

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17171979



Day Description: Upper Body Shoulder Focus

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	12 / 6 / 24	Resistance Start Time		8:57 pm	AM			
Advanced, Day: 228		Approximate time of resistance workout: 30						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	1-Arm Row	25	10-15	1:00	12								
	N/A	Dumbbell												
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	180	5-10	1:00	10	190	3-8	1:00	8				
Heavy Chest Outer Pecs	N/A	Fly	30	5-10	1:00	8	30	5-10	1:00	6				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Pecs	N/A	Bench Press	40	3-8	1:00	5	40	3-8	1:00	4				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	10								
	N/A	Floor												
Heavy Shoulders Delts	N/A	Seated Lateral Raise	20	5-10	1:00	6	20	5-10	1:00	5				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	8-12	1:00	8								
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	1-Arm Overhead Extension	15	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	8-12	1:00	10								
	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.

Resistance End Time

9:27 pm

AM

PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	25	#2	Bicycle Maneuver Floor			25
#3	Side Oblique Crunch with Arms Extended Floor			25-30	0:15	25	#4	Straight Leg Lift with Thrust Floor			25
#5	Side Oblique Crunch with Legs Vertical Floor			25-30	0:00	25	#6	Crunch Floor			25

TODAY'S CARDIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate
Target Heart Rate	139 - 148	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.