

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16368220



## Day Description: Chest, Back

### 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: 138		Approximate time of resistance workout: 32				Workout	7 / 27 / 21			Start Time	12:45 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		Seated Chest Press Activtrax Selectorized Chest Press	60	10-15	1:00	15	70	8-12	1:00	12				
Heavy Chest Outer Pecs	N/A	Incline Fly	30	3-8	1:00	8	30	3-8	1:00	7				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Push Up (on Knees)	Body	BEST	1:00	8	Body	BEST	1:00	8				
	N/A	Floor												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	150	3-8	1:00	8	150	3-8	1:30	8	150	3-8	1:00	8
Heavy Back Lats	N/A	1-Arm Row	35	3-8	1:00	7	30	BEST	1:30	15	35	3-8	1:00	7
	N/A	Dumbbell												
Medium Back Lats/Pecs	N/A	Pullover	35	5-10	1:00	10	35	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				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	1:17 am		AM PM	

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 90 Degree Crunch Floor	25-30	0:00	25	#2 Reverse Crunch Floor	25-30	0:00	22
#3 Bicycle Maneuver Floor	25-30	0:15	15	#4 Straight Leg Thrust Floor	25-30	0:00	18
#5 Side Oblique Crunch Floor	25-30	0:00	25	#6 Bicycle Maneuver Floor	25-30	0:15	19

### 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.