

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17149534



Day Description: Upper Body Shoulder Focus

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

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TODAY'S RESISTANCE WORKOUT

Advanced, Day: 219

Approximate time of resistance workout: 23

EXPECTED FEEL
Region
Target Area

SEAT
OTHER

EXERCISE
Manufacturer
Equipment Name

SET 1
WTREPSREST

TODAY'S
REPS

SET 2
WTREPSREST

TODAY'S
REPS

SET 3
WTREPSREST

TODAY'S
REPS

Warm Up Chest Pecs	N/A	Bench Press	3010-151:00	12	358-121:00	8	
	N/A	Dumbbell	SPOTTER RECOMMENDED		SPOTTER RECOMMENDED		
Heavy Chest Upper Pecs	N/A	Incline Fly	308-121:00	8			
	N/A	Dumbbell	SPOTTER RECOMMENDED				
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	1808-121:00	12			
Medium Back Lower Back	N/A	Lying Prone Back Extension	BodyBEST1:30	15			
	N/A	Floor					
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20BEST1:00	12			
	N/A	Dumbbell					
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20BEST1:00	12			
	N/A	Dumbbell					
Heavy Shoulders Rear Delts	N/A	Upright Row	258-121:00	12			
	N/A	Dumbbell	SPOTTER RECOMMENDED				
Medium Shoulders Front Delts	N/A	Front Deltoid Raise	25BEST1:00	12			
	N/A	Dumbbell					
Heavy Arms Outer Triceps	N/A	Lying Extension	40BEST1:00	15			
	N/A	Fixed Barbell	SPOTTER RECOMMENDED				
Heavy Arms Lower Biceps	N/A	Standing Curl	20BEST1:00	15			
	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

9:24 pm

AM
PM

TODAY'S ABS				Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor				25-30	0:00	25	#2	Jack Knife Floor	15-20	0:00	10
#3	90 Degree Side Oblique Crunch Floor				25-30	0:15	25	#4	Straight Leg Thrust Floor	25-30	0:00	25
#5	Side Oblique Crunch with Heel Push Floor				25-30	0:00	25	#6	Crunch with Heel Push Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended20 Minutes

Target Heart Rate149 - 159

Distance

Cardio Activity

Average Heart Rate

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.