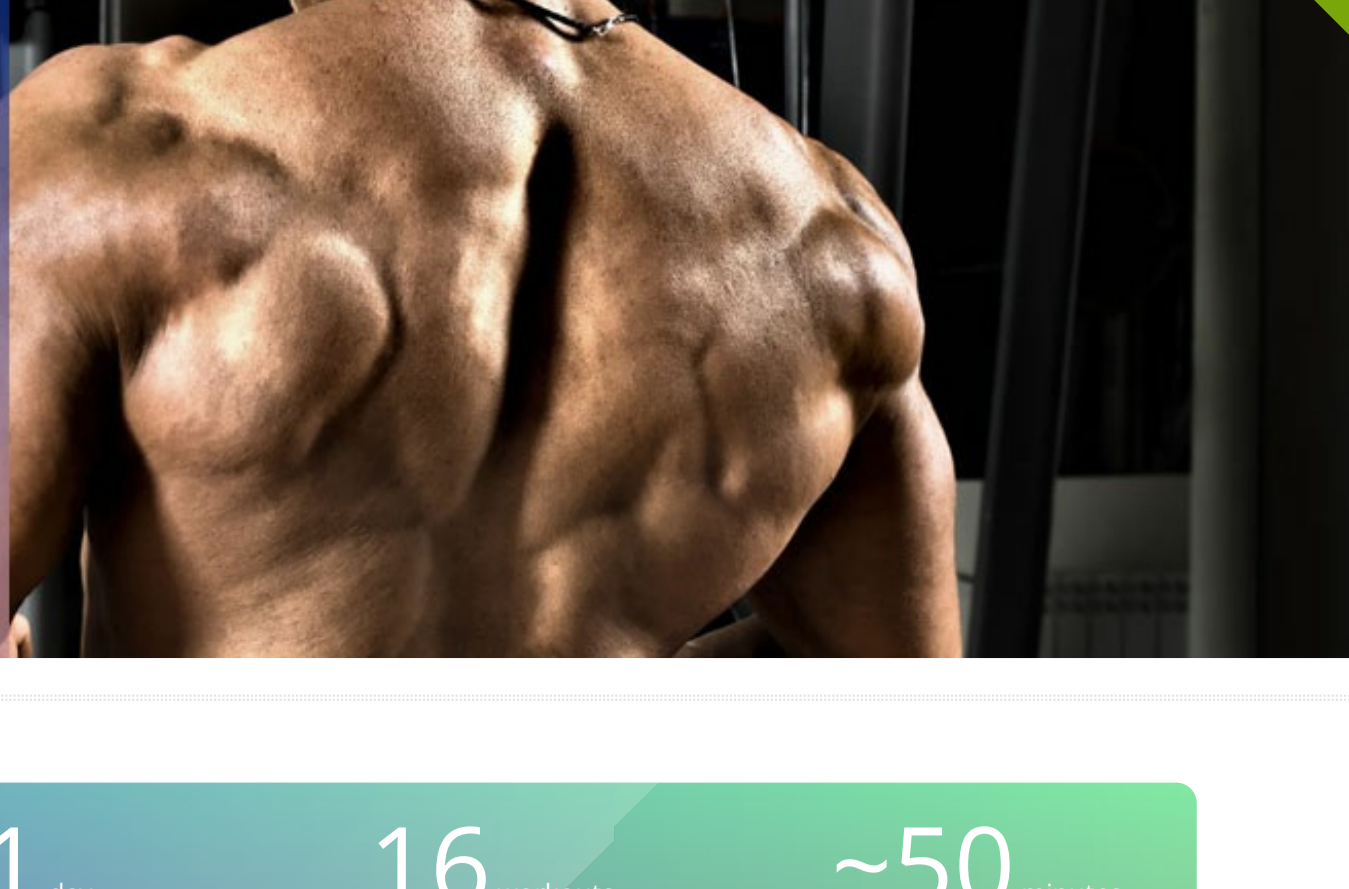


ТРЕХДНЕВНАЯ
МАССОНАБОРНАЯ ПРОГРАММА
СПИНОДЕЛИКА
ФОРМИРОВАНИЕ
СПИННЫХ ОБЪЕМОВ
И «СТАЛЬНОГО» КОРА



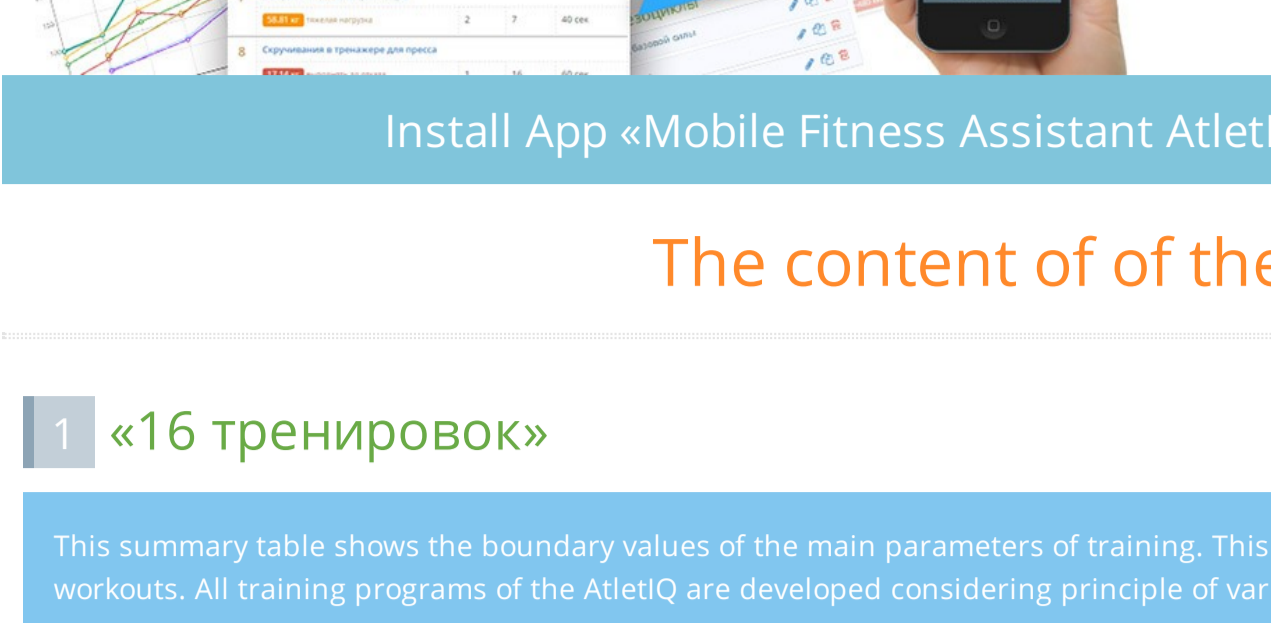
Intermediate

31 day

16 workouts

~50 minutes

<https://atletiq.com/en/programms/1099>



Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach

Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

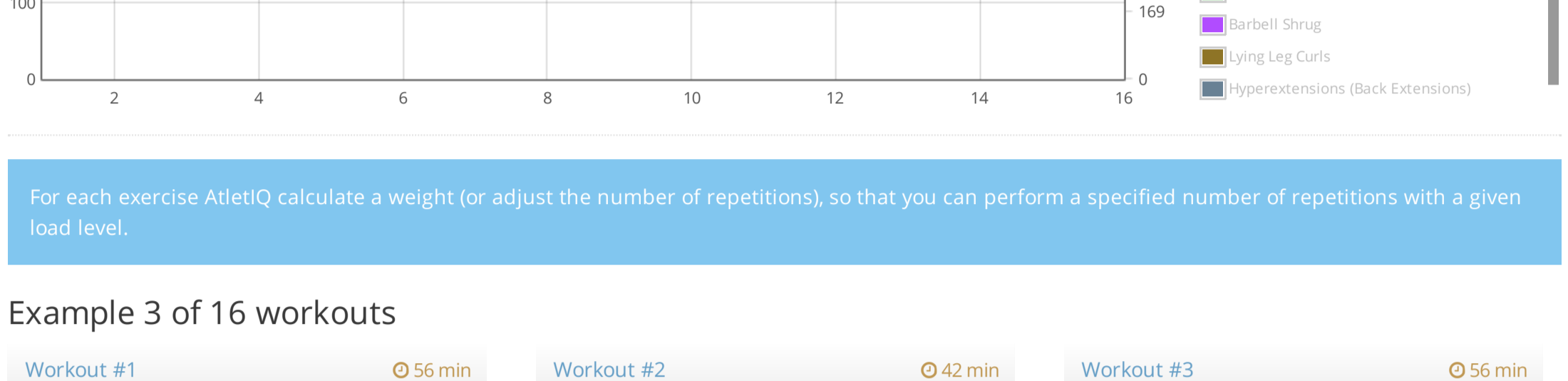
1 «16 тренировок» Duration in days: 31 Amount of training days: 16 Rest days: 15

