

# DAYAH, MICHAEL

Training Type: Upper Body Emphasis  
Result Desired: Mass Building  
Activity ID: W13655770



## Day Description: Chest Shoulders w/Legs

### 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

Intermediate, Day: 7		Approximate time of resistance workout: 30				Workout	1 / 19 / 18	Start Time	3:15 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		Bench Press	15	10-15	1:00	15	17.5	8-12	1:00	12				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Fly	20	5-10	1:00	10	20	5-10	1:00	7				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Medium Chest Upper Pecs		Incline Bench Press	17.5	5-10	1:00	10	17.5	BEST	1:00	10				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Shoulders Delts	N/A	Seated Shoulder Press	20	3-8	1:00	7								
	N/A	90-Degree Utility Seat												
Heavy Shoulders Mid Delts	N/A	Standing Lateral Raise	15	3-8	1:00	8	15	3-8	1:00	8				
	N/A	Dumbbell												
Medium Shoulders Rear Delts	N/A	Upright Row	40	8-12	1:00	10								
	N/A	(#27) Fixed Barbell	SPOTTER RECOMMENDED											
Warm Up Legs Quads/Hams		45 Degree Leg Press	—80—	10-15	1:00	14	—95—	8-12	1:00	12				
	N/A	Magnum Plate Loaded (#32) Angled Leg Press	90				90							
Medium Legs Hamstrings		Seated Leg Curl	55	5-10	1:00	10	55	BEST	1:00	15				
*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	3:45 pm	AM PM		

### TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	15-20	0:10	20	#2 Standing Bar Twist Body Bar	15-20	0:10	20
#3 90 Degree Reverse Crunch Floor	15-20	0:10	17	#4 90 Degree Side Oblique Crunch Floor	12-15	0:15	12
#5 Ball Crunch Stability Ball	15-20	0:15	15				

### TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	133 - 142	Duration		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.