

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15592367



Day Description: Back

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						Date Of Workout	9 / 23 / 19			Resistance Start Time	8:57 pm			AM
Advanced, Day: 112		Approximate time of resistance workout: 37												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	Lever Row Legend Plate Loaded	55	10-15	1:00	15	60	8-12	1:00	10				
	N/A	(#18) Incline Lever Row	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A	Wide Grip Pulldown (front) Legend Selectorized	150+P	3-8	1:00	6	150+P	3-8	1:30	4	150+P	3-8	1:00	4
		Lat Pull-Down	150				150							
Medium Back Lats		Seated Row Legend Plate Loaded Lever EDGE	110	BEST	1:00	10	125	BEST	1:30	8	125	BEST	1:00	6
		(#24) Unilateral Diverging Seated Vertical Row												
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series	130	14-20	1:00	20	130	14-20	1:30	20	140	10-15	1:00	15
		(#10) Back Extension												
Heavy Shoulders Traps	N/A	Standing Shrug	60	8-12	1:00	12	65	3-8	1:30	8	65	3-8	1:00	6
	N/A	Dumbbell												
Heavy Shoulders Traps	N/A	Standing Barbell Shrug	-125-	5-10	1:00	10	-125-	5-10	1:00	10				
	N/A	(#28) Power Rack	110				110							
*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	9:34 pm			AM
														PM

TODAY'S ABS			Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor			25-30	0:00	30	#2	Leg Raise Gravity Crunch			20
#3	Side Oblique Crunch Floor			25-30	0:15	27	#4	Bicycle Maneuver Floor			25
#5	Side Oblique Crunch with Arms Extended Floor			20-25	0:00	20	#6	Crunch Floor			30

TODAY'S CARDIO		Distance			
Minimum Time Recommended	20 Minutes	Cardio Activity	Average Heart Rate		
Target Heart Rate	153 - 163	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.