

REPLACEMENT WORKOUT

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W16310877



Day Description: Back, Triceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
You have not completed a workout in over 3 weeks. Your weights have been reduced to make your comeback a bit more comfortable.					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	7 / 1 / 21			Resistance Start Time	11:18 pm			AM
Advanced, Day: 126		Approximate time of resistance workout: 23												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	110	10-15	1:00	10	130	8-12	1:00	10				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	140	3-8	1:00	8	140	3-8	1:00	6				
Medium Back Lats	N/A	1-Arm Row	40	5-10	1:00	5	40	5-10	1:00	5				
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	14-20	1:00	10	Body	14-20	1:30	10	Body	10-15	1:00	10
	N/A	Floor												
Heavy Arms Outer Triceps	N/A	Kick Back	15	8-12	1:00	12								
	N/A	Dumbbell												
Medium Arms Triceps	N/A	1-Arm Overhead Extension	15	8-12	1:00	8								
	N/A	Dumbbell	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	11:41 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	20
#3	Side Oblique Crunch with Arms Extended Floor	25-30	0:15	15	#4	Bicycle Maneuver Floor	25-30	0:00	14
#5	Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6	Jack Knife Floor	15-20	0:15	15

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	142 - 151	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.