

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17083221



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	7 / 6 / 24			Resistance Start Time	9:11 pm			AM
Advanced, Day: 192			Approximate time of resistance workout: 28											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	30	10-15	1:00	10	30	8-12	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	3-8	1:00	7	25	3-8	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs		Seated Chest Press	50	BEST	1:00	15								
		Activtrax Selectorized Chest Press												
Medium Chest Pecs/Triceps	N/A	Pullover	30	8-12	1:00	12	35	5-10	1:30	8	35	BEST	1:00	12
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Shoulders Delts	N/A	Seated Shoulder Press	—35—	3-8	1:00	7	—35—	3-8	1:00	6				
	N/A	Dumbbell	25				25							
Heavy Shoulders Front Delts	N/A	Upright Row	—20— 25	8-12	1:00	8								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	12								
	N/A	Dumbbell												
Light Shoulders Mid Delts	N/A	Seated Lateral Raise	15	BEST	1:00	8								
	N/A	Dumbbell												

\*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.

TODAY'S ABS				Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor				25-30	0:00	25	#2	Jack Knife Floor	15-20	0:00	10
#3	Side Oblique Crunch with Legs Vertical Floor				25-30	0:15	20	#4	Jack Knife Floor	15-20	0:00	10
#5	Bicycle Maneuver Floor				25-30	0:00	20	#6	Crunch with Arms Extended Floor	25-30	0:15	20

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	150 - 159	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.