

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W15029163



## Day Description: Upper Body, Arm Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 6 / 19			Resistance Start Time	9:24 pm			AM
Advanced, Day: 62		Approximate time of resistance workout: 27												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 Arms Triceps	N/A	High-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	—20— 20+P	10-15	1:00	15	—20— 20+P	8-12	1:00	12				
Heavy Arms Biceps	N/A	Concentration Curl with Twist	25	3-8	1:00	8	25	3-8	1:00	8				
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	17.5	3-8	1:00	8	17.5	3-8	1:00	8				
	N/A	90-Degree Utility Seat	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80	BEST	1:30	13	80	3-8	1:00	8				
Heavy Arms Triceps	N/A	Lying Extension	30	BEST	1:30	16	30	BEST	1:00	11				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps	N/A	1-Arm Preacher Curl with Twist Preacher Bench	25	5-10	1:00	10	25	3-8	1:00	5				
* 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	9:51 pm		AM	
													PM	

TODAY'S ABS		Exercise	Reps	Rest			Exercise	Reps	Rest		
#1	Ball Crunch Stability Ball		20-25	0:00	25	#2	Reverse Crunch Floor		20-25	0:15	20
#3	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board		12-15	0:10	7	#4	90 Degree Side Oblique Crunch Floor		15-20	0:00	15
#5	Decline Straight Leg Thrust Decline Adjustable Ab Board		15-20	0:10	0	#6	Crunch with Legs In Stability Ball		20-25	0:10	22

TODAY'S CARDIO		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.