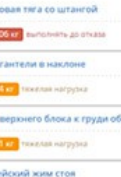


Start with the "stripping" of body fat - prepare your body for the mass gain program.



Beginner

23 days

12 workouts

~41 minutes

Worse inactivity - only unorganized training. But this is definitely not your case. Big Brother is watching you and will not let you stumble. Want relief? There will be relief, do not even hesitate! Your insurance and the guarantor of the result will be a Neos training plan.

<https://atletiq.com/en/programms/1416>

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 Incline Bench Press Medium-Grip	2	10-12	40-60 sec
2	Leg Press	2	10-12	40-60 sec
3	Wide-Grip Lat Pulldown	2	10-12	40-60 sec
4	Seated Calf Raise	2	15-20	40-50 sec
5	Upright Barbell Row	2	10-12	40-60 sec
6	Barbell Curl	2	10-12	40-60 sec
7	Triceps Pushdown	2	10-12	40-60 sec
8	Decline Crunch	2	10-25	40-90 sec
2 day (rest)				
3 day				
1	Dumbbell Flies	2	10-12	40-60 sec
2	Barbell Full Squat	2	10-12	40-60 sec
3	Bent Over Barbell Row	2	10-12	40-60 sec
4	Standing Calf Raises	2	15-20	40-50 sec
5	Standing Military Press	2	10-12	40-60 sec
6	Seated Dumbbell Curl	2	10-12	40-60 sec
7	Dumbbell One-Arm Triceps Extension	2	10-12	40-60 sec
8	Hanging Leg Raise	2	10-25	40-90 sec
4 day (rest)				
5 day				
1	Barbell Incline Bench Press Medium-Grip	2	10-12	40-60 sec
2	Leg Extensions	2	10-12	40-60 sec
3	Seated Cable Rows	2	10-12	40-60 sec
4	Dumbbell Seated One-Leg Calf Raise	2	15-20	40-50 sec
5	Power Partial	2	10-12	40-60 sec
6	Preacher Curl	2	10-12	40-60 sec
7	Weighted Bench Dip	2	10-12	40-60 sec
8	Hanging Leg Raise	2	10-25	40-90 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 40 min

