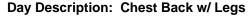
DAYAH, MICHAEL

Training Type: Upper Body Emphasis Result Desired: Mass Building Activity ID: W15226181





TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Find us on Facebook at http://www.facebook.com/ActivTrax

TODAY'S RESISTANCE WORKOUT Advanced, Day: 85 Approximate time of resistance workout: 36						Date Of Workout	5 / 8 / 19		Resistance Start Time		9:03 pm		AM PM	
Region OTHER		EXERCISE Manufacturer	SET 1			TODAY'S			TODAY'S		SET 3		TODAY'S	
Target Area	OTHER	Equipment Name	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS
Warm Up Chest		Seated Chest Press Matrix Selectorized Ultra Series	-45 -	10-15	1:00	12	-45 -	8-12	1:00	8	-55-	8-12	1:00	8
Pecs		(#13) Converging Chest Press	90				80				70			
Heavy Chest Pecs	N/A	Standing Cable Chest Press Legend Selectorized (#16) Functional Trainer	40	5-10	1:00	15	40	5-10	1:00	10				
Heavy	N/A	Fly	30	3-8	1:00	7	30	3-8	1:00	4				
Chest Outer Pecs	N/A	Dumbbell	SPOTTER RECOMMENDED		7	SPOTTER	R RECOMMENDED		6					
Heavy	N/A	Wide Grip Pulldown (front)	132.5		0	132.5			,					
Back Lats		Matrix Selectorized Ultra Series (#8) Diverging Lat Pull	130	BEST	1:30	8	130	3-8	1:00	6				
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	90	5-10	1:00	10	97.5	BEST	1:00	12				
Medium	N/A	1-Arm Row	50 5-10	F 10	1:00	6	50 5-10	5-10	10 1:00	5				
Back Lats	N/A	Dumbbell	50	3-10	1.00	O	30	3-10	1.00	ာ				
Warm Up	N/A	Dumbbell Squat (2 Dumbbells)	15	10-15	1:00	15								
Legs Quadriceps	N/A	Dumbbell	SPOTTER RECOMMENDED		IENDED	13								
Medium	N/A	Lying Leg Curl	40	DECT	1.00	15								
Legs Hamstrings	N/A	Hammer Strength Plate Loaded (#31) Leg Curl	40 BEST 1:		1:00	15								
Medium	N/A	Squat Cubox Pleta Looded	75	5-10	1:00	3	75	5-10	1:00	0				
Legs N/A		Cybex Plate Loaded (#29) Smith Press SPOTTER RECOMME		IENDED	၁	SPOTTER RECOMMENDED		U						

^{*}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	9:39	nm	AM	
End Time	7.37	piii	PM	

TODA	Y'S ABS	Exercise	Reps	Rest			Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Flat Bench		25-30	0:00	25	#2	Jack Knife Floor	12-15	0:00	12
#3	Side Oblique Crunch with Lo Flat Bench	egs Elevated	20-25	0:15	20	#4	Bicycle Maneuver Floor	20-25	0:00	20
#5	Standing Bar Twist Body Bar		25-30	0:00	25	#6	90 Degree Crunch Floor	20-25	0:15	20

TODAY'S CARE	OIO		Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate	
Target Heart Rate	132 - 142	Duration	Calories	

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IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.