

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16486958



Day Description: Upper Body, Arm Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 12 / 22			Resistance Start Time	8:56 pm			AM
Advanced, Day: 161		Approximate time of resistance workout: 24												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 Arms Triceps	N/A	Kick Back	15	10-15	1:00	10	15	8-12	1:00	8	15	8-12	1:00	8
	N/A	Dumbbell												
Heavy Arms Biceps	N/A	Concentration Curl with Twist	35	3-8	1:00	4	35	3-8	1:00	4				
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Close Grip Bench Press	70	5-10	1:00	8	70	5-10	1:00	8				
	N/A	Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Arms Lower Biceps	N/A	Standing Curl	50	BEST	1:30	10	50	BEST	1:00	9				
	N/A	Fixed Barbell												
Heavy Arms Triceps	N/A	Lying Extension	40	8-12	1:00	10								
	N/A	Fixed Barbell	SPOTTER RECOMMENDED											
Heavy Arms Biceps	N/A	Standing Curl with Twist	25	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.

Resistance End Time	9:20 pm	AM
		PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor	25-30	0:00	25	#2	Reverse Crunch Floor	25-30	0:00	25
#3	90 Degree Side Oblique Crunch Floor	25-30	0:15	20	#4	Jack Knife Floor	15-20	0:00	12
#5	Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	15	#6	Crunch Floor	25-30	0:15	25

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	151 - 161	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.