Barbell Incline Bench Press Medium-Grip
2x12 Rest: 40 sec **heavy**

Leg Press
2x12 Rest: 40 sec **heavy**

Wide-Grip Lat Pulldown
2x12 Rest: 40 sec **heavy**

Seated Calf Raise
2x15 Rest: 40 sec **heavy**

Upright Barbell Row
2x12 Rest: 40 sec **heavy**

Barbell Curl
2x12 Rest: 40 sec **heavy**

Triceps Pushdown
2x12 Rest: 40 sec **heavy**

Decline Crunch
2x10 Rest: 40 sec **very hard**

> 7.76 T 458 scores 330 kcal

Workout #2 40 min

Dumbbell Flies
2x12 Rest: 40 sec **heavy**

Barbell Full Squat
2x12 Rest: 40 sec **heavy**

Bent Over Barbell Row
2x12 Rest: 40 sec **heavy**

Standing Calf Raises
2x15 Rest: 40 sec **heavy**

Standing Military Press
2x12 Rest: 40 sec **heavy**

Seated Dumbbell Curl
2x12 Rest: 40 sec **heavy**

Dumbbell One-Arm Triceps Extension
2x12 Rest: 40 sec **heavy**

Hanging Leg Raise
2x10 Rest: 90 sec **very hard**

> 5.46 T 451 scores 320 kcal

Workout #3 40 min

Barbell Incline Bench Press Medium-Grip
2x12 Rest: 40 sec **heavy**

Leg Extensions
2x12 Rest: 40 sec **heavy**

Seated Cable Rows
2x12 Rest: 40 sec **heavy**

Dumbbell Seated One-Leg Calf Raise
2x15 Rest: 40 sec **heavy**

Power Partial
2x12 Rest: 40 sec **heavy**

Preacher Curl
2x12 Rest: 40 sec **heavy**

Weighted Bench Dip
2x12 Rest: 40 sec **heavy**

Hanging Leg Raise
2x10 Rest: 90 sec **very hard**

> 4.58 T 453 scores 330 kcal

Workout #4 43 min

Barbell Incline Bench Press Medium-Grip
2x10 Rest: 60 sec **very hard**

Leg Press
2x12 Rest: 40 sec **very hard**

Wide-Grip Lat Pulldown
2x10 Rest: 40 sec **very hard**

Seated Calf Raise
2x18 Rest: 40 sec **very hard**

Upright Barbell Row
2x10 Rest: 40 sec **very hard**

Barbell Curl
2x10 Rest: 40 sec **very hard**

Triceps Pushdown
2x10 Rest: 40 sec **very hard**

Decline Crunch
2x15 Rest: 40 sec **very hard**

> 7.53 T 500 scores 360 kcal

Workout #5 43 min

Dumbbell Flies
2x12 Rest: 60 sec **very hard**

Barbell Full Squat
2x10 Rest: 40 sec **very hard**

Bent Over Barbell Row
2x10 Rest: 60 sec **very hard**

Standing Calf Raises
2x18 Rest: 40 sec **very hard**

Standing Military Press
2x10 Rest: 60 sec **very hard**

Seated Dumbbell Curl
2x10 Rest: 60 sec **very hard**

Dumbbell One-Arm Triceps Extension
2x10 Rest: 60 sec **very hard**

Hanging Leg Raise
2x15 Rest: 50 sec **very hard**

> 5.42 T 492 scores 350 kcal

Workout #6 43 min

Barbell Incline Bench Press Medium-Grip
2x10 Rest: 60 sec **very hard**

Leg Extensions
2x12 Rest: 60 sec **very hard**

Seated Cable Rows
2x10 Rest: 60 sec **very hard**

Dumbbell Seated One-Leg Calf Raise
2x18 Rest: 40 sec **very hard**

Power Partial
2x10 Rest: 60 sec **very hard**

Preacher Curl
2x10 Rest: 60 sec **very hard**

Weighted Bench Dip
2x12 Rest: 60 sec **very hard**

Hanging Leg Raise
2x15 Rest: 50 sec **very hard**

> 4.4 T 494 scores 360 kcal

Workout #7 41 min

Barbell Incline Bench Press Medium-Grip
2x12 Rest: 40 sec **heavy**

Leg Press
2x12 Rest: 40 sec **heavy**

Wide-Grip Lat Pulldown
2x10 Rest: 40 sec **heavy**

Seated Calf Raise
2x20 Rest: 40 sec **heavy**

Upright Barbell Row
2x10 Rest: 40 sec **heavy**

Barbell Curl
2x10 Rest: 40 sec **heavy**

Triceps Pushdown
2x10 Rest: 40 sec **heavy**

Decline Crunch
2x25 Rest: 40 sec **heavy**

> 7.35 T 447 scores 320 kcal

Workout #8 41 min

Dumbbell Flies
2x10 Rest: 50 sec **heavy**

Barbell Full Squat
2x10 Rest: 40 sec **heavy**

Bent Over Barbell Row
2x10 Rest: 40 sec **heavy**

Standing Calf Raises
2x20 Rest: 40 sec **heavy**

Standing Military Press
2x10 Rest: 40 sec **heavy**

Seated Dumbbell Curl
2x10 Rest: 50 sec **heavy**

Dumbbell One-Arm Triceps Extension
2x10 Rest: 40 sec **heavy**

Hanging Leg Raise
2x25 Rest: 40 sec **heavy**

> 5.34 T 440 scores 320 kcal

Workout #9 41 min

Barbell Incline Bench Press Medium-Grip
2x10 Rest: 40 sec **heavy**

Leg Extensions
2x12 Rest: 40 sec **heavy**

Seated Cable Rows
2x10 Rest: 40 sec **heavy**

Dumbbell Seated One-Leg Calf Raise
2x20 Rest: 40 sec **heavy**

Power Partial
2x10 Rest: 40 sec **heavy**

Preacher Curl
2x10 Rest: 40 sec **heavy**

Weighted Bench Dip
2x10 Rest: 40 sec **heavy**

Hanging Leg Raise
2x25 Rest: 40 sec **heavy**

> 4.31 T 442 scores 320 kcal

Workout #10 40 min

Barbell Incline Bench Press Medium-Grip
2x12 Rest: 40 sec **heavy**

Leg Press
2x12 Rest: 40 sec **heavy**

Wide-Grip Lat Pulldown
2x12 Rest: 40 sec **heavy**

Seated Calf Raise
2x18 Rest: 40 sec **heavy**

Upright Barbell Row
2x12 Rest: 40 sec **heavy**

Barbell Curl
2x12 Rest: 40 sec **heavy**

Triceps Pushdown
2x12 Rest: 40 sec **heavy**

Decline Crunch
2x10 Rest: 40 sec **very hard**

> 7.72 T 430 scores 310 kcal

Workout #11 40 min

Dumbbell Flies
2x12 Rest: 40 sec **heavy**

Barbell Full Squat
2x12 Rest: 40 sec **heavy**

Bent Over Barbell Row
2x12 Rest: 40 sec **heavy**

Standing Calf Raises
2x18 Rest: 40 sec **heavy**

Standing Military Press
2x12 Rest: 40 sec **heavy**

Seated Dumbbell Curl
2x12 Rest: 40 sec **heavy**

Dumbbell One-Arm Triceps Extension
2x12 Rest: 40 sec **heavy**

Hanging Leg Raise
2x10 Rest: 90 sec **very hard**

> 5.48 T 423 scores 300 kcal

Workout #12 40 min

Barbell Incline Bench Press Medium-Grip
2x12 Rest: 40 sec **heavy**

Leg Extensions
2x12 Rest: 40 sec **heavy**

Seated Cable Rows
2x12 Rest: 40 sec **heavy**

Dumbbell Seated One-Leg Calf Raise
2x18 Rest: 40 sec **heavy**

Power Partial
2x12 Rest: 40 sec **heavy**

Preacher Curl
2x12 Rest: 40 sec **heavy**

Weighted Bench Dip
2x12 Rest: 40 sec **heavy**

Hanging Leg Raise
2x10 Rest: 90 sec **very hard**

> 4.54 T 425 scores 310 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 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 an 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 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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