				
Chest Upper Pecs	N/A	Dumbbell	SPOTTER RECOMMENDED			7	SPOTTER RECOMMENDED		0					
Heavy	N/A	Seated Shoulder Press	35	5-10	1:00	7	35	5-10	1:00	8				
Shoulders Delts	N/A	90-Degree Utility Seat								0				
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise	20 · D	F 10	1.00	8	20+P	F 40 4.00	1:00	7				
	Legend Selectorized Cable Crossover w/Adjustable Pulley Machin	20+P	5-10	1:00	0	20+P	5-10	1:00	/					
Medium Shoulders Rear Delts	N/A	Upright Row	−50 None	5-10	1:00	10	−50 None	5-10	1:00	10				
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED			10	SPOTTER	RECOMM	IENDED	10				

^{*}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	9:48 pm	AM		
End Time	7.40 pili	PM		

TODA	Y'S ABS	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball		20-25	0:00	25	#2	Crunch with Legs In Stability Ball	20-25	0:00	25
#3	Side Oblique Ab Wheel Ab Wheel		10-12	0:15	10	#4	Leg Raise Vertical Chair	12-15	0:00	12
#5	Standing Bar Twist Body Bar		20-25	0:00	25	#6	Crunch with Arms Extended Floor	20-25	0:15	25

TODAY'S CARD	OIO		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.