

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16501392



## Day Description: Chest, Shoulders, Triceps

### 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: 170		Approximate time of resistance workout: 29				Workout	2 / 2 / 22			Start Time		7:43 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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	12	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	35	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Chest Outer Pecs	N/A	Fly	25	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:00	10	20	BEST	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	20	BEST	1:00	15	25	BEST	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Arms Triceps	N/A	Seated Overhead Extension (1-DB)	35	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	Kick Back	20	8-12	1:00	8								
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	40	5-10	1:00	10	45	BEST	1:00	10				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Standing Shrug	45	BEST	1:00	10	50	BEST	1:00	10				
	N/A	Dumbbell												

\*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	8:12 pm	AM
		PM

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Straight Leg Thrust Floor	25-30	0:00	25
#3 Side Oblique Crunch with Legs Vertical Floor	25-30	0:15	20	#4 Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	20	#6 Jack Knife Floor	15-20	0:15	10

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	151 - 161	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.