

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15404643



Day Description: Back, Biceps

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	7 / 15 / 19			Resistance Start Time	9:07 pm			AM
Advanced, Day: 94		Approximate time of resistance workout: 32												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) Legend Selectorized Lat Pull-Down	110+P	10-15	1:00	12	130	8-12	1:00	8				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	130	5-10	1:00	10	130	3-8	1:30	7	130	3-8	1:00	6
Heavy Back Lats	N/A	1-Arm Row	—55—	5-10	1:00	10	—55—	3-8	1:30	5	—55—	3-8	1:00	4
	N/A	Dumbbell	45				45				45			
Heavy Arms Lower Biceps	N/A	Standing Curl	30	BEST	1:30	8	—30—	BEST	1:00	7				
	N/A	Dumbbell					25							
Heavy Arms Biceps	N/A	Incline Curl with Twist	—30—	BEST	1:00	4	—30—	BEST	1:00	6				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	None				25							
Medium Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40+P	5-10	1:00	10	40+P	5-10	1:00	7				
* 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	9:39 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		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 Crunch with Legs Elevated Flat Bench	25-30	0:15	25	#4	90 Degree Reverse Crunch Floor	25-30	0:00	25
#5	Standing Bar Twist Body Bar	25-30	0:00	30	#6	Decline Crunch Decline Adjustable Ab Board	20-25	0:15	25

TODAY'S CARDIO					Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate			
Target Heart Rate	153 - 163	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.