

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13691260



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 27 / 18			Resistance Start Time	3:02 pm			AM
Intermediate, Day: 10		Approximate time of resistance workout: 32												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) Cybex Selectorized VR 2 (#8) Lat Pulldown	90	10-15	1:00	15	110	8-12	1:00	12				
Heavy Back Lats	N/A	Close Grip Pulldown (front) Legend Selectorized Lat Pull-Down	70+P	8-12	1:00	12	80+P	3-8	1:30	8	80+P	3-8	1:00	8
Heavy Back Lats	N/A	1-Arm Row	30	8-12	1:00	12	35	3-8	1:30	8	35	3-8	1:00	8
	N/A	Dumbbell												
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Cybex Selectorized VR 2 (#13) Arm Curl	40	5-10	1:00	10	45	3-8	1:00	7				
Heavy Arms Biceps	N/A	Herculean Cable Curl Legend Selectorized (#16) Functional Trainer	30+P	5-10	1:00	10	40	3-8	1:00	8				
Medium Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized (#16) Functional Trainer	60+P	5-10	1:00	9	60+P	BEST	1:00	10				
*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	3:34 pm			AM
														PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			15-20	0:10	20	#2	Bicycle Maneuver Floor			12-15 0:10 12
#3	Bicycle Maneuver Floor			12-15	0:10	12	#4	Side Oblique Crunch with Arms Extended Floor			12-15 0:15 10
#5	Crunch Floor			15-20	0:15	20					

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	154 - 164	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.