

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15610933



Day Description: Back, 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	9 / 27 / 19	Resistance Start Time		9:18 pm	AM			
Advanced, Day: 114		Approximate time of resistance workout: 24									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	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	100+P	10-15	1:00	15	110+P	8-12	1:00	12				
Heavy Back Lats		Seated Row Legend Plate Loaded Lever EDGE (#24) Unilateral Diverging Seated Vertical Row	135	5-10	1:00	8	135	5-10	1:00	7				
Medium Back Lats	N/A	Lever Row Legend Plate Loaded	70	5-10	1:00	8	70	BEST	1:00	10				
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	140	BEST	1:30	20	140	BEST	1:30	15	140	BEST	1:00	15
Heavy Arms Outer Triceps	N/A	Rope Pushdown Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80	BEST	1:00	15								
Medium Arms Triceps	N/A	High-Pulley Kick Back Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	8-12	1:00	10								
* 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	9:42 pm		AM		
												PM		

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest			
#1	Crunch Floor				25-30	0:00	30	#2	Ab Wheel Ab Wheel				15
#3	Seated Bar Twist Body Bar				25-30	0:15	30	#4	Straight Leg Lift with Thrust Floor				20
#5	Side Oblique Ab Wheel Ab Wheel				15-20	0:00	10	#6	Bicycle Maneuver Floor				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.