

WILLIAMS, CHARLES

Training Type: Full Body
Result Desired: Weight Loss and Toning
Activity ID: W7610176



Day Description: Lower Body

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	10 / 29 / 13	Resistance Start Time	9:15 am	AM
Advanced, Day: 157		Approximate time of resistance workout: 48						PM
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	THIS EXERCISE FELT...					
Warm Up Legs Quadriceps		Seated Leg Extension Cybex Selectorized VR3 (#5 WC) Leg Extension	About Right					
Medium Legs Hamstrings	N/A	Lying Leg Curl Cybex Selectorized Eagle (#14) Eagle Prone Leg Curl	About Right					
Heavy Legs Quads/Hams	s8	Seated Leg Press Cybex Selectorized VR3	About Right					
	b2	(#17) Leg Press						
Heavy Legs Quads/Hams	N/A	Stabilized Squat	About Right					
	N/A	Stability Ball						
Warm Up Back Lats		Seated Row Cybex Selectorized VR3 (#9) Row	About Right					
Medium Chest Pecs	s3	Seated Chest Press Cybex Selectorized VR3 (#8) Chest Press	About Right					
Medium Shoulders Mid Delts		Seated Lateral Raise Cybex Selectorized VR3 (#3) Lateral Raise	About Right					
Medium Arms Lower Biceps	N/A	Low-Pulley Straight Bar Curl Quantum Selectorized	About Right					
	N/A	(#59 WC) Cable Crossover						
Medium Arms Outer Triceps	N/A	Rope Pushdown Cybex Modular	About Right					
		(#20) Cable Cross-over						
Heavy Legs Calfs	N/A	Standing Calf Raise (1-Leg)	About Right					
	N/A	Step Bench						

*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 Time10:55 amAMPM

TODAY'S ABS				Exercise	Reps	Rest		Exercise	Reps	Rest		
#1	Crunch Floor				25-30	0:00	About Right	#2	Bicycle Maneuver Floor			
#3	Side Oblique Crunch Floor				25-30	0:15	About Right	#4	Bicycle Maneuver Floor			
#5	Ball Side Oblique Crunch Stability Ball				25-30	0:00	About Right	#6	Crunch with Heel Push Floor			

TODAY'S CARDIO				Distance	104 Miles
Minimum Time Recommended	20 Minutes	Cardio Activity	Other	Average Heart Rate	104
Target Heart Rate	113 - 120	Duration	32m	Calories	376

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.