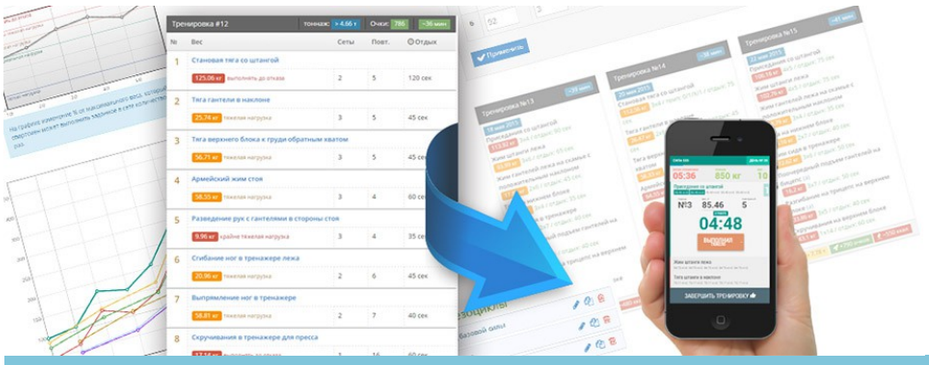
Intermediate | 71 day | 38 workouts | ~49 minutes

https://atletiq.com/en/programms/161



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 «Адаптация»

Duration in days: 11 | Amount of training days: 6 | Rest days: 5

Первые 6 тренировок позволят вам плавно войти в тренировочную программу и подготовить мышцы к высоким нагрузкам. Опытные, но нетерпеливые атлеты могут предпочесть приступить сразу к 5-ой тренировке.

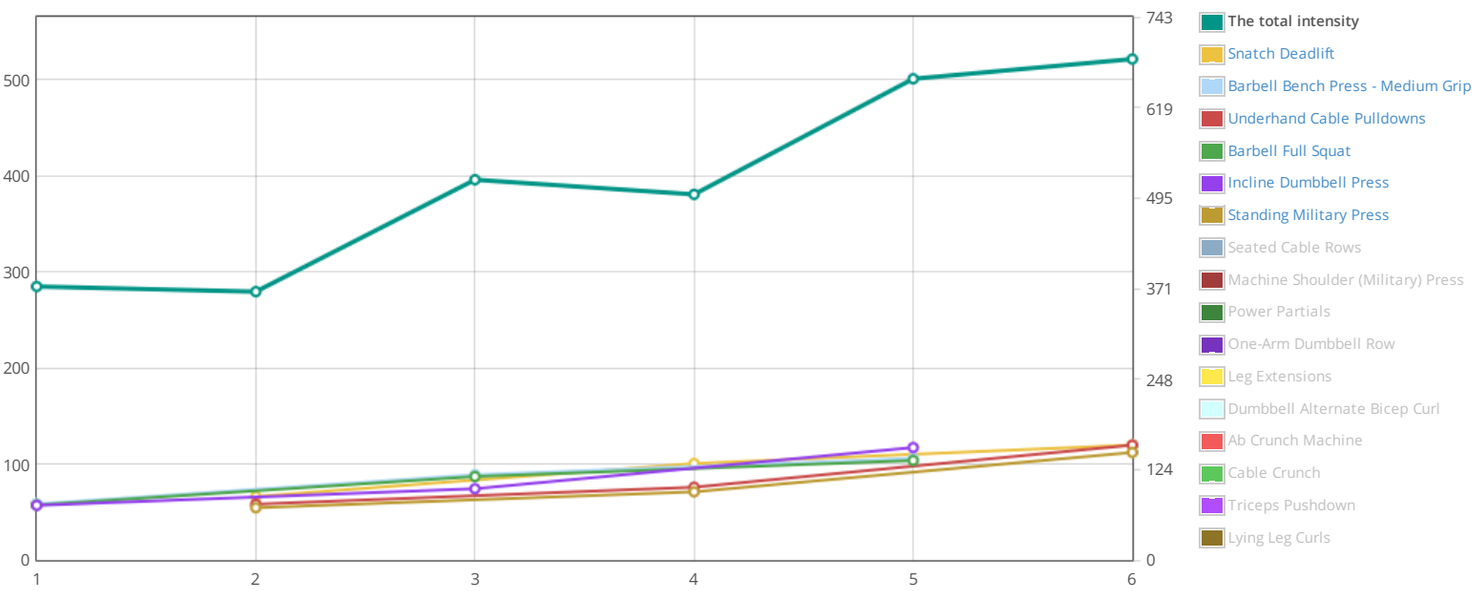
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	3	6-8	30-60 sec
2	Barbell Bench Press - Medium Grip	3	6-8	30-60 sec
3	Incline Dumbbell Press	3	6-8	30-50 sec
4	Seated Cable Rows	3	6-8	30-50 sec
5	Machine Shoulder (Military) Press	3	6-8	30-50 sec
6	Dumbbell Alternate Bicep Curl	3	6-8	30-50 sec

7	Triceps Pushdown	3	6-8	30-50 sec
8	Cable Crunch	1-2	10-18	45-60 sec
2 day (rest)				
3 day				
1	Snatch Deadlift	3	6-8	30-60 sec
2	One-Arm Dumbbell Row	3	6-8	30-60 sec
3	Underhand Cable Pulldowns	3	6-8	30-50 sec
4	Standing Military Press	3	6-8	30-50 sec
5	Power Partials	3	6-8	30-50 sec
6	Lying Leg Curls	3	6-8	30-50 sec
7	Leg Extensions	3	6-8	30-50 sec
8	Ab Crunch Machine	1-2	10-18	45-60 sec
4 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 — 39 min

