

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17080301



Day Description: Back, 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						Date Of Workout	7 / 2 / 24			Resistance Start Time	9:00 pm			AM
Advanced, Day: 191			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 Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	130	10-15	1:00	15	140	8-12	1:00	12				
Heavy Back Lats	N/A	1-Arm Row	25	5-10	1:00	10	25	BEST	1:30	10	30	3-8	1:00	7
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	BEST	1:00	12	150	BEST	1:00	12				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	20	Body	BEST	1:30	20	Body	BEST	1:00	20
	N/A	Floor												
Medium Arms Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	12								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Arms Outer Triceps	N/A	Close Grip Bench Press	50	8-12	1:00	12								
	N/A	Fixed Barbell	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	9:27 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor				25-30	0:00	25	
#2	Straight Leg Lift with Thrust Floor				25-30	0:00	20	
#3	90 Degree Side Oblique Crunch Floor				25-30	0:15	20	
#4	Reverse Crunch Floor				25-30	0:00	22	
#5	Side Oblique Crunch with Heel Push Floor				25-30	0:00	25	
#6	Crunch Floor				25-30	0:15	25	

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	140 - 149	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.