

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15053287



Day Description: Chest, Arms

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 13 / 19			Resistance Start Time	9:05 pm			AM
Advanced, Day: 65		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	Bench Press	25	10-15	1:00	15	25	8-12	1:00	12				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Upper Pecs		Incline Fly	25	BEST	1:30	10	25	BEST	1:00	8				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Decline Dumbbell Fly	20	5-10	1:00	5	20	5-10	1:00	5				
	N/A	Decline Adjustable Bench	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Biceps		Incline Curl with Twist	30	5-10	1:00	5	30	5-10	1:00	5				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
Medium Arms Triceps	N/A	High-Pulley Kick Back	20+P	5-10	1:00	10	20+P	BEST	1:00	18				
		Legend Selectorized (#16) Functional Trainer												
Heavy Arms Lower Biceps	N/A	Standing Curl	25	8-12	1:00	11								
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	Seated Overhead Extension (1-DB)	30	BEST	1:00	17								
	N/A	Dumbbell	SPOTTER RECOMMENDED											

*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	9:31 pm	AM PM
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TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch Floor	20-25	0:00	25	#2	Bicycle Maneuver Floor	15-20	0:15	20
#3	Leg Raise Vertical Chair	10-12	0:10	10	#4	Side Oblique Crunch with Heel Push Floor	15-20	0:00	20
#5	Bicycle Maneuver Floor	15-20	0:10	20	#6	Crunch with Legs Elevated Flat Bench	20-25	0:10	25

TODAY'S CARDIO		Distance		
Minimum Time Recommended	20 Minutes	Average Heart Rate		
Target Heart Rate	143 - 152	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.