

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13864849



## Day Description: Back

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 9 / 18			Resistance Start Time	3:51 pm			AM
Advanced, Day: 28		Approximate time of resistance workout: 33												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		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	65	10-15	1:00	15	75	8-12	1:00	12				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down	110+P	5-10	1:00	9	120+P	3-8	1:30	5	120+P	3-8	1:00	3
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	90	5-10	1:00	10	90	5-10	1:30	9	100	BEST	1:00	15
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	85	14-20	1:30	20	100	10-15	1:00	15				
Heavy Shoulders Traps	N/A	Seated Shrug	55	BEST	1:30	13	55	BEST	1:00	15				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	100	BEST	1:30	17	100	3-8	1:00	10				
	N/A	(#28) Power Rack												
* 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	4:24 pm			AM
														PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest				
#1	Crunch with Legs In Stability Ball			15-20	0:10	20	#2	Side Oblique Crunch with Legs Elevated Stability Ball			15-20	0:10	20
#3	Reverse Crunch Floor			15-20	0:10	20	#4	Ball Side Oblique Crunch Stability Ball			15-20	0:15	20
#5	Ball Crunch Stability Ball			20-25	0:15	25							

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	154 - 164	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.