

DAYAH, MICHAEL

Training Type: Upper Body Emphasis
Result Desired: Mass Building
Activity ID: W15858659



Day Description: Chest, Arms

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: 125		Approximate time of resistance workout: 26				Workout	1 / 8 / 20	Start Time	9:13 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	Cable Crossover Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	40	10-15	1:00	10	40+P	8-12	1:00	6				
Heavy Chest Upper Pecs	N/A	Incline Barbell Bench Press	65	BEST	1:00	12	70 75	BEST	1:00	8				
	N/A	Olympic Incline Press	SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Heavy Chest Outer Pecs		Pec Fly Matrix Selectorized Ultra Series (#5) Pec Fly/Rear Delt	85	3-8	1:00	8	85	3-8	1:00	8				
Heavy Arms Biceps		Concentration Curl with Twist	35	5-10	1:00	5	35	5-10	1:00	5				
	N/A	Dumbbell Multipurpose Bench - Flat to Incline												
Medium Arms Triceps	N/A	Low-Pulley Kick Back Legend Selectorized Cable Crossover w/Adjustable Pulley Machine	10+P 20	5-10	1:00	10	10+P 20	5-10	1:00	5				
Heavy Arms Lower Biceps	N/A	Standing Curl	60	BEST	1:00	8								
	N/A	(#27) Fixed Barbell												
Medium Arms Outer Triceps	N/A	High-Pulley Kick Back Legend Selectorized (#16) Functional Trainer	20+P	BEST	1:00	12								

*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	9:39 pm	AM PM
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TODAY'S ABS

Exercise	Reps	Rest		Exercise	Reps	Rest	
#1 Crunch Floor	25-30	0:00	30	#2 Leg Raise Vertical Chair	20-25	0:00	12
#3 Standing Bar Twist Body Bar	25-30	0:15	30	#4 Straight Leg Lift with Thrust Floor	25-30	0:00	20
#5 Side Oblique Crunch with Legs Elevated Stability Ball	25-30	0:00	30	#6 Crunch with Legs In Stability Ball	25-30	0:15	25

TODAY'S CARDIO

Minimum Time Recommended	20 Minutes	Cardio Activity		Distance	
Target Heart Rate	142 - 151	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.