

# DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W16385591



## Day Description: Chest, Shoulders, Triceps

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	8 / 24 / 21			Resistance Start Time	1:49 am		AM	
Advanced, Day: 146		Approximate time of resistance workout: 39											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	12	30	8-12	1:00	11				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs	N/A	Incline Fly	25	BEST	1:00	15	30	BEST	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	20	5-10	1:00	10	20	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	5-10	1:00	7	20	BEST	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	BEST	1:30	10	25	BEST	1:00	10				
	N/A	Dumbbell												
Medium Arms Triceps	N/A	1-Arm Overhead Extension	15	5-10	1:00	12	15	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Outer Triceps	N/A	Kick Back	20	BEST	1:30	12	20	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Standing Shrug	40	3-8	1:00	8	40	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Seated Shrug	45	5-10	1:00	10	—50—	BEST	1:00	20				
	N/A	Dumbbell					45							

\*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	2:28 am	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3	Side Oblique Crunch with Arms Extended Floor	25-30	0:15	20	#4	Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5	Side Oblique Crunch with Heel Push Floor	25-30	0:00	25	#6	90 Degree Crunch Floor	25-30	0:15	20

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	152 - 162	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.