Barbell Full Squat
3×6 Rest: 30 sec — easy

Barbell Bench Press - Medium Grip
3×6 Rest: 30 sec — easy

Incline Dumbbell Press
3×6 Rest: 30 sec — easy

Seated Cable Rows
3×6 Rest: 30 sec — easy

Workout #2 — 39 min

Snatch Deadlift
3×6 Rest: 30 sec — easy

One-Arm Dumbbell Row
3×6 Rest: 30 sec — easy

Underhand Cable Pulldowns
3×6 Rest: 30 sec — easy

Standing Military Press
3×6 Rest: 30 sec — easy

Workout #3 — 45 min

Barbell Full Squat
3×7 Rest: 45 sec — moderate

Barbell Bench Press - Medium Grip
3×7 Rest: 45 sec — moderate

Incline Dumbbell Press
3×7 Rest: 45 sec — easy

Seated Cable Rows
3×7 Rest: 45 sec — easy

Machine Shoulder (Military) Press
3×6 Rest: 30 sec easy

Dumbbell Alternate Bicep Curl
3×6 Rest: 30 sec easy

Triceps Pushdown
3×7 Rest: 45 sec easy

Cable Crunch
2×10 Rest: 45 sec heavy

> 4.71 T 374 scores 270 kcal

Power Partials
3×6 Rest: 30 sec easy

Lying Leg Curls
3×6 Rest: 30 sec easy

Leg Extensions
3×6 Rest: 30 sec easy

Ab Crunch Machine
2×10 Rest: 45 sec heavy

> 4.76 T 367 scores 260 kcal

Machine Shoulder (Military) Press
3×7 Rest: 45 sec easy

Dumbbell Alternate Bicep Curl
3×7 Rest: 45 sec easy

Triceps Pushdown
3×8 Rest: 50 sec heavy

Cable Crunch
2×12 Rest: 50 sec very hard

> 6.01 T 520 scores 370 kcal

Workout #4 44 min

Snatch Deadlift
3×7 Rest: 45 sec moderate

One-Arm Dumbbell Row
3×7 Rest: 45 sec moderate

Underhand Cable Pulldowns
3×7 Rest: 45 sec easy

Standing Military Press
3×7 Rest: 45 sec easy

Power Partials
3×7 Rest: 45 sec easy

Lying Leg Curls
3×7 Rest: 45 sec easy

Leg Extensions
3×7 Rest: 45 sec easy

Ab Crunch Machine
2×12 Rest: 50 sec very hard

> 5.99 T 500 scores 360 kcal

Workout #5 46 min

Barbell Full Squat
3×8 Rest: 60 sec moderate

Barbell Bench Press - Medium Grip
3×8 Rest: 60 sec moderate

Incline Dumbbell Press
3×8 Rest: 50 sec heavy

Seated Cable Rows
3×8 Rest: 50 sec heavy

Machine Shoulder (Military) Press
3×8 Rest: 50 sec heavy

Dumbbell Alternate Bicep Curl
3×8 Rest: 50 sec heavy

Triceps Pushdown
3×6 Rest: 30 sec easy

Cable Crunch
1×16 Rest: 60 sec to failure

> 6.36 T 658 scores 470 kcal

Workout #6 47 min

Snatch Deadlift
3×8 Rest: 60 sec moderate

One-Arm Dumbbell Row
3×8 Rest: 60 sec moderate

Underhand Cable Pulldowns
3×8 Rest: 50 sec heavy

Standing Military Press
3×8 Rest: 50 sec heavy

Power Partials
3×8 Rest: 50 sec heavy

Lying Leg Curls
3×8 Rest: 50 sec heavy

Leg Extensions
3×8 Rest: 50 sec heavy

Ab Crunch Machine
1×16 Rest: 60 sec to failure

> 7.02 T 685 scores 490 kcal

2 «1 месяц базовой силы»

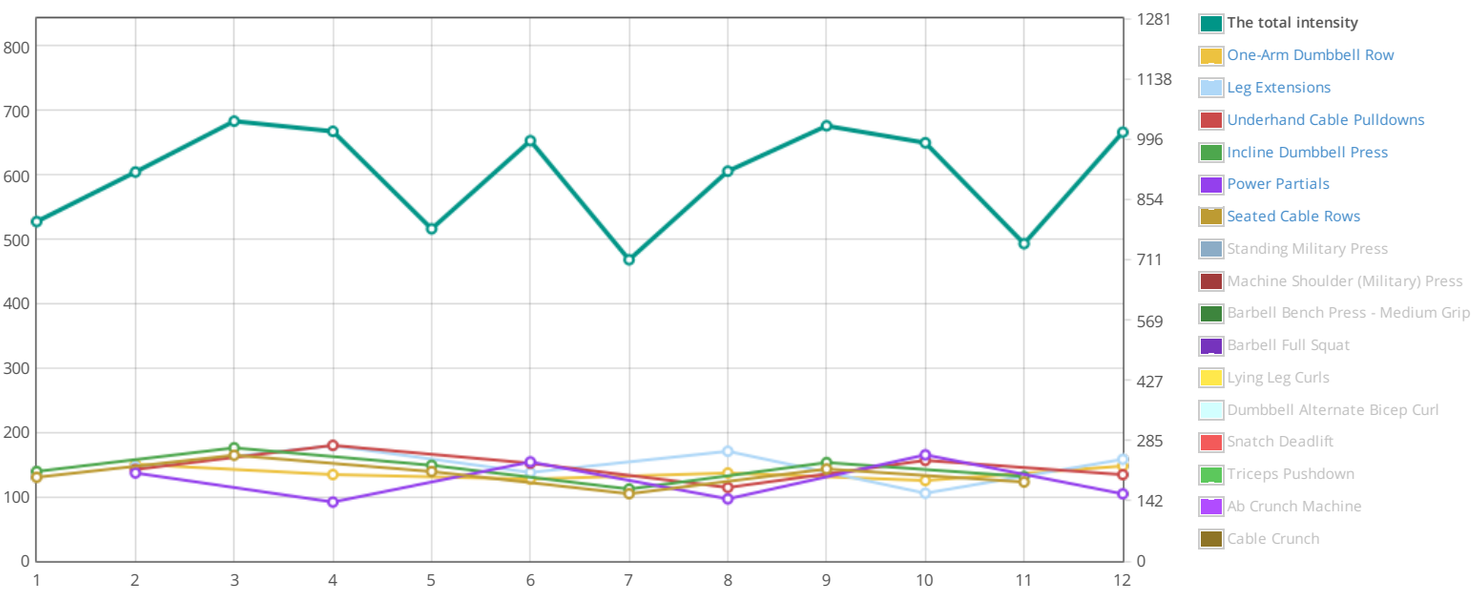
Duration in days: 23 | Amount of training days: 12 | Rest days: 11

Включаем работу на развитие силы по базовым упражнениям на 3-5 повторений. По остальным упражнениям работа в режиме Сила+Гипертрофия. Пиковые нагрузки по базовым упражнениям ставим на разные дни и планируем по 1 тренировке "до отказа" по всем вспомогательным упражнениям.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	2-4	4-6 (+max)	60-120 sec
2	Barbell Bench Press - Medium Grip	2-4	4-7 (+max)	60-120 sec
3	Incline Dumbbell Press	2-3	6-8 (+max)	50-140 sec
4	Seated Cable Rows	2-3	6-8 (+max)	50-140 sec
5	Machine Shoulder (Military) Press	2-3	6-8 (+max)	50-140 sec
6	Dumbbell Alternate Bicep Curl (a)	3	4-7 (+max)	50-110 sec
7	Triceps Pushdown (a)	3	4-7 (+max)	50-90 sec
8	Cable Crunch	1-2	10-18	45-60 sec
	2 day (rest)			

