

DAYAH, MICHAEL

Training Type: Upper Body Only  
Result Desired: Mass Building  
Activity ID: W17105962



Day Description: Upper Body Shoulder Focus

TODAY'S MESSAGES

Perform 5-10 minutes of cardio, then stretch.

Do you have a smartphone? Try entering your workout at <http://activtrax.com/m>

TODAY'S RESISTANCE WORKOUT						Date Of Workout	8 / 13 / 24			Resistance Start Time	8:52 pm		AM	
Advanced, Day: 203			Approximate time of resistance workout: 23									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		Seated Chest Press Activtrax Selectorized Chest Press	30	10-15	1:00	15	40	8-12	1:00	12				
Heavy Chest Upper Pecs	N/A	Incline Fly	25	8-12	1:00	10								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Back Lats	N/A	Close Grip Pulldown (front) Activtrax Selectorized Lat Pulldown	160	BEST	1:00	15								
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	10-15	1:30	15								
	N/A	Floor												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	20	BEST	1:00	15								
	N/A	Dumbbell												
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	8-12	1:00	12								
	N/A	Dumbbell												
Heavy Shoulders Rear Delts	N/A	Upright Row	20	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Medium Shoulders Front Delts	N/A	Front Deltoid Raise	20	8-12	1:00	10								
	N/A	Dumbbell												
Heavy Arms Outer Triceps	N/A	Lying Extension	35	BEST	1:00	15								
	N/A	Dumbbell	SPOTTER RECOMMENDED											
Heavy Arms Lower Biceps	N/A	Standing Curl	20	8-12	1:00	12								
	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	9:15 pm		AM	
													PM	

TODAY'S ABS					Exercise	Reps	Rest	
#1	Crunch with Heel Push Floor					25-30	0:00	25
#3	Side Oblique Crunch with Heel Push Floor					25-30	0:15	25
#5	Side Oblique Crunch with Heel Push Floor					25-30	0:00	25
#2	Straight Leg Thrust Floor					25-30	0:00	25
#4	Jack Knife Floor					15-20	0:00	10
#6	Crunch with Arms Extended Floor					25-30	0:15	25

TODAY'S CARDIO			Distance		
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	150 - 159	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.