

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W16511743



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

Advanced, Day: 176		Approximate time of resistance workout: 30				Workout	2 / 18 / 22			Start Time	10:01 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 Chest Pecs	N/A	Bench Press	30	10-15	1:00	12	30	8-12	1:00	9				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs	N/A	Fly	25	3-8	1:00	8	25	3-8	1:00	8				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Pecs		Seated Chest Press Activtrax Selectorized Chest Press	70	5-10	1:00	9	70	BEST	1:00	15				
Heavy Shoulders Delts	N/A	Seated Shoulder Press	35	5-10	1:00	7	35	5-10	1:00	7				
	N/A	Dumbbell												
Heavy Shoulders Front Delts	N/A	Front Deltoid Raise	25	3-8	1:00	5	25	3-8	1:00	6				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	20	5-10	1:00	10	20	5-10	1:00	10				
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Light Shoulders Mid Delts	N/A	Standing Lateral Raise	15	BEST	1:00	12	15	8-12	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 10:31 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		Side Oblique Crunch with Heel Push Floor	25-30	0:15	25	#4		Straight Leg Thrust Floor	25-30	0:00	25
#5		Side Oblique Crunch with Legs Vertical Floor	25-30	0:00	20	#6		Crunch with Arms Extended Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended		20 Minutes	Distance		
Target Heart Rate		141 - 150	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.