

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

\*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 | 10:55 am | AM<br>PM |
|---------------------|----------|----------|

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

| TODAY'S CARDIO           |            | Distance           | 104 Miles |
|--------------------------|------------|--------------------|-----------|
| Minimum Time Recommended | 20 Minutes | Cardio Activity    | Other     |
| Target Heart Rate        | 113 - 120  | Average Heart Rate | 104       |
|                          |            | 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.