3 day				
1	Snatch Deadlift	2-3	3-7 (+max)	50-120 sec
2	One-Arm Dumbbell Row	2-3	4-7 (+max)	45-80 sec
3	Underhand Cable Pulldowns	2-3	6-8 (+max)	50-140 sec
4	Standing Military Press	2-3	3-6 (+max)	50-120 sec
5	Power Partials	2-3	4-7 (+max)	50-120 sec
6	Lying Leg Curls	2-3	4-7 (+max)	40-90 sec
7	Leg Extensions	2-3	4-7 (+max)	45-80 sec
8	Ab Crunch Machine	1-2	10-18	45-60 sec
4 day (rest)				

Training intensity for each exercise



Workout #1 — 51 min

- **Barbell Full Squat** 3×5 Rest: 60 sec — heavy
- **Barbell Bench Press - Medium Grip** 3×4 Tempo: 3/0/X/0 Rest: 60 sec — moderate
- **Incline Dumbbell Press** 3×6 Rest: 70 sec — heavy
- **Seated Cable Rows** 3×6 Rest: 70 sec — heavy
- **Machine Shoulder (Military) Press** 3×6 Rest: 70 sec — heavy
- **Dumbbell Alternate Bicep Curl** 3×6 Rest: 70 sec — heavy
- **Triceps Pushdown** 3×6 Rest: 55 sec — heavy
- **Cable Crunch** 2×10 Rest: 45 sec — heavy

> 5.35 T 801 scores 580 kcal

Workout #2 — 47 min

- **Snatch Deadlift** 3×3 Tempo: 0/1/X/1 Rest: 50 sec — easy
- **One-Arm Dumbbell Row** 3×6 Tempo: 3/0/X/1 Rest: 50 sec — heavy
- **Underhand Cable Pulldowns** 3×6 Rest: 70 sec — heavy
- **Standing Military Press** 3×4 Tempo: 3/0/X/1 Rest: 50 sec — easy
- **Power Partials** 3×6 Tempo: 3/0/1/2 Rest: 50 sec — moderate
- **Lying Leg Curls** 3×6 Tempo: 3/0/1/2 Rest: 50 sec — moderate
- **Leg Extensions** 3×6 Tempo: 3/0/1/2 Rest: 50 sec — moderate
- **Ab Crunch Machine** 2×10 Rest: 45 sec — heavy

> 5.12 T 918 scores 660 kcal

Workout #3 — 59 min

- **Barbell Full Squat** 3×4 Rest: 75 sec — very hard
- **Barbell Bench Press - Medium Grip** 3×5 Tempo: 2/0/X/0 Rest: 80 sec — heavy
- **Incline Dumbbell Press** 3×7 max Rest: 90 sec — very hard
- **Seated Cable Rows** 3×7 max Rest: 90 sec — very hard
- **Machine Shoulder (Military) Press** 3×7 max Rest: 90 sec — very hard
- **Dumbbell Alternate Bicep Curl** 3×4 max Rest: 110 sec — to failure
- **Triceps Pushdown** 3×7 max Rest: 80 sec — to failure
- **Cable Crunch** 2×12 Rest: 50 sec — very hard

> 6.04 T 1038 scores 750 kcal

Workout #4 — 50 min

- **Snatch Deadlift** 3×4 — Tempo: 0/1/X/1 — Rest: 60 sec — moderate
- **One-Arm Dumbbell Row** 2×7 max — Tempo: 3/0/X/1 — Rest: 60 sec — very hard
- **Underhand Cable Pulldowns** 3×7 max — Rest: 90 sec — very hard
- **Standing Military Press** 2×3 max — Rest: 120 sec — to failure
- **Power Partials** 2×7 — Tempo: 2/0/X/1 — Rest: 60 sec — heavy
- **Lying Leg Curls** 3×7 — Tempo: 3/0/1/2 — Rest: 60 sec — very hard
- **Leg Extensions** 3×7 — Tempo: 3/0/X/2 — Rest: 60 sec — very hard
- **Ab Crunch Machine** 2×12 — Rest: 50 sec — very hard

> 5.87 T 1014 scores 730 kcal

Workout #5 — 53 min

- **Barbell Full Squat** 2×4 max — Rest: 120 sec — to failure
- **Barbell Bench Press - Medium Grip** 2×4 max — Rest: 120 sec — to failure
- **Incline Dumbbell Press** 3×6 — Rest: 80 sec — heavy
- **Seated Cable Rows** 3×6 — Rest: 80 sec — heavy
- **Machine Shoulder (Military) Press** 3×6 — Rest: 80 sec — heavy
- **Dumbbell Alternate Bicep Curl** 3×7 — Rest: 50 sec — moderate
- **Triceps Pushdown** 3×5 — Rest: 55 sec — moderate
- **Cable Crunch** 1×16 — Rest: 60 sec — to failure

> 4.57 T 784 scores 560 kcal

Workout #6 — 49 min

- **Snatch Deadlift** 2×5 max — Rest: 120 sec — very hard
- **One-Arm Dumbbell Row** 3×5 — Tempo: 3/0/X/1 — Rest: 45 sec — moderate
- **Underhand Cable Pulldowns** 3×6 — Rest: 80 sec — heavy
- **Standing Military Press** 3×4 — Tempo: 3/0/X/1 — Rest: 60 sec — moderate
- **Power Partials** 3×5 — Tempo: 2/0/X/1 — Rest: 80 sec — very hard
- **Lying Leg Curls** 3×5 — Tempo: 3/0/1/2 — Rest: 45 sec — heavy
- **Leg Extensions** 3×5 — Tempo: 3/0/X/2 — Rest: 45 sec — heavy
- **Ab Crunch Machine** 1×16 — Rest: 60 sec — to failure

> 4.91 T 992 scores 710 kcal

Workout #7 — 48 min

- **Barbell Full Squat** 3×4 — Rest: 60 sec — moderate
- **Barbell Bench Press - Medium Grip** 3×6 — Rest: 65 sec — heavy
- **Incline Dumbbell Press** 3×7 — Rest: 50 sec — moderate
- **Seated Cable Rows** 3×7 — Rest: 50 sec — moderate
- **Machine Shoulder (Military) Press** 3×7 — Rest: 50 sec — moderate
- **Dumbbell Alternate Bicep Curl** 3×6 — Rest: 60 sec — heavy
- **Triceps Pushdown** 3×6 — Rest: 60 sec — heavy
- **Cable Crunch** 2×18 — Rest: 50 sec — very hard

> 6.08 T 711 scores 510 kcal

Workout #8 — 49 min

- **Snatch Deadlift** 3×4 — Tempo: 0/1/X/1 — Rest: 75 sec — moderate
- **One-Arm Dumbbell Row** 2×6 max — Tempo: 3/0/X/1 — Rest: 70 sec — to failure
- **Underhand Cable Pulldowns** 3×7 — Rest: 50 sec — moderate
- **Standing Military Press** 3×4 — Tempo: 2/0/X/1 — Rest: 90 sec — heavy
- **Power Partials** 2×6 — Tempo: 2/0/X/1 — Rest: 70 sec — heavy
- **Lying Leg Curls** 2×6 max — Tempo: 3/0/X/1 — Rest: 90 sec — to failure
- **Leg Extensions** 3×6 — Tempo: 3/0/X/2 — Rest: 50 sec — heavy
- **Ab Crunch Machine** 2×18 — Rest: 50 sec — very hard

