

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14216718



Day Description: Chest, Shoulders

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	6 / 18 / 18	Resistance Start Time	9:24 pm	AM				
Advanced, Day: 51		Approximate time of resistance workout: 26								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	Barbell Bench Press	50 60	10-15	1:00	15	65 70	8-12	1:00	12				
	N/A	Olympic Bench Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs		Incline Fly	25	5-10	1:00	9	25	5-10	1:00	9				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Dual Axis Chest Press Cybex Selectorized VR 2	75	BEST	1:00	12	80	BEST	1:00	10				
		(#5) Dual Axis Chest Press												
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized	20+P	BEST	1:30	10	20+P	3-8	1:00	8				
		Cable Crossover w/Adjustable Pulley Machine												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	20	5-10	1:00	10	25	BEST	1:00	10				
	N/A	Dumbbell												
Heavy Shoulders Delts		Seated Shoulder Press Cybex Plate Loaded	35	BEST	1:00	10	40	BEST	1:00	5				
	N/A	(#21) Plate Loaded Shoulder Press					35							
* 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	9:50 pm	AM			
											PM			

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor			20-25	0:00	25		
#3	Side Oblique Crunch with Arms Extended Floor			15-20	0:10	15		
#5	Bicycle Maneuver Floor			15-20	0:00	20		
#2	Decline Straight Leg Thrust Decline Adjustable Ab Board			15-20	0:15	9		
#4	Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board			12-15	0:15	6		
#6	Decline Crunch Decline Adjustable Ab Board			15-20	0:10	21		

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.