

DAYAH, MICHAEL

Training Type: Upper Body Only
Result Desired: Mass Building
Activity ID: W17186764



Day Description: Upper Body Shoulder Focus

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: 235		Approximate time of resistance workout: 23				Workout	1 / 14 / 25			Start Time	9:58 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	10	35	8-12	1:00	8					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
Heavy Chest Upper Pecs	N/A	Incline Fly	30	8-12	1:00	8									
	N/A	Dumbbell	SPOTTER RECOMMENDED												
Heavy Back Lats	N/A	Wide Grip Pulldown (front)	180	8-12	1:00	12									
		Activtrax Selectorized Lat Pulldown													
Medium Back Lower Back	N/A	Lying Prone Back Extension	Body	BEST	1:30	15									
	N/A	Floor													
Heavy Shoulders Mid Delts	N/A	Seated Lateral Raise	20	BEST	1:00	10									
	N/A	Dumbbell													
Heavy Shoulders Delts		Seated Shoulder Press	50	BEST	1:00	12									
	N/A	Activtrax Selectorized Shoulder Press													
Heavy Shoulders Rear Delts	N/A	Bent Over Rear Deltoid	15	BEST	1:00	12									
	N/A	Dumbbell													
Medium Shoulders Front Delts	N/A	Upright Row	25	8-12	1:00	8									
	N/A	Dumbbell	SPOTTER RECOMMENDED												
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	10:21 pm	AM
		PM

TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch with Heel Push Floor	25-30	0:00	25	#2 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#3 Side Oblique Crunch with Arms Extended Floor	25-30	0:15	25	#4 90 Degree Reverse Crunch Floor	25-30	0:00	25
#5 Side Oblique Crunch Floor	25-30	0:00	25	#6 Crunch with Legs Vertical Floor	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	149 - 159	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.