

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15505861



Day Description: Chest, Shoulders, Triceps

TODAY'S MESSAGES					Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 19 / 19			Resistance Start Time	9:03 pm			AM
Advanced, Day: 105		Approximate time of resistance workout: 28												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 Chest Pecs	N/A	Bench Press	25	10-15	1:00	15	30	8-12	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Decline Dumbbell Fly	25	8-12	1:00	10								
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED											
Medium Chest Pecs	N/A	Cable Crossover	40+P	BEST	1:00	11								
		Legend Selectorized Cable Crossover w/Adjustable Pulley Machine												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	3-8	1:00	8	20	3-8	1:00	8				
	N/A	90-Degree Utility Seat												
Heavy Shoulders Front Delts	N/A	Cable Front Deltoid Raise	50	5-10	1:00	12	50	5-10	1:00	10				
		Legend Selectorized (#16) Functional Trainer												
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row	80+P	8-12	1:00	12								
		Legend Selectorized (#16) Functional Trainer												
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	15								
	N/A	Dumbbell												
Medium Arms Triceps	N/A	V-Bar Pushdown	90+P	BEST	1:00	15								
		Legend Selectorized (#16) Functional Trainer												
Heavy Shoulders Traps	N/A	Standing Shrug	65	5-10	1:00	10	65	5-10	1:00	7				
	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	9:31 pm			AM
														PM

TODAY'S ABS					Exercise	Reps	Rest	
#1	90 Degree Crunch Floor					25-30	0:00	30
#2	Reverse Crunch Floor					25-30	0:00	25
#3	Side Oblique Leg Raise Vertical Chair					15-20	0:15	10
#4	Crunch with Legs In Stability Ball					25-30	0:00	30
#5	Side Oblique Knee Raise Vertical Chair					20-25	0:00	10
#6	Ab Wheel Ab Wheel					20-25	0:15	20

TODAY'S CARDIO					Distance
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate
Target Heart Rate	143 - 152	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.