

Intermediate **23** days **12** workouts **~61** minutes

<https://atletiq.com/en/programms/1151>

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 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	5	10-15	⊙ 50-70 sec
2	Barbell Full Squat	5	6-10	⊙ 50-60 sec
3	Leg Press	4	10-15	⊙ 50-60 sec
4	Lying Leg Curls	5	10-15	⊙ 50-70 sec
5	Standing Military Press	4	10-15	⊙ 50-60 sec
6	Dumbbell Shoulder Press	5	8-12	⊙ 50-70 sec
7	Power Partial	5	10-15	⊙ 50-70 sec
2 day (rest)				
3 day				
1	Barbell Bench Press - Medium Grip	5	8-12	⊙ 50-70 sec
2	Incline Dumbbell Flyes	4	10-15	⊙ 50-60 sec
3	Подтягивания широким хватом к груди	4	10-15	⊙ 50-60 sec
4	Seated Cable Rows	5	8-12	⊙ 50-70 sec
5	Dips - Triceps Version	4	10-15	⊙ 50-60 sec
6	Triceps Pushdown	4	10-15	⊙ 50-60 sec
7	Barbell Curl	5	8-12	⊙ 50-70 sec
8	Alternate Hammer Curl	4	10-15	⊙ 50-60 sec
4 day (rest)				
5 day				
1	Hyperextensions (Back Extensions)	5	10-15	⊙ 50-60 sec
2	Hanging Leg Raise	5	10-15	⊙ 50-60 sec
3	Chin-Up	5	10-15	⊙ 50-60 sec
4	Push-Up Wide	5	10-15	⊙ 50-60 sec
5	Dumbbell Lunges	5	10-15	⊙ 50-60 sec
6	Bent Over Barbell Row	5	10-15	⊙ 50-60 sec
7	Upright Barbell Row	5	10-15	⊙ 50-60 sec
8	Bent-Arm Dumbbell Pullover	5	10-15	⊙ 50-60 sec
6 day (rest)				

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.

