

Intermediate

49 days

32 workouts

~50 minutes

<https://atletiq.com/en/programms/1208>

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	Barbell Bench Press - Medium Grip	5	4-6	70-100 sec
2	Bent Over Barbell Row	5	4-6	70-100 sec
3	Dumbbell Flies	3	8-12	70-90 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 12 workouts

Workout #1 58 min

- Barbell Bench Press - Medium Grip 5x4 Rest: 100 sec heavy
- Bent Over Barbell Row 5x4 Rest: 100 sec heavy
- Dumbbell Flies 3x8 Rest: 80 sec very hard
- Разведение рук с гантелями в стороны в наклоне 3x8 Rest: 80 sec very hard
- Crunches 4x20 max Rest: 90 sec to failure
- Pushups 4x20 max Rest: 90 sec to failure

>2.85T 865 scores 620 kcal

Workout #2 53 min

- Barbell Full Squat 5x4 Rest: 100 sec heavy
- Barbell Curl 3x8 Rest: 80 sec very hard
- Tricep Dumbbell Kickback 3x8 Rest: 80 sec very hard
- Standing Barbell Calf Raise 3x8 Rest: 80 sec very hard
- Crunches 4x20 max Rest: 90 sec to failure
- Pullups 4x20 max Rest: 90 sec to failure

>4.18T 726 scores 520 kcal

Workout #3 58 min

- Clean Deadlift 5x4 Rest: 100 sec heavy
- Standing Military Press 5x4 Rest: 100 sec heavy
- Power Partials 3x8 Rest: 80 sec very hard
- Dumbbell Shrug 3x8 Rest: 80 sec very hard
- Crunches 4x20 max Rest: 90 sec to failure
- Pushups 4x20 max Rest: 90 sec to failure

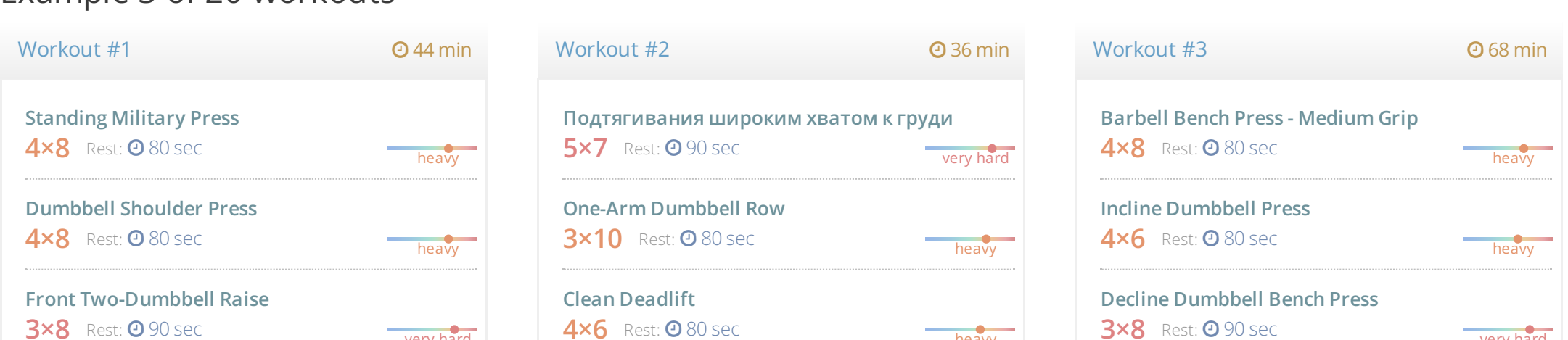
>3T 877 scores 630 kcal

2 «20 тренировок»

Duration in days: 26 Amount of training days: 20 Rest days: 6

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Standing Military Press	4	8-12	80-90 sec
2	Dumbbell Shoulder Press	4	8-12	80-90 sec
3	Front Two-Dumbbell Raise	3	8-10	80-90 sec

Training intensity for each exercise



Example 3 of 20 workouts

Workout #1 44 min

- Standing Military Press 4x8 Rest: 80 sec heavy
- Dumbbell Shoulder Press 4x8 Rest: 80 sec heavy
- Front Two-Dumbbell Raise 3x8 Rest: 90 sec very hard
- Power Partials 5x10 Rest: 30 sec very hard
- Разведение рук с гантелями в стороны в наклоне 3x10 Rest: 80 sec heavy

>2.33T 722 scores 520 kcal

Workout #2 36 min

- Подтягивания широким хватом к груди 5x7 Rest: 90 sec very hard
- One-Arm Dumbbell Row 3x10 Rest: 80 sec heavy
- Clean Deadlift 4x6 Rest: 80 sec heavy
- Dumbbell Shrug 4x8 Rest: 80 sec heavy

>3.18T 644 scores 460 kcal

Workout #3 68 min

- Barbell Bench Press - Medium Grip 4x8 Rest: 80 sec heavy
- Incline Dumbbell Press 4x6 Rest: 80 sec heavy
- Decline Dumbbell Bench Press 3x8 Rest: 90 sec very hard
- Dumbbell Flies 4x8 Rest: 80 sec heavy
- Dips - Triceps Version 4x20 max Rest: 90 sec to failure
- Standing Bent-Over Two-Arm Dumbbell Triceps Extension 3x10 Rest: 80 sec heavy
- Dumbbell One-Arm Triceps Extension 3x8 Rest: 90 sec very hard
- Lying Close-Grip Barbell Triceps Extension Behind The Head 4x8 Rest: 80 sec heavy

>4.44T 1034 scores 740 kcal

The price of the full version 12 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 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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