

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W14981073



Day Description: Back, Biceps

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	2 / 20 / 19			Resistance Start Time	8:51 pm			AM
Advanced, Day: 56		Approximate time of resistance workout: 31												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 N/A	Lever Row Legend Plate Loaded (#18) Incline Lever Row	40	10-15	1:00	14	45	8-12	1:00	11				
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Back Lats	N/A N/A	Sit Down Row Legend Selectorized Low Row	80	5-10	1:00	10	90	3-8	1:30	8	90	3-8	1:00	7
Heavy Back Lats		Seated Row Matrix Selectorized Ultra Series (#9) Diverging Seated Row	77.5	5-10	1:00	10	85	3-8	1:00	8				
Medium Back Lower Back	N/A	Seated Back Extension Matrix Selectorized Ultra Series (#10) Back Extension	102.5	BEST	1:30	20	102.5	BEST	1:30	20	102.5	BEST	1:00	20
Heavy Arms Biceps	N/A	Low-Pulley Straight Bar Curl Legend Selectorized (#16) Functional Trainer	80	3-8	1:00	7	80	3-8	1:00	7				
Heavy Arms Lower Biceps	N/A	Low-Pulley 1-Arm Curl Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	30+P	5-10	1:00	5	40	3-8	1:00	5				
*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	9:22 pm			AM
														PM

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs Elevated Stability Ball	20-25	0:00	25	#2	Decline Reverse Crunch Decline Adjustable Ab Board	15-20	0:15	0
#3	Ab Wheel Ab Wheel	12-15	0:10	12	#4	Decline Side Oblique Crunch Decline Adjustable Ab Board	12-15	0:00	12
#5	Leg Raise Vertical Chair	10-12	0:10	10	#6	Decline Crunch Decline Adjustable Ab Board	15-20	0:10	20

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.