

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13844485



Day Description: Upper Body, Arm Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	3 / 5 / 18			Resistance Start Time	8:16 pm			AM PM
Advanced, Day: 26		Approximate time of resistance workout: 23												
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 Arms Triceps	N/A	Lying Extension	20	10-15	1:00	15	20	8-12	1:00	12	30	8-12	1:00	12
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Heavy Arms Biceps	N/A	1-Arm Curl with Twist	30+P	5-10	1:00	9	30+P	5-10	1:00	8				
		Legend Selectorized												
		Cable Crossover w/Adjustable Pulley Machine												
Heavy Arms Outer Triceps	N/A	High-Pulley Kick Back	20	5-10	1:00	10	—20—	5-10	1:00	10				
		Legend Selectorized					20+P							
		(#16) Functional Trainer												
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl	30+P	5-10	1:00	9	30+P	BEST	1:00	9				
		Legend Selectorized												
		Cable Crossover w/Adjustable Pulley Machine												
Heavy Arms Triceps	N/A	Rope Pushdown	70	BEST	1:00	15								
		Legend Selectorized												
		Cable Crossover w/Adjustable Pulley Machine												
Heavy Arms Biceps		Incline Curl with Twist	20	BEST	1:00	18								
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												

* **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	8:39 pm	AM PM
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TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball				15-20	0:10	20	
#3	Crunch with Legs In Stability Ball				15-20	0:15	20	
#5	Side Oblique Crunch with Legs Vertical Floor				12-15	0:15	13	
#2	Reverse Crunch Floor				15-20	0:10	16	
#4	Decline Crunch Decline Adjustable Ab Board				12-15	0:15	12	

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.