

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W14115056



## Day Description: Upper Body, Arm 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 Workout	5 / 21 / 18			Resistance Start Time	9:15 pm		AM PM	
Advanced, Day: 48		Approximate 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 Arms Biceps	N/A	1-Arm Curl with Twist Legend Selectorized (#16) Functional Trainer	30+P	10-15	1:00	15	30+P	8-12	1:00	12				
Heavy Arms Biceps		Incline Curl with Twist Dumbbell Multipurpose Bench - Flat to Incline	25	5-10	1:00	10	25	5-10	1:00	6				
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized (#16) Functional Trainer	40	3-8	1:00	6	40	3-8	1:00	5				
Medium Arms Biceps		Seated Arm Curl Cybex Selectorized VR 2 (#13) Arm Curl	45	5-10	1:00	10	45	BEST	1:00	12				
Heavy Arms Outer Triceps	N/A	V-Bar Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	90+P	3-8	1:00	12	90+P 100+P	3-8	1:00	8				
Heavy Arms Triceps	N/A	High-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	20+P	BEST	1:00	17	20+P	BEST	1:00	13				
Medium Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB) 90-Degree Utility Seat	25	5-10	1:00	10	25	BEST	1:00	15				
* 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		9:45 pm		AM PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:00	25	#2	Bicycle Maneuver Floor	15-20	0:15	15
#3	Side Oblique Crunch with Arms Extended Floor	15-20	0:10	15	#4	Knee Raise Vertical Chair	12-15	0:15	15
#5	Decline 90 Degree Reverse Crunch Decline Adjustable Ab Board	15-20	0:00	15	#6	Crunch with Legs Elevated Flat Bench	20-25	0:10	25

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

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.