> 5.57 T 920 scores 660 kcal

Workout #9 — 60 min

- **Barbell Full Squat** 4×5 — Rest: 80 sec — very hard
- **Barbell Bench Press - Medium Grip** 4×5 — Rest: 75 sec — heavy
- **Incline Dumbbell Press** 3×8 — Rest: 80 sec — very hard
- **Seated Cable Rows** 3×8 — Rest: 80 sec — very hard
- **Machine Shoulder (Military) Press** 3×8 — Rest: 80 sec — very hard
- **Dumbbell Alternate Bicep Curl** 3×7 max — Rest: 110 sec — to failure
- **Triceps Pushdown** 3×4 max — Rest: 90 sec — to failure
- **Cable Crunch** 1×14 — Rest: 60 sec — very hard

> 6.44 T 1027 scores 740 kcal

Workout #10 — 52 min

- **Snatch Deadlift** 3×5 — Tempo: 0/1/X/1 — Rest: 90 sec — heavy
- **One-Arm Dumbbell Row** 3×4 — Tempo: 3/0/X/1 — Rest: 55 sec — heavy
- **Underhand Cable Pulldowns** 3×8 — Rest: 80 sec — very hard
- **Standing Military Press** 2×6 max — Rest: 120 sec — to failure

Workout #11 — 55 min

- **Barbell Full Squat** 2×6 max — Rest: 120 sec — to failure
- **Barbell Bench Press - Medium Grip** 2×7 max — Rest: 120 sec — to failure
- **Incline Dumbbell Press** 2×8 max — Rest: 140 sec — to failure
- **Seated Cable Rows** 2×8 max — Rest: 140 sec — to failure

Workout #12 — 53 min

- **Snatch Deadlift** 2×7 max — Rest: 120 sec — to failure
- **One-Arm Dumbbell Row** 2×7 max — Tempo: 3/0/X/1 — Rest: 80 sec — to failure
- **Underhand Cable Pulldowns** 2×8 max — Rest: 140 sec — to failure
- **Standing Military Press** 3×5 — Tempo: 2/0/X/1 — Rest: 70 sec — heavy

Power Partials
3×4 Tempo: 2/0/X/1 Rest: 80 sec very hard

Lying Leg Curls
3×4 Tempo: 3/0/1/2 Rest: 40 sec heavy

Leg Extensions
2×4 max Tempo: 2/0/X/1 Rest: 80 sec to failure

Ab Crunch Machine
1×14 Rest: 60 sec very hard

> 4.95 T 987 scores 710 kcal

Machine Shoulder (Military) Press
2×8 max Rest: 140 sec to failure

Dumbbell Alternate Bicep Curl
3×5 Rest: 55 sec moderate

Triceps Pushdown
3×7 Rest: 50 sec moderate

Cable Crunch
1×16 Rest: 60 sec to failure

> 4.97 T 749 scores 540 kcal

Power Partials
2×7 max Tempo: 1/0/X/0 Rest: 120 sec to failure

Lying Leg Curls
2×7 max Tempo: 3/0/X/1 Rest: 90 sec to failure

Leg Extensions
3×7 Tempo: 3/0/X/1 Rest: 60 sec very hard

Ab Crunch Machine
1×16 Rest: 60 sec to failure

> 5.44 T 1012 scores 730 kcal

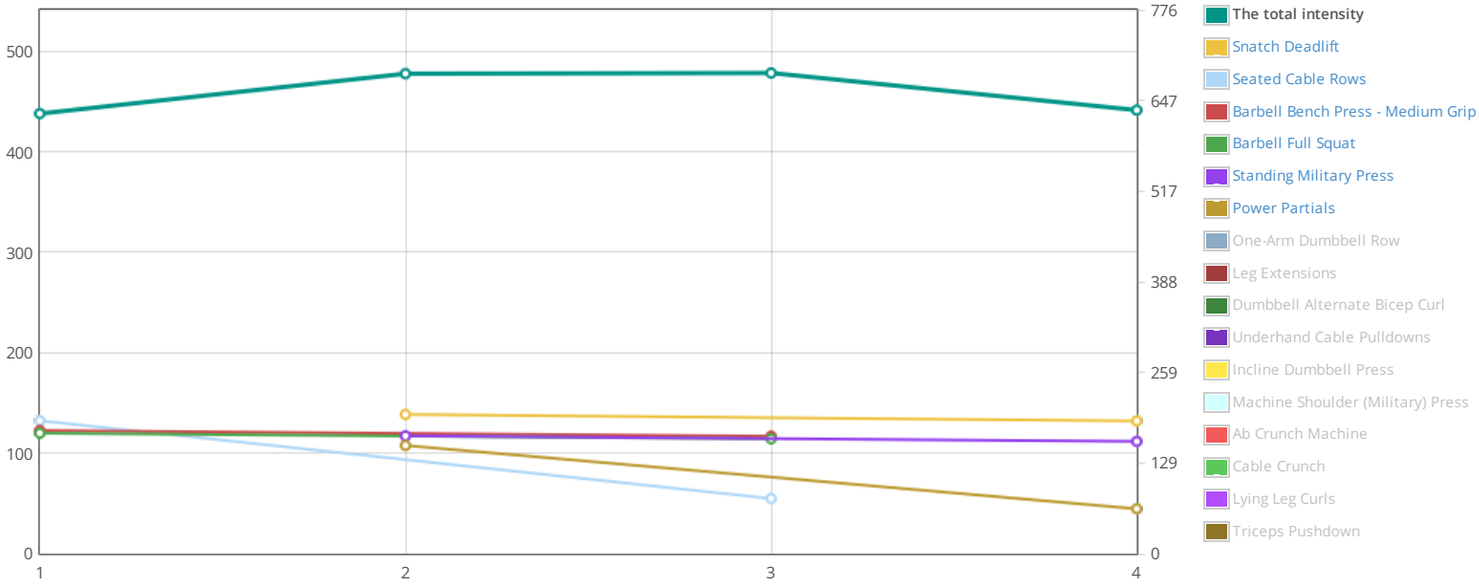
3 «Неделя «пампа»»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