Workout #1 ⊙ 57 min

Decline Crunch
5×10 Rest: ⊙ 50 sec very hard

Barbell Full Squat
5×6 Rest: ⊙ 50 sec heavy

Leg Press
4×10 Rest: ⊙ 50 sec heavy

Lying Leg Curls
5×12 Rest: ⊙ 70 sec very hard

Standing Military Press
4×10 Rest: ⊙ 50 sec heavy

Dumbbell Shoulder Press
5×10 Rest: ⊙ 50 sec very hard

Power Partial
5×10 Rest: ⊙ 70 sec very hard

> 10.93 T ▲ 1129 scores ▼ 810 kcal

Workout #2 ⊙ 57 min

Barbell Bench Press - Medium Grip
5×10 Rest: ⊙ 50 sec very hard

Incline Dumbbell Flyes
4×10 Rest: ⊙ 50 sec heavy

Подтягивания широким хватом к груди
4×7 Rest: ⊙ 50 sec heavy

Seated Cable Rows
4×10 Rest: ⊙ 50 sec very hard

Dips - Triceps Version
4×10 Rest: ⊙ 50 sec heavy

Triceps Pushdown
4×10 Rest: ⊙ 50 sec heavy

Barbell Curl
5×10 Rest: ⊙ 50 sec very hard

Alternate Hammer Curl
4×10 Rest: ⊙ 50 sec heavy

> 7.87 T ▲ 1212 scores ▼ 870 kcal

Workout #3 ⊙ 61 min

Hyperextensions (Back Extensions)
5×10 Rest: ⊙ 50 sec very hard

Hanging Leg Raise
5×10 Rest: ⊙ 50 sec very hard

Chin-Up
5×10 Rest: ⊙ 50 sec very hard

Push-Up Wide
5×10 max Rest: ⊙ 50 sec very hard

Dumbbell Lunges
5×10 Rest: ⊙ 50 sec very hard

Bent Over Barbell Row
5×10 Rest: ⊙ 50 sec very hard

Upright Barbell Row
5×10 Rest: ⊙ 50 sec very hard

Bent-Arm Dumbbell Pullover
5×10 Rest: ⊙ 50 sec very hard

> 5.58 T ▲ 1537 scores ▼ 1100 kcal

Workout #4 ⊙ 57 min

Decline Crunch
5×12 Rest: ⊙ 60 sec very hard

Barbell Full Squat
5×8 Rest: ⊙ 60 sec heavy

Leg Press
4×12 Rest: ⊙ 60 sec heavy

Lying Leg Curls
5×12 Rest: ⊙ 60 sec very hard

Standing Military Press
4×12 Rest: ⊙ 60 sec heavy

Dumbbell Shoulder Press
5×8 Rest: ⊙ 60 sec heavy

Power Partial
5×12 Rest: ⊙ 60 sec very hard

> 12.36 T ▲ 1132 scores ▼ 810 kcal

Workout #5 ⊙ 62 min

Barbell Bench Press - Medium Grip
5×8 Rest: ⊙ 60 sec heavy

Incline Dumbbell Flyes
4×12 Rest: ⊙ 60 sec heavy

Подтягивания широким хватом к груди
4×12 Rest: ⊙ 60 sec heavy

Seated Cable Rows
5×8 Rest: ⊙ 60 sec heavy

Dips - Triceps Version
4×15 Rest: ⊙ 60 sec heavy

Triceps Pushdown
4×12 Rest: ⊙ 60 sec heavy

Barbell Curl
5×8 Rest: ⊙ 60 sec heavy

Alternate Hammer Curl
4×12 Rest: ⊙ 60 sec heavy

> 6.3 T ▲ 1183 scores ▼ 850 kcal

Workout #6 ⊙ 68 min

Hyperextensions (Back Extensions)
5×12 Rest: ⊙ 60 sec heavy

Hanging Leg Raise
5×12 Rest: ⊙ 60 sec heavy

Chin-Up
5×12 Rest: ⊙ 60 sec heavy

Push-Up Wide
5×13 Rest: ⊙ 60 sec heavy

Dumbbell Lunges
5×12 Rest: ⊙ 60 sec heavy

Bent Over Barbell Row
5×12 Rest: ⊙ 60 sec heavy

Upright Barbell Row
5×12 Rest: ⊙ 60 sec heavy

Bent-Arm Dumbbell Pullover
5×12 Rest: ⊙ 60 sec heavy

> 6.12 T ▲ 1425 scores ▼ 1020 kcal

Workout #7 ⊙ 61 min

Decline Crunch
5×12 Rest: ⊙ 70 sec heavy

Barbell Full Squat
5×10 Rest: ⊙ 70 sec very hard

Leg Press
4×15 Rest: ⊙ 60 sec very hard

Lying Leg Curls
5×12 Rest: ⊙ 70 sec heavy

