

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15585819



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	9 / 18 / 19			Resistance Start Time	9:15 pm			AM PM
Advanced, Day: 111		Approximate time of resistance workout: 26												
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 Dumbbell Multipurpose Bench - Flat to Incline	25	10-15	1:00	15	30	8-12	1:00	10				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Incline Fly Dumbbell	35	3-8	1:00	5	35	3-8	1:00	5				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs	N/A	Incline Barbell Bench Press Olympic Incline Press	65	5-10	1:00	10	65	BEST	1:00	12				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts	N/A	Seated Shoulder Press Matrix Selectorized Ultra Series (#12) Converging Shoulder Press	62.5	3-8	1:00	7	62.5	3-8	1:00	7				
Heavy Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	20+P	5-10	1:00	5	20+P	5-10	1:00	5				
Medium Shoulders Rear Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	80+P	5-10	1:00	9	80+P	5-10	1:00	10				
*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	9:41 pm			AM PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	90 Degree Crunch Floor			25-30	0:00	30	#2	90 Degree Reverse Crunch Floor			25
#3	Side Oblique Crunch with Legs Elevated Flat Bench			25-30	0:15	25	#4	Jack Knife Floor			10
#5	90 Degree Side Oblique Crunch Floor			20-25	0:00	20	#6	Jack Knife Floor			10

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