

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17193372



Day Description: Upper Body Shoulder Focus

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 Workout1 / 16 / 25Resistance Start Time9:07 pmAMPM

Advanced, Day: 236Approximate time of resistance workout: 30

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	1-Arm Row	25	10-15	1:00	10								
	N/A	Dumbbell												
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	170	5-10	1:00	10	180	BEST	1:00	12				
Heavy Chest Outer Pecs	N/A	Fly	30	3-8	1:00	6	30	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	60	5-10	1:00	10	60	5-10	1:00	10				
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Heavy Shoulders Delts		Seated Shoulder Press Activtrax Selectorized Shoulder Press	60	5-10	1:00	8	60	5-10	1:00	8				
	N/A													
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:00	10								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	25	BEST	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	50	8-12	1:00	12								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	BEST	1:00	10								
	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 Time9:37 pmAMPM

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch Floor				25-30	0:00	25	
#2	Bicycle Maneuver Floor				25-30	0:00	25	
#3	Side Oblique Crunch with Legs Vertical Floor				25-30	0:15	25	
#4	Reverse Crunch Floor				25-30	0:00	25	
#5	Bicycle Maneuver Floor				25-30	0:00	25	
#6	Crunch with Arms Extended Floor				25-30	0:15	25	

TODAY'S CARDIO

Distance

Minimum Time Recommended20 Minutes

Cardio Activity

Average Heart Rate

Target Heart Rate139 - 148

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.