Standing Military Press
4×15 Rest: ⊙ 60 sec very hard

Dumbbell Shoulder Press
5×10 Rest: ⊙ 70 sec heavy

Power Partial
5×12 Rest: ⊙ 70 sec heavy

> 14.18 T ▲ 1138 scores ▼ 820 kcal

Workout #8 ⊙ 65 min

Barbell Bench Press - Medium Grip
5×10 Rest: ⊙ 70 sec heavy

Incline Dumbbell Flyes
4×15 Rest: ⊙ 60 sec very hard

Подтягивания широким хватом к груди
4×15 Rest: ⊙ 60 sec very hard

Seated Cable Rows
5×10 Rest: ⊙ 70 sec heavy

Dips - Triceps Version
4×15 Rest: ⊙ 60 sec very hard

Triceps Pushdown
4×15 Rest: ⊙ 60 sec very hard

Barbell Curl
5×10 Rest: ⊙ 70 sec heavy

Alternate Hammer Curl
4×15 Rest: ⊙ 60 sec very hard

> 8.27 T ▲ 1241 scores ▼ 890 kcal

Workout #9 ⊙ 68 min

Hyperextensions (Back Extensions)
5×15 Rest: ⊙ 60 sec very hard

Hanging Leg Raise
5×15 Rest: ⊙ 60 sec very hard

Chin-Up
5×15 Rest: ⊙ 60 sec very hard

Push-Up Wide
5×14 Rest: ⊙ 60 sec very hard

Dumbbell Lunges
5×15 Rest: ⊙ 60 sec very hard

Bent Over Barbell Row
5×15 Rest: ⊙ 60 sec very hard

Upright Barbell Row
5×15 Rest: ⊙ 60 sec very hard

Bent-Arm Dumbbell Pullover
5×15 Rest: ⊙ 60 sec very hard

> 7.35 T ▲ 1582 scores ▼ 1140 kcal

Workout #10 ⊙ 52 min

Decline Crunch
5×15 Rest: ⊙ 50 sec heavy

Barbell Full Squat
5×6 Rest: ⊙ 50 sec heavy

Leg Press
4×15 Rest: ⊙ 50 sec very hard

Lying Leg Curls
5×15 Rest: ⊙ 50 sec heavy

Standing Military Press
4×15 Rest: ⊙ 50 sec very hard

Dumbbell Shoulder Press
5×12 Rest: ⊙ 50 sec very hard

Power Partial
5×15 Rest: ⊙ 50 sec heavy

> 13.72 T ▲ 1162 scores ▼ 840 kcal

Workout #11 ⊙ 57 min

Barbell Bench Press - Medium Grip
5×12 Rest: ⊙ 50 sec very hard

Incline Dumbbell Flyes
4×15 Rest: ⊙ 50 sec very hard

Подтягивания широким хватом к груди
4×15 Rest: ⊙ 50 sec very hard

Seated Cable Rows
5×12 Rest: ⊙ 50 sec heavy

Dips - Triceps Version
4×15 Rest: ⊙ 50 sec very hard

Triceps Pushdown
4×15 Rest: ⊙ 50 sec very hard

Barbell Curl
5×12 Rest: ⊙ 50 sec very hard

Alternate Hammer Curl
4×15 Rest: ⊙ 50 sec very hard

> 9.24 T ▲ 1310 scores ▼ 840 kcal

Workout #12 ⊙ 61 min

Hyperextensions (Back Extensions)
5×12 Rest: ⊙ 50 sec very hard

Hanging Leg Raise
5×12 Rest: ⊙ 50 sec very hard

Chin-Up
5×12 Rest: ⊙ 50 sec very hard

Push-Up Wide
5×14 Rest: ⊙ 50 sec very hard

Dumbbell Lunges
5×12 Rest: ⊙ 50 sec very hard

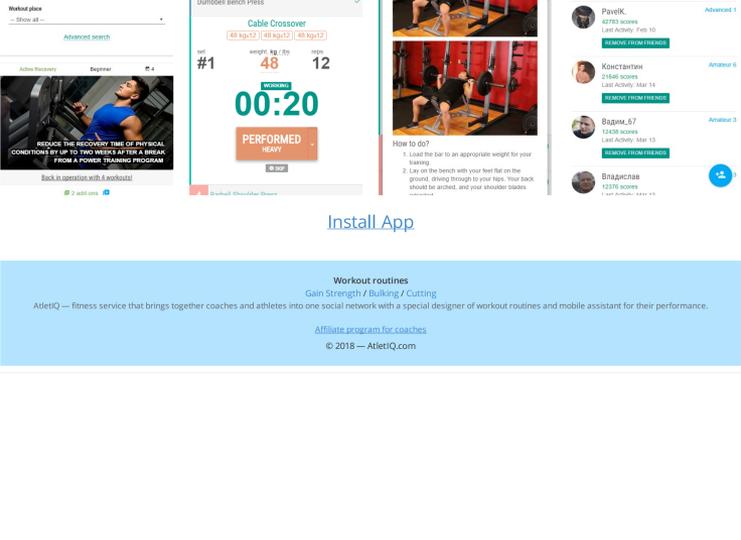
Bent Over Barbell Row
5×12 Rest: ⊙ 50 sec very hard

Upright Barbell Row
5×12 Rest: ⊙ 50 sec very hard

Bent-Arm Dumbbell Pullover
5×12 Rest: ⊙ 50 sec very hard

> 6.42 T ▲ 1598 scores ▼ 1150 kcal

Directory of the exercises



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 application 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 use 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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