

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13937324



Day Description: Shoulders

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

TODAY'S RESISTANCE WORKOUT

Advanced, Day: 35		Approximate time of resistance workout: 29				Workout	3 / 28 / 18			Start Time	9:09 pm			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 Shoulders Mid Delts	N/A	1-Arm Lateral Raise Legend Selectorized (#16) Functional Trainer	10+P	10-15	1:00	15	20	8-12	1:00	12				
Heavy Shoulders Delts	N/A	Seated Shoulder Press	30	3-8	1:00	8	30	3-8	1:00	8				
	N/A	Dumbbell												
Heavy Shoulders Rear Delts	N/A	Upright Row	50	BEST	1:30	16	50	3-8	1:00	8				
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Shoulders Front Delts	N/A	Low-Pulley Upright Row Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	70	5-10	1:00	10	70	5-10	1:00	9				
Medium Back Lower Back	7.0	Seated Back Extension Cybex Selectorized VR 2 (#14) Back Extension	100	10-15	1:30	15	100	BEST	1:00	20				
	N/A													
Heavy Shoulders Traps	N/A	Seated Shrug	55	5-10	1:00	10	55	3-8	1:30	8	55	3-8	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	9:38 pm			AM
														PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Legs Elevated Flat Bench	20-25	0:00	25	#2 Bicycle Maneuver Floor	15-20	0:15	17
#3 Reverse Crunch Floor	20-25	0:10	20	#4 Side Oblique Leg Raise Vertical Chair	8-10	0:00	9
#5 Leg Raise Vertical Chair	8-10	0:10	10	#6 Bicycle Maneuver Floor	15-20	0:10	15

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	143 - 153	Duration		Average Heart Rate	
				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.