

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W14972337



## Day Description: Chest Shoulders w/Legs

| TODAY'S MESSAGES |  |  |  |  | Perform 5-10 minutes of cardio, then stretch. |
|------------------|--|--|--|--|---|
|                  |  |  |  |  |   |

| TODAY'S RESISTANCE WORKOUT   |               |   |                     |       |      | Date Of Workout | 2 / 18 / 19         |      |      | Resistance Start Time | 9:16 pm |      | AM<br>PM |                 |
|--|---------------|---|---------------------|-------|------|-----------------|---------------------|------|------|-----------------------|---------|------|----------|-----------------|
| Advanced, Day: 55  |               | Approximate time of resistance workout: 30                                |                     |       |      |                 |                     |      |      |                       |         |      |          |                 |
| EXPECTED FEEL<br>Region<br>Target Area   | SEAT<br>OTHER | EXERCISE<br>Manufacturer<br>Equipment Name                                | SET 1               |       |      | TODAY'S<br>REPS | SET 2               |      |      | TODAY'S<br>REPS       | SET 3   |      |          | TODAY'S<br>REPS |
|  |               |   | WT                  | REPS  | REST |                 | WT                  | REPS | REST |                       | WT      | REPS | REST     |                 |
| Warm Up<br>Chest<br>Pecs   | N/A           | Barbell Bench Press   | <del>50</del><br>55 | 10-15 | 1:00 | 15              | 65                  | 8-12 | 1:00 | 12                    |         |      |          |                 |
|  | N/A           | Olympic Bench Press   | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Heavy<br>Chest<br>Outer Pecs   | N/A           | Fly   | 25                  | 3-8   | 1:00 | 7               | 25                  | 3-8  | 1:00 | 7                     |         |      |          |                 |
|  | N/A           | Dumbbell  | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Medium<br>Chest<br>Upper Pecs  | N/A           | Incline Fly   | 25                  | 5-10  | 1:00 | 7               | 25                  | 5-10 | 1:00 | 6                     |         |      |          |                 |
|  | N/A           | Dumbbell  | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Heavy<br>Shoulders<br>Delts  | N/A           | Seated Shoulder Press   | 30                  | 3-8   | 1:00 | 6               |                     |      |      |                       |         |      |          |                 |
|  | N/A           | Dumbbell  |                     |       |      |                 |                     |      |      |                       |         |      |          |                 |
| Heavy<br>Shoulders<br>Mid Delts  | N/A           | Standing Lateral Raise  | 20                  | 3-8   | 1:00 | 8               | 20                  | 3-8  | 1:00 | 7                     |         |      |          |                 |
|  | N/A           | Dumbbell  |                     |       |      |                 |                     |      |      |                       |         |      |          |                 |
| Medium<br>Shoulders<br>Rear Delts  | N/A           | Low-Pulley Upright Row<br>Legend Selectorized<br>(#16) Functional Trainer | 70+P                | 8-12  | 1:00 | 12              |                     |      |      |                       |         |      |          |                 |
| Warm Up<br>Legs<br>Quads/Hams  | N/A           | Squat<br>Cybex Plate Loaded   | 55                  | 10-15 | 1:00 | 12              | 60                  | 8-12 | 1:00 | 8                     |         |      |          |                 |
|  | N/A           | (#29) Smith Press   | SPOTTER RECOMMENDED |       |      |                 | SPOTTER RECOMMENDED |      |      |                       |         |      |          |                 |
| Medium<br>Legs<br>Hamstrings   | N/A           | Lying Leg Curl<br>Hammer Strength Plate Loaded                            | <del>40</del>       | 5-10  | 1:00 | 10              | 40                  | 5-10 | 1:00 | 10                    |         |      |          |                 |
|  | N/A           | (#31) Leg Curl  | 50                  |       |      |                 |                     |      |      |                       |         |      |          |                 |
| *BEST means do the most you can without exceeding 20 repetitions. Blue = increase; Red = decrease.<br>+P means add a supplemental plate, +2P means add two supplemental plates, and so on. |               |   |                     |       |      |                 |                     |      |      | Resistance End Time   | 9:46 pm |      | AM<br>PM |                 |

| TODAY'S ABS |   |  | Exercise | Reps  | Rest |    | Exercise | Reps  | Rest |  |       |      |    |
|-------------|---|--|----------|-------|------|----|----------|---|------|--|-------|------|----|
| #1          | Crunch with Heel Push<br>Floor                  |  |          | 20-25 | 0:00 | 25 | #2       | Decline 90 Degree Reverse Crunch<br>Decline Adjustable Ab Board |      |  | 15-20 | 0:10 | 12 |
| #3          | Side Oblique Ab Wheel<br>Ab Wheel               |  |          | 8-10  | 0:10 | 8  | #4       | Side Oblique Crunch with Arms Extended<br>Floor                 |      |  | 15-20 | 0:10 | 15 |
| #5          | Side Oblique Crunch with Legs Vertical<br>Floor |  |          | 15-20 | 0:00 | 15 | #6       | Crunch with Legs Vertical<br>Floor                              |      |  | 15-20 | 0:10 | 20 |

| TODAY'S CARDIO           |            |                 | Distance           |  |  |
|--------------------------|------------|-----------------|--------------------|--|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | Average Heart Rate |  |  |
| Target Heart Rate        | 132 - 142  | 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. |
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