4 тренировки взрывного «пампа»! Выкладывайтесь по полной, заставьте свои мышцы взорваться от бешеного темпа. 2 тренировки с выполнением до отказа в базовых упражнениях. По 1 тренировке на каждое вспомогательное упражнение с единственным сетом, который будет для вас «отказным». Не жалейте себя! Интенсивность тренировки не такая уж и высокая, чтобы делать себе поблажку. Обязательно позаботьтесь о наличии страхующего на этих тренировках.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	2-3	12-14	45-75 sec
2	Barbell Bench Press - Medium Grip	2-3	12-14	45-75 sec
3	Incline Dumbbell Press	1-3	12-14	45-90 sec
4	Seated Cable Rows	1-3	12-14	45-90 sec
5	Machine Shoulder (Military) Press	1-3	12-14	45-90 sec
6	Dumbbell Alternate Bicep Curl	1-3	12-14	45-90 sec
7	Triceps Pushdown	1-3	12-14	45-90 sec
8	Cable Crunch	1-2	10-18	45-60 sec
	2 day (rest)			
	3 day			
1	Snatch Deadlift	2-3	12-14	45-75 sec
2	One-Arm Dumbbell Row	1-3	12-14	45-90 sec
3	Underhand Cable Pulldowns	1-3	12-14	45-90 sec
4	Standing Military Press	2-3	12-14	45-75 sec
5	Power Partials	1-3	12-14	45-90 sec
6	Lying Leg Curls	1-3	12-14	45-90 sec
7	Leg Extensions	1-3	12-14	45-90 sec
8	Ab Crunch Machine	1-2	10-18	45-60 sec
	4 day (rest)			

Training intensity for each exercise



Workout #1 — 43 min

Barbell Full Squat
3×12 Rest: 45 sec — heavy

Barbell Bench Press - Medium Grip
3×12 Rest: 45 sec — heavy

Incline Dumbbell Press
1×12 Rest: 90 sec — to failure

Seated Cable Rows
3×14 Rest: 45 sec — very hard

Machine Shoulder (Military) Press
1×12 Rest: 90 sec — to failure

Dumbbell Alternate Bicep Curl
3×14 Rest: 45 sec — very hard

Triceps Pushdown
1×12 Rest: 90 sec — to failure

Cable Crunch
2×10 Rest: 45 sec — heavy

> 7.45 T 628 scores 450 kcal

Workout #2 — 44 min

Snatch Deadlift
3×12 Rest: 45 sec — heavy

One-Arm Dumbbell Row
3×14 Rest: 45 sec — very hard

Underhand Cable Pulldowns
1×12 Rest: 90 sec — to failure

Standing Military Press
3×12 Rest: 45 sec — heavy

Power Partials
3×14 Rest: 45 sec — very hard

Lying Leg Curls
1×12 Rest: 90 sec — to failure

Leg Extensions
3×14 Rest: 45 sec — very hard

Ab Crunch Machine
2×10 Rest: 45 sec — heavy

> 7.81 T 685 scores 490 kcal

Workout #3 — 44 min

Barbell Full Squat
2×14 Rest: 75 sec — to failure

Barbell Bench Press - Medium Grip
2×14 Rest: 75 sec — to failure

Incline Dumbbell Press
3×14 Rest: 45 sec — very hard

Seated Cable Rows
1×12 Rest: 90 sec — to failure

Machine Shoulder (Military) Press
3×14 Rest: 45 sec — very hard

Dumbbell Alternate Bicep Curl
1×12 Rest: 90 sec — to failure

Triceps Pushdown
3×14 Rest: 45 sec — very hard

Cable Crunch
2×12 Rest: 50 sec — very hard

> 7.63 T 686 scores 490 kcal

Workout #4 — 44 min

Snatch Deadlift
2×14 Rest: 75 sec — to failure

One-Arm Dumbbell Row
1×12 Rest: 90 sec — to failure

Underhand Cable Pulldowns
3×14 Rest: 45 sec — very hard

Standing Military Press
2×14 Rest: 75 sec — to failure

Power Partials
1×12 Rest: 90 sec — to failure

Lying Leg Curls
3×14 Rest: 45 sec — very hard

Leg Extensions
1×12 Rest: 90 sec — to failure

Ab Crunch Machine

2×12 Rest: 50 sec very hard

> 7.71 T 633 scores 460 kcal

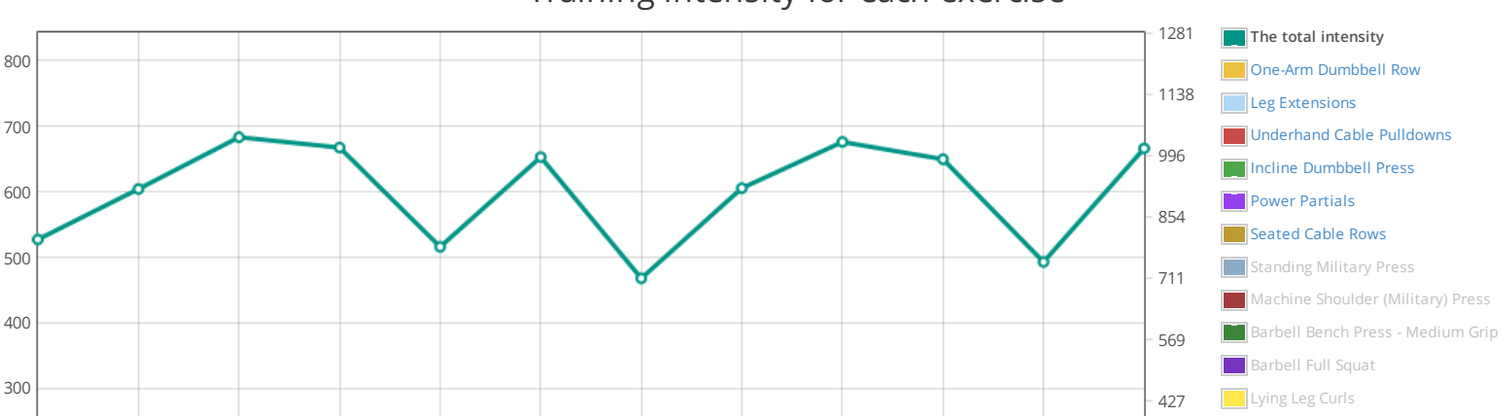
4 «1 месяц базовой силы»

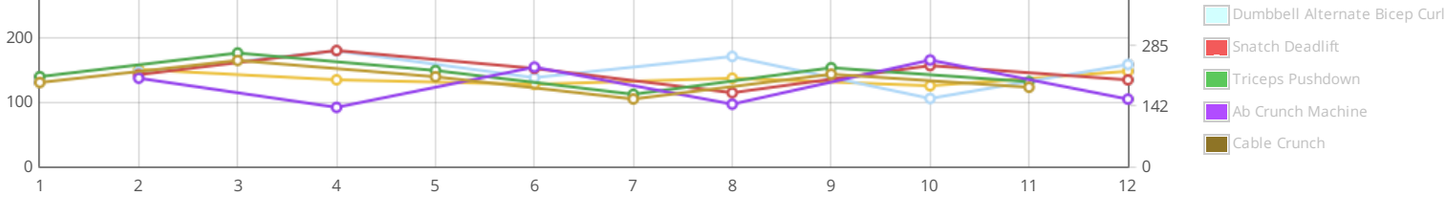
Duration in days: 23 | Amount of training days: 12 | Rest days: 11

