

ACTIVTRAX, ISFORME

Training Type: Full Body
 Result Desired: Tone, Shape, Define
 Activity ID: W1425520



Day Description: Chest

TODAY'S SUGGESTED WARM-UP							MESSAGE CENTER:	
Perform 5-10 minutes of cardio, then stretch.								
Exercise Equipment Name	SET 1			SET 2				
	WT	REPS	REST	WT	REPS	REST		
Bench Press Dumbbell	8	12-15	0:30	8	12-15	0:30		
*Please note: Warm-up exercise is suggested independently of your preferred restrictions.								

TODAY'S RESISTANCE WORKOUT						Date of Workout	7 / 10 / 08	Resistance Start Time	9:30PM	AM				
Level One, Day: 10		Approximate time of resistance workout: 42								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	
Light Chest Pecs		Seated Chest Press Life Fitness Selectorized Signature (#4) Chest Press	25	14-20	1:00	20	30	10-15	1:00	15				
Heavy Chest Outer Pecs		Pec Fly Life Fitness Selectorized PRO2 Series (#5) Pectoral Fly/Rear Deltoid	40	BEST	1:30	7	40	8-12	1:00	8	40	BEST	1:00	5
Heavy Chest Pecs	N/A	Elastic Bench Press	None	BEST	1:00	15	None	BEST	1:00	15				
	N/A	Resist-a-Band												
Medium Back Lats	N/A	1-Arm Row	15	10-15	1:00	15	15	10-15	1:00	15	15	10-15	1:00	15
	N/A	Dumbbell												
Medium Back Lower Back	N/A	Lying Prone Back Extension	None	10-15	1:30	15	None	BEST	1:00	15				
	N/A	Floor												
Medium Shoulders Mid Delts	N/A	Standing Lateral Raise	5	10-15	1:00	15	5	10-15	1:00	15				
	N/A	Dumbbell												
Medium Shoulders Front Delts	N/A	Front Deltoid Raise	5	BEST	1:00	10	5	BEST	1:00	10				
	N/A	Dumbbell												
Medium Arms Lower Biceps	N/A	Standing Curl	10	10-15	1:00	15	10	BEST	1:00	15				
	N/A	Dumbbell												
Medium Arms Outer Triceps	N/A	Straight Bar Pushdown	20	14-20	1:00	20	20	10-15	1:00	20				
	N/A	Life Fitness Multi-Station Cable Motion Multi-Jungle (#24) Triceps Pushdown												

*BEST means do the "best" you can, but don't exceed 20 repetitions. Blue = increase; Red = decrease.
 +P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Resistance End Time	10:10PM	AM
		PM

TODAY'S ABS					TODAY'S ABS				
Exercise	Reps	Rest	Today's	Exercise	Reps	Rest	Today's		
#1 Crunch Floor	20-25	0:10	20	#2 Decline Straight Leg Lift with Thrust Decline Adjustable Ab Board	8-10	0:10	8		
#3 Side Oblique Crunch with Legs Elevated Flat Bench	15-20	0:10	20	#4 Straight Leg Thrust Floor	15-20	0:15	15		
#5 Crunch with Legs Elevated Flat Bench	20-25	0:15	20						

TODAY'S CARDIO		Record the minutes performed on each of the following activities:					
Minimum Time Recommended	20 Minutes	Stair Master		Recumbent Bike		Aerobic	
		Tread Mill	20	Upright Bike		Spinning	
Target Heart Rate	N/A	Ski Machine		Elliptical Trainer	10	Swimming	
		Row Machine		Running		Other	

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.