

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13910412



Day Description: Chest Shoulders w/Legs

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 19 / 18			Resistance Start Time	9:03 pm		AM PM	
Advanced, Day: 31		Approximate time of resistance workout: 26												
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 Hammer Strength Plate Loaded (#17) Bench / Seated Dip	30	10-15	1:00	15	35	8-12	1:00	8				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly Dumbbell Multipurpose Bench - Flat to Incline	25	3-8	1:00	11	25	3-8	1:00	6				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Decline Dumbbell Fly Decline Adjustable Bench	25	BEST	1:30	12	25	BEST	1:00	11				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20	BEST	1:30	11	20	3-8	1:00	8				
Heavy Shoulders Front Delts	N/A	Upright Row Dumbbell	20	BEST	1:00	15								
			SPOTTER RECOMMENDED											
Warm Up Legs Quadriceps	N/A	Dumbbell Squat (2 Dumbbells) Dumbbell	15	10-15	1:00	15								
			SPOTTER RECOMMENDED											
Medium Legs Hamstrings		Seated Leg Curl Cybex Selectorized VR 2 (#3) Seated Leg Curl	55	8-12	1:00	12								
Medium Legs Quads/Hams	N/A	Squat Cybex Plate Loaded (#29) Smith Press	70 75	8-12	1:00	12								
			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	9:29 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Ball Crunch Stability Ball	20-25	0:00	25	#2	Decline 90 Degree Reverse Crunch Decline Adjustable Ab Board	12-15	0:10	12
#3	Side Oblique Crunch with Legs Elevated Flat Bench	15-20	0:10	20	#4	Side Oblique Crunch with Heel Push Floor	12-15	0:10	12
#5	90 Degree Side Oblique Crunch Floor	15-20	0:00	10	#6	Crunch with Legs Elevated Flat Bench	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	133 - 142	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.