Включаем работу на развитие силы по базовым упражнениям на 3-5 повторений. По остальным упражнениям работа в режиме Сила+Гипертрофия. Пиковые нагрузки по базовым упражнениям ставим на разные дни и планируем по 1 тренировке "до отказа" по всем вспомогательным упражнениям.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	2-4	4-6 (+max)	60-120 sec
2	Barbell Bench Press - Medium Grip	2-4	4-7 (+max)	60-120 sec
3	Incline Dumbbell Press	2-3	6-8 (+max)	50-140 sec
4	Seated Cable Rows	2-3	6-8 (+max)	50-140 sec
5	Machine Shoulder (Military) Press	2-3	6-8 (+max)	50-140 sec
6	Dumbbell Alternate Bicep Curl (a)	3	4-7 (+max)	50-110 sec
7	Triceps Pushdown (a)	3	4-7 (+max)	50-90 sec
8	Cable Crunch	1-2	10-18	45-60 sec
	2 day (rest)			
	3 day			
1	Snatch Deadlift	2-3	3-7 (+max)	50-120 sec
2	One-Arm Dumbbell Row	2-3	4-7 (+max)	45-80 sec
3	Underhand Cable Pulldowns	2-3	6-8 (+max)	50-140 sec
4	Standing Military Press	2-3	3-6 (+max)	50-120 sec
5	Power Partials	2-3	4-7 (+max)	50-120 sec
6	Lying Leg Curls	2-3	4-7 (+max)	40-90 sec
7	Leg Extensions	2-3	4-7 (+max)	45-80 sec
8	Ab Crunch Machine	1-2	10-18	45-60 sec
	4 day (rest)			

Training intensity for each exercise





Workout #1 — 51 min

- **Barbell Full Squat** 3×5 Rest: 60 sec — heavy
- **Barbell Bench Press - Medium Grip** 3×4 Tempo: 3/0/X/0 Rest: 60 sec — moderate
- **Incline Dumbbell Press** 3×6 Rest: 70 sec — heavy
- **Seated Cable Rows** 3×6 Rest: 70 sec — heavy
- **Machine Shoulder (Military) Press** 3×6 Rest: 70 sec — heavy
- **Dumbbell Alternate Bicep Curl** 3×6 Rest: 70 sec — heavy
- **Triceps Pushdown** 3×6 Rest: 55 sec — heavy
- **Cable Crunch** 2×10 Rest: 45 sec — heavy

> 5.35 T 801 scores 580 kcal

Workout #2 — 47 min

- **Snatch Deadlift** 3×3 Tempo: 0/1/X/1 Rest: 50 sec — easy
- **One-Arm Dumbbell Row** 3×6 Tempo: 3/0/X/1 Rest: 50 sec — heavy
- **Underhand Cable Pulldowns** 3×6 Rest: 70 sec — heavy
- **Standing Military Press** 3×4 Tempo: 3/0/X/1 Rest: 50 sec — easy
- **Power Partials** 3×6 Tempo: 3/0/1/2 Rest: 50 sec — moderate
- **Lying Leg Curls** 3×6 Tempo: 3/0/1/2 Rest: 50 sec — moderate
- **Leg Extensions** 3×6 Tempo: 3/0/1/2 Rest: 50 sec — moderate
- **Ab Crunch Machine** 2×10 Rest: 45 sec — heavy

> 5.12 T 918 scores 660 kcal

Workout #3 — 59 min

- **Barbell Full Squat** 3×4 Rest: 75 sec — very hard
- **Barbell Bench Press - Medium Grip** 3×5 Tempo: 2/0/X/0 Rest: 80 sec — heavy
- **Incline Dumbbell Press** 3×7 max Rest: 90 sec — very hard
- **Seated Cable Rows** 3×7 max Rest: 90 sec — very hard
- **Machine Shoulder (Military) Press** 3×7 max Rest: 90 sec — very hard
- **Dumbbell Alternate Bicep Curl** 3×4 max Rest: 110 sec — to failure
- **Triceps Pushdown** 3×7 max Rest: 80 sec — to failure
- **Cable Crunch** 2×12 Rest: 50 sec — very hard

> 6.04 T 1038 scores 750 kcal

Workout #4 — 50 min

- **Snatch Deadlift** 3×4 Tempo: 0/1/X/1 Rest: 60 sec — moderate
- **One-Arm Dumbbell Row** 2×7 max Tempo: 3/0/X/1 Rest: 60 sec — very hard
- **Underhand Cable Pulldowns** 3×7 max Rest: 90 sec — very hard
- **Standing Military Press** 2×3 max Rest: 120 sec — to failure
- **Power Partials** 2×7 Tempo: 2/0/X/1 Rest: 60 sec — heavy
- **Lying Leg Curls** 3×7 Tempo: 3/0/1/2 Rest: 60 sec — very hard
- **Leg Extensions** 3×7 Tempo: 3/0/X/2 Rest: 60 sec — very hard
- **Ab Crunch Machine** 2×12 Rest: 50 sec — very hard

> 5.87 T 1014 scores 730 kcal

Workout #5 — 53 min

- **Barbell Full Squat** 2×4 max Rest: 120 sec — to failure
- **Barbell Bench Press - Medium Grip** 2×4 max Rest: 120 sec — to failure
- **Incline Dumbbell Press** 3×6 Rest: 80 sec — heavy
- **Seated Cable Rows** 3×6 Rest: 80 sec — heavy
- **Machine Shoulder (Military) Press** 3×6 Rest: 80 sec — heavy
- **Dumbbell Alternate Bicep Curl** 3×7 Rest: 50 sec — moderate
- **Triceps Pushdown** 3×5 Rest: 55 sec — moderate
- **Cable Crunch** 1×16 Rest: 60 sec — to failure

> 4.57 T 784 scores 560 kcal

Workout #6 — 49 min

- **Snatch Deadlift** 2×5 max Rest: 120 sec — very hard
- **One-Arm Dumbbell Row** 3×5 Tempo: 3/0/X/1 Rest: 45 sec — moderate
- **Underhand Cable Pulldowns** 3×6 Rest: 80 sec — heavy
- **Standing Military Press** 3×4 Tempo: 3/0/X/1 Rest: 60 sec — moderate
- **Power Partials** 3×5 Tempo: 2/0/X/1 Rest: 80 sec — very hard
- **Lying Leg Curls** 3×5 Tempo: 3/0/1/2 Rest: 45 sec — heavy
- **Leg Extensions** 3×5 Tempo: 3/0/X/2 Rest: 45 sec — heavy
- **Ab Crunch Machine** 1×16 Rest: 60 sec — to failure

