



Intermediate

29 days

15 workouts

~51 minutes

<https://atletiq.com/en/programms/1191>

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 «15 тренировок»

Duration in days: 29Amount of training days: 15Rest days: 14

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	Incline Dumbbell Press	4	8-12	⌚ 60-80 sec
2	Dumbbell Bench Press	4	8-12	⌚ 60-80 sec
3	Dumbbell Flies	3	8-12	⌚ 60-90 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 15 workouts

Workout #1⌚ 41 min

Incline Dumbbell Press4×12Rest: ⌚ 60 secheavy

Dumbbell Bench Press4×12Rest: ⌚ 60 secheavy

Dumbbell Flies3×12Rest: ⌚ 60 secvery hard

Lying Close-Grip Barbell Triceps Extension Behind The Head3×12Rest: ⌚ 60 secvery hard

Tricep Dumbbell Kickback3×12Rest: ⌚ 60 secvery hard

Dumbbell One-Arm Triceps Extension3×12Rest: ⌚ 60 secvery hard

> 3.85 T🍀 657 scores🔥 470 kcal

Workout #2⌚ 41 min

One-Arm Dumbbell Row5×12Rest: ⌚ 60 secheavy

Bent Over Two-Dumbbell Row5×12Rest: ⌚ 60 secheavy

Bent-Arm Dumbbell Pullover2×15Rest: ⌚ 60 secheavy

Alternate Incline Dumbbell Curl3×12Rest: ⌚ 60 secvery hard

Dumbbell Alternate Bicep Curl3×12Rest: ⌚ 60 secvery hard

Alternate Hammer Curl2×15Rest: ⌚ 60 secheavy

> 3.77 T🍀 709 scores🔥 510 kcal

Workout #3⌚ 63 min

Dumbbell Lunges4×12Rest: ⌚ 60 secheavy

Dumbbell Step Ups3×12Rest: ⌚ 60 secvery hard

Dumbbell Squat4×12Rest: ⌚ 60 secheavy

Stiff-Legged Dumbbell Deadlift4×12Rest: ⌚ 60 secheavy

Standing Dumbbell Calf Raise2×15Rest: ⌚ 60 secheavy

Standing Palms-In Dumbbell Press4×12Rest: ⌚ 60 secheavy

Power Partial4×12Rest: ⌚ 60 secheavy

Разведение рук с гантелями в стороны в наклоне3×12Rest: ⌚ 60 secvery hard

Dumbbell Shrug4×12Rest: ⌚ 60 secheavy

> 7.04 T🍀 1139 scores🔥 820 kcal

Directory of the exercises

Alternate Hammer Curl

Alternate Incline Dumbbell Curl

Bent Over Two-Dumbbell Row

Bent-Arm Dumbbell Pullover

Dumbbell Alternate Bicep Curl

Dumbbell Bench Press

The price of the full version 7 usd

[Why it is payable?](#)
[Register and find out details](#)

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 load 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.

Find program

Filter Goal

Complexity

Workout place

Advanced search

Active Recovery

Beginner

REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM

Back in operation with 4 workouts!

2 add-ons

ACTUAL WORKOUT #1

WORKOUT TIME: 01:00

EXPENSE: 2.39 T

REPS: 54

WORKOUT PLAN

Dumbbell Bench Press

Cable Crossover

set #1

weight: 48 kg / 105 lbs

reps: 12

WORKING: 00:20

PERFORMED HEAVY

Barbell Incline Bench Press

Medium-Grip

How to do?

1. Load the bar to an appropriate weight for your training

2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades extended.

YOUR FRIENDS

Enter the name or ID

АРТЕМ ЖЕВЛАКОВ

2152 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

ПавелK.

42783 scores

Last Activity: Feb 10

REMOVE FROM FRIENDS

Константин

21845 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

Вадим_67

12438 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Владислав

12376 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

+

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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