This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⊙ Rest between sets
1 day				
1	Decline Crunch	3	10-15	⊙ 60-80 sec
2	Hyperextensions (Back Extensions)	3	10-15	⊙ 60-80 sec
3	Clean Deadlift	5	4-10	⊙ 70-80 sec

Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Example 3 of 16 workouts

Workout #1 ⊙ 56 min

- Decline Crunch 3x10 Rest: ⊙ 75 sec very hard
- Hyperextensions (Back Extensions) 3x10 Rest: ⊙ 75 sec very hard
- Clean Deadlift 5x4 Rest: ⊙ 80 sec heavy
- Barbell Shrug 3x10 Rest: ⊙ 75 sec very hard
- Good Morning 4x8 Rest: ⊙ 75 sec very hard
- Standing Military Press 4x8 Rest: ⊙ 75 sec very hard
- Power Partialis 3x10 Rest: ⊙ 75 sec very hard

> 4.67 T 🍀 924 scores 🔥 660 kcal

Workout #2 ⊙ 42 min

- Barbell Full Squat 5x4 Rest: ⊙ 80 sec heavy
- Lying Leg Curls 3x10 Rest: ⊙ 75 sec very hard
- Leg Extensions 3x10 Rest: ⊙ 75 sec very hard
- Dumbbell Bench Press 5x4 Rest: ⊙ 80 sec heavy
- Dumbbell Flies 3x10 Rest: ⊙ 75 sec very hard

> 5.13 T 🍀 682 scores 🔥 490 kcal

Workout #3 ⊙ 56 min

- 3x7 Rest: ⊙ 75 sec very hard
- Wide-Grip Rear Pull-Up 4x8 Rest: ⊙ 75 sec very hard
- Bent Over Barbell Row 5x4 Rest: ⊙ 80 sec heavy
- V-Bar Pulldown 4x8 Rest: ⊙ 75 sec very hard
- Dips - Triceps Version 3x10 Rest: ⊙ 75 sec very hard
- Barbell Curl 3x10 Rest: ⊙ 75 sec very hard
- Bent-Arm Dumbbell Pullover 3x10 Rest: ⊙ 75 sec very hard

> 3.77 T 🍀 967 scores 🔥 700 kcal

Sign up or login to get access to the full version

[Sign Up](#)

General recommendations on training with AtletIQ

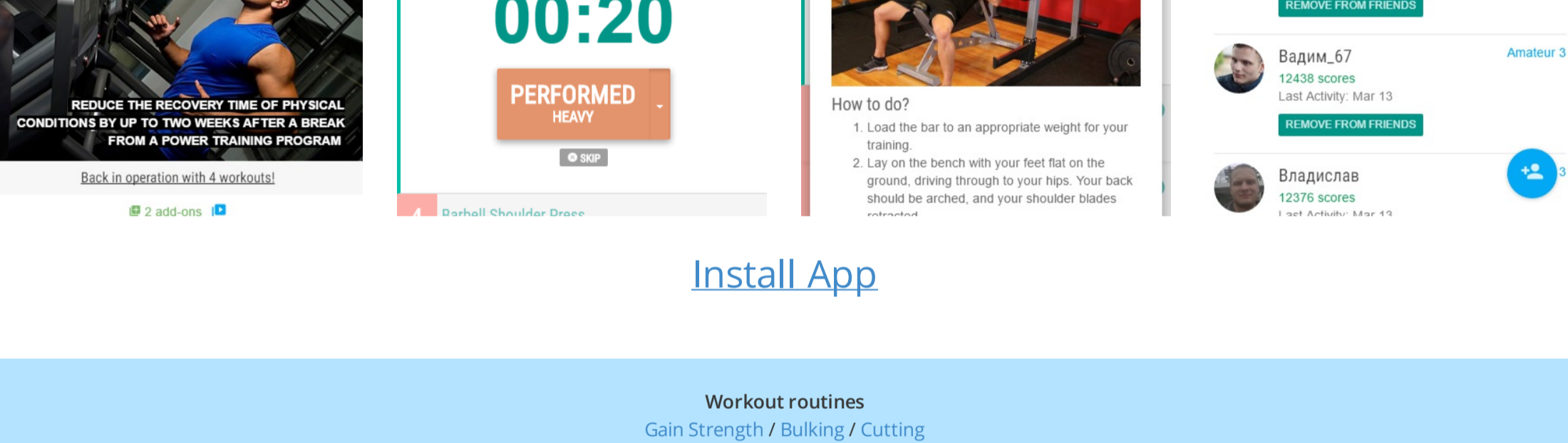
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned level and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

How to use mobile assistant?

Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.



[Install App](#)

Workout routines
Gain Strength / Bulking / Cutting

AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

[Affiliate program for coaches](#)

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