> 4.91 T 992 scores 710 kcal

Workout #7 — 48 min

- **Barbell Full Squat** 3×4 Rest: 60 sec — moderate
- **Barbell Bench Press - Medium Grip**

Workout #8 — 49 min

- **Snatch Deadlift** 3×4 Tempo: 0/1/X/1 Rest: 75 sec — moderate
- **One-Arm Dumbbell Row**

Workout #9 — 60 min

- **Barbell Full Squat** 4×5 Rest: 80 sec — very hard
- **Barbell Bench Press - Medium Grip**

3×6 Rest: 65 sec — heavy

Incline Dumbbell Press
3×7 Rest: 50 sec — moderate

Seated Cable Rows
3×7 Rest: 50 sec — moderate

Machine Shoulder (Military) Press
3×7 Rest: 50 sec — moderate

Dumbbell Alternate Bicep Curl
3×6 Rest: 60 sec — heavy

Triceps Pushdown
3×6 Rest: 60 sec — heavy

Cable Crunch
2×18 Rest: 50 sec — very hard

> 6.08 T 711 scores 510 kcal

2×6 max Tempo: 3/0/X/1 Rest: 70 sec — to failure

Underhand Cable Pulldowns
3×7 Rest: 50 sec — moderate

Standing Military Press
3×4 Tempo: 2/0/X/1 Rest: 90 sec — heavy

Power Partials
2×6 Tempo: 2/0/X/1 Rest: 70 sec — heavy

Lying Leg Curls
2×6 max Tempo: 3/0/X/1 Rest: 90 sec — to failure

Leg Extensions
3×6 Tempo: 3/0/X/2 Rest: 50 sec — heavy

Ab Crunch Machine
2×18 Rest: 50 sec — very hard

> 5.57 T 920 scores 660 kcal

4×5 Rest: 75 sec — heavy

Incline Dumbbell Press
3×8 Rest: 80 sec — very hard

Seated Cable Rows
3×8 Rest: 80 sec — very hard

Machine Shoulder (Military) Press
3×8 Rest: 80 sec — very hard

Dumbbell Alternate Bicep Curl
3×7 max Rest: 110 sec — to failure

Triceps Pushdown
3×4 max Rest: 90 sec — to failure

Cable Crunch
1×14 Rest: 60 sec — very hard

> 6.44 T 1027 scores 740 kcal

Workout #10 — 52 min

Snatch Deadlift
3×5 Tempo: 0/1/X/1 Rest: 90 sec — heavy

One-Arm Dumbbell Row
3×4 Tempo: 3/0/X/1 Rest: 55 sec — heavy

Underhand Cable Pulldowns
3×8 Rest: 80 sec — very hard

Standing Military Press
2×6 max Rest: 120 sec — to failure

Power Partials
3×4 Tempo: 2/0/X/1 Rest: 80 sec — very hard

Lying Leg Curls
3×4 Tempo: 3/0/1/2 Rest: 40 sec — heavy

Leg Extensions
2×4 max Tempo: 2/0/X/1 Rest: 80 sec — to failure

Ab Crunch Machine
1×14 Rest: 60 sec — very hard

> 4.95 T 987 scores 710 kcal

Workout #11 — 55 min

Barbell Full Squat
2×6 max Rest: 120 sec — to failure

Barbell Bench Press - Medium Grip
2×7 max Rest: 120 sec — to failure

Incline Dumbbell Press
2×8 max Rest: 140 sec — to failure

Seated Cable Rows
2×8 max Rest: 140 sec — to failure

Machine Shoulder (Military) Press
2×8 max Rest: 140 sec — to failure

Dumbbell Alternate Bicep Curl
3×5 Rest: 55 sec — moderate

Triceps Pushdown
3×7 Rest: 50 sec — moderate

Cable Crunch
1×16 Rest: 60 sec — to failure

> 4.97 T 749 scores 540 kcal

Workout #12 — 53 min

Snatch Deadlift
2×7 max Rest: 120 sec — to failure

One-Arm Dumbbell Row
2×7 max Tempo: 3/0/X/1 Rest: 80 sec — to failure

Underhand Cable Pulldowns
2×8 max Rest: 140 sec — to failure

Standing Military Press
3×5 Tempo: 2/0/X/1 Rest: 70 sec — heavy

Power Partials
2×7 max Tempo: 1/0/X/0 Rest: 120 sec — to failure

Lying Leg Curls
2×7 max Tempo: 3/0/X/1 Rest: 90 sec — to failure

Leg Extensions
3×7 Tempo: 3/0/X/1 Rest: 60 sec — very hard

Ab Crunch Machine
1×16 Rest: 60 sec — to failure

> 5.44 T 1012 scores 730 kcal

5 «Неделя «пампа»»

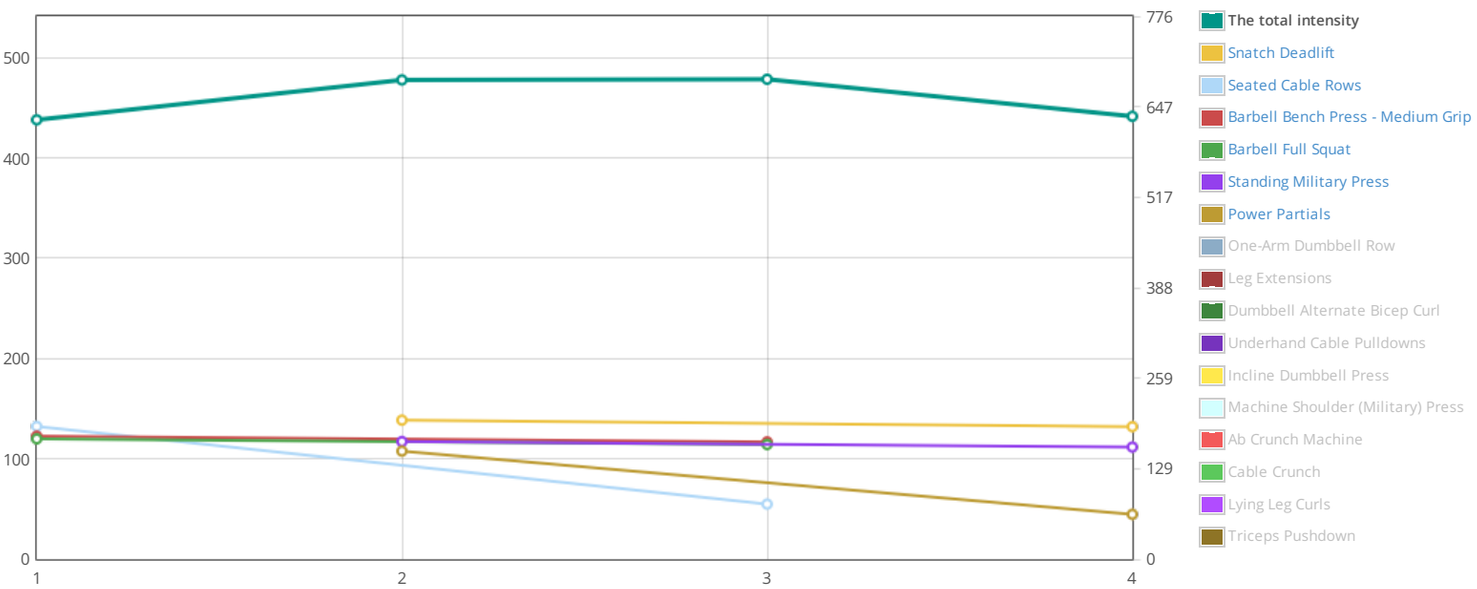
Duration in days: 7 | Amount of training days: 4 | Rest days: 3

4 тренировки взрывного «пампа»! Выкладывайтесь по полной, заставьте свои мышцы взорваться от бешеного темпа. 2 тренировки с выполнением до отказа в базовых упражнениях. По 1 тренировке на каждое вспомогательное упражнение с единственным сетом, который будет для вас «отказным». Не жалейте себя! Интенсивность

тренировки не такая уж и высокая, чтобы делать себе поблажку. Обязательно позаботьтесь о наличии страхующего на этих тренировках.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	2-3	12-14	45-75 sec
2	Barbell Bench Press - Medium Grip	2-3	12-14	45-75 sec
3	Incline Dumbbell Press	1-3	12-14	45-90 sec
4	Seated Cable Rows	1-3	12-14	45-90 sec
5	Machine Shoulder (Military) Press	1-3	12-14	45-90 sec
6	Dumbbell Alternate Bicep Curl	1-3	12-14	45-90 sec
7	Triceps Pushdown	1-3	12-14	45-90 sec
8	Cable Crunch	1-2	10-18	45-60 sec
	2 day (rest)			
	3 day			
1	Snatch Deadlift	2-3	12-14	45-75 sec
2	One-Arm Dumbbell Row	1-3	12-14	45-90 sec
3	Underhand Cable Pulldowns	1-3	12-14	45-90 sec
4	Standing Military Press	2-3	12-14	45-75 sec
5	Power Partials	1-3	12-14	45-90 sec
6	Lying Leg Curls	1-3	12-14	45-90 sec
7	Leg Extensions	1-3	12-14	45-90 sec
8	Ab Crunch Machine	1-2	10-18	45-60 sec
	4 day (rest)			

Training intensity for each exercise



Workout #1	43 min	Workout #2	44 min	Workout #3	44 min
Barbell Full Squat		Snatch Deadlift		Barbell Full Squat	
3×12	Rest: 45 sec	3×12	Rest: 45 sec	2×14	Rest: 75 sec
	heavy		heavy		to failure

Barbell Bench Press - Medium Grip
3×12 Rest: 45 sec heavy

Incline Dumbbell Press
1×12 Rest: 90 sec to failure

Seated Cable Rows
3×14 Rest: 45 sec very hard

Machine Shoulder (Military) Press
1×12 Rest: 90 sec to failure

Dumbbell Alternate Bicep Curl
3×14 Rest: 45 sec very hard

Triceps Pushdown
1×12 Rest: 90 sec to failure

Cable Crunch
2×10 Rest: 45 sec heavy

> 7.45 T 628 scores 450 kcal

One-Arm Dumbbell Row
3×14 Rest: 45 sec very hard

Underhand Cable Pulldowns
1×12 Rest: 90 sec to failure

Standing Military Press
3×12 Rest: 45 sec heavy

Power Partials
3×14 Rest: 45 sec very hard

Lying Leg Curls
1×12 Rest: 90 sec to failure

Leg Extensions
3×14 Rest: 45 sec very hard

Ab Crunch Machine
2×10 Rest: 45 sec heavy

> 7.81 T 685 scores 490 kcal

Barbell Bench Press - Medium Grip
2×14 Rest: 75 sec to failure

Incline Dumbbell Press
3×14 Rest: 45 sec very hard

Seated Cable Rows
1×12 Rest: 90 sec to failure

Machine Shoulder (Military) Press
3×14 Rest: 45 sec very hard

Dumbbell Alternate Bicep Curl
1×12 Rest: 90 sec to failure

Triceps Pushdown
3×14 Rest: 45 sec very hard

Cable Crunch
2×12 Rest: 50 sec very hard

> 7.63 T 686 scores 490 kcal

Workout #4 44 min

Snatch Deadlift
2×14 Rest: 75 sec to failure

One-Arm Dumbbell Row
1×12 Rest: 90 sec to failure

Underhand Cable Pulldowns
3×14 Rest: 45 sec very hard

Standing Military Press
2×14 Rest: 75 sec to failure

Power Partials
1×12 Rest: 90 sec to failure

Lying Leg Curls
3×14 Rest: 45 sec very hard

Leg Extensions
1×12 Rest: 90 sec to failure

Ab Crunch Machine
2×12 Rest: 50 sec very hard

> 7.71 T 633 scores 460 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.

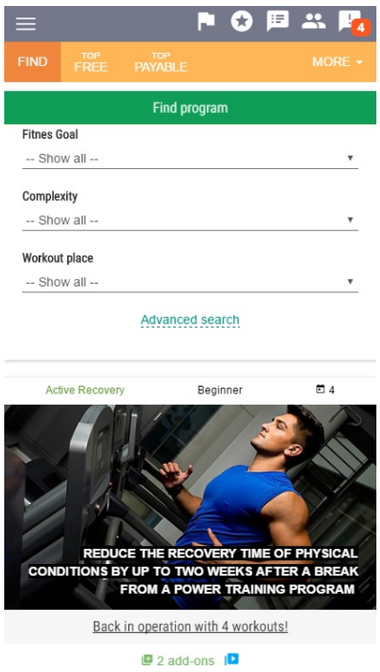
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.

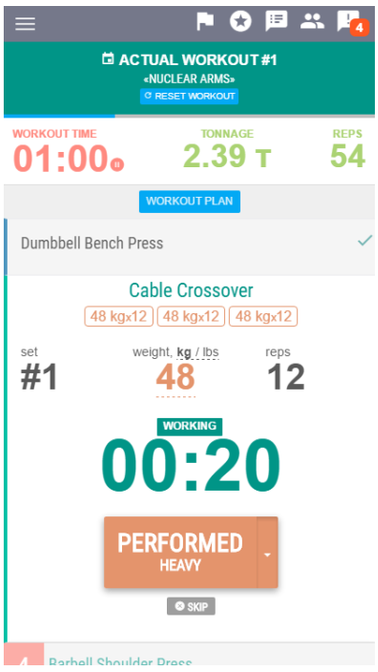
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of 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.

