

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13741327



Day Description: Chest, Shoulders

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
Congratulations, your experience level has increased. You are now a Level Three member.					

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 7 / 18			Resistance Start Time	8:52 pm			AM PM
Advanced, Day: 15		Approximate time of resistance workout: 26												
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 Chest Pecs	N/A	Bench Press Cybex Plate Loaded (#22) Plate Loaded Advanced Chest	20	10-15	1:00	15	25	8-12	1:00	12				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs		Incline Fly	17.5	3-8	1:00	8	17.5	3-8	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	17.5	BEST	1:00	12	20	BEST	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	17.5	BEST	1:30	13	17.5	BEST	1:00	12				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Upright Row	17.5	5-10	1:00	10	20	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts		Seated Shoulder Press	20	5-10	1:00	10	25	BEST	1:00	12				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
*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	9:18 pm			AM PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench					12-15	0:10	15
#3	Ball Side Oblique Crunch Stability Ball					12-15	0:10	11
#5	Crunch with Legs Vertical Floor					12-15	0:15	12
#2	Straight Leg Thrust Floor					12-15	0:10	15
#4	Reverse Crunch Floor					15-20	0:15	12

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity		Average Heart Rate				
Target Heart Rate	143 - 153	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.