

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W13712413



Day Description: Upper Body, Arm Focus

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

TODAY'S RESISTANCE WORKOUT						Date Of Workout	1 / 31 / 18			Resistance Start Time	8:27 pm		AM PM		
Intermediate, Day: 12		Approximate time of resistance workout: 26													
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 Arms Biceps		Concentration Curl with Twist	10	10-15	1:00	15	12	8-12	1:00	12					
	N/A	Dumbbell Multipurpose Bench - Flat to Incline													
Heavy Arms Biceps	N/A	Low-Pulley Straight Bar Curl	70	3-8	1:00	8	70	3-8	1:00	8					
		Legend Selectorized (#16) Functional Trainer													
Heavy Arms Lower Biceps	N/A	Standing Curl	40	8-12	1:00	12									
	N/A	(#27) Fixed Barbell													
Medium Arms Biceps	N/A	Herculean Cable Curl	30+P	5-10	1:00	10	30+P	BEST	1:00	10					
		Legend Selectorized (#16) Functional Trainer													
Heavy Arms Outer Triceps		Seated Tricep Extension	45	3-8	1:00	10	45	3-8	1:00	8					
		Cybox Selectorized VR 2 (#12) Arm Extension					50								
Heavy Arms Triceps	N/A	Straight Bar Pushdown	70	8-12	1:00	10									
		Legend Selectorized (#16) Functional Trainer													
Medium Arms Outer Triceps	N/A	Lying Extension	20	5-10	1:00	10	20	5-10	1:00	10					
	N/A	Dumbbell	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED								
* 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	8:53 pm		AM PM		

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+P means add a supplemental plate, +2P means add two supplemental plates, and so on.

TODAY'S ABS		Exercise	Reps	Rest		Exercise	Reps	Rest	
#1	Crunch with Legs In Stability Ball	15-20	0:10	20	#2	Bicycle Maneuver Floor	12-15	0:10	10
#3	Seated Bar Twist Body Bar	15-20	0:10	15	#4	90 Degree Reverse Crunch Floor	15-20	0:15	19
#5	Crunch with Arms Extended Floor	12-15	0:15	15					

TODAY'S CARDIO					Distance	
Minimum Time Recommended	20 Minutes	Cardio Activity			Average Heart Rate	
Target Heart Rate	154 - 164	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.