

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13770618



Day Description: Back, Triceps

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

| TODAY'S RESISTANCE WORKOUT | | | | | | Date Of Workout | 2 / 14 / 18 | | | Resistance Start Time | 8:44 pm | | AM | |
|--|---------------|---|-------|-------|------|-----------------|-------------|------|------|-----------------------|---------|------|------|-----------------|
| Advanced, Day: 18 | | 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 Back Lats | N/A | Wide Grip Pulldown (front) Legend Selectorized Lat Pull-Down | 80 | 10-15 | 1:00 | 15 | 90+P | 8-12 | 1:00 | 12 | | | | |
| Heavy Back Lats | N/A | Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down | 90 | 3-8 | 1:00 | 8 | 90 | 3-8 | 1:00 | 8 | | | | |
| Medium Back Lats | 3.0 | Seated Row Cybex Selectorized VR | 75+P | 5-10 | 1:00 | 10 | 75+P | 5-10 | 1:00 | 10 | | | | |
| | 3.0 | (#7) Row/Rear Delt | | | | | | | | | | | | |
| Medium Back Lower Back | 7.0 | Seated Back Extension Cybex Selectorized VR 2 | 95 | BEST | 1:30 | 20 | 95 | BEST | 1:30 | 20 | 95 | BEST | 1:00 | 20 |
| | N/A | (#14) Back Extension | | | | | | | | | | | | |
| Heavy Arms Outer Triceps | N/A | Kick Back | 12 | BEST | 1:00 | 20 | | | | | | | | |
| | N/A | Dumbbell | | | | | | | | | | | | |
| Medium Arms Triceps | N/A | V-Bar Pushdown Legend Selectorized | 70 | BEST | 1:00 | 20 | | | | | | | | |
| | | (#16) Functional Trainer | | | | | | | | | | | | |
| *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 | 9:08 pm | | AM | |
| | | | | | | | | | | | | PM | | |

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+P means add a supplemental plate, +2P means add two supplemental plates, and so on.

| Resistance End Time | 9:08 pm | AM |
|------------------------|---------|----|
| | | PM |

| TODAY'S ABS | | Exercise | Reps | Rest | | Exercise | Reps | Rest | |
|-------------|---|----------|-------|------|----|----------|--|------|---------------|
| #1 | Crunch Floor | | 15-20 | 0:10 | 20 | #2 | Reverse Crunch Floor | | 15-20 0:10 20 |
| #3 | Seated Bar Twist Body Bar | | 15-20 | 0:10 | 20 | #4 | Straight Leg Lift with Thrust Floor | | 10-12 0:15 10 |
| #5 | Crunch with Legs Elevated Flat Bench | | 12-15 | 0:15 | 15 | | | | |

| TODAY'S CARDIO | | Distance | | | |
|-----------------------------|------------|-----------------|--------------------|--|--|
| Minimum Time Recommended | 20 Minutes | Cardio Activity | Average Heart Rate | | |
| Target Heart Rate | 143 - 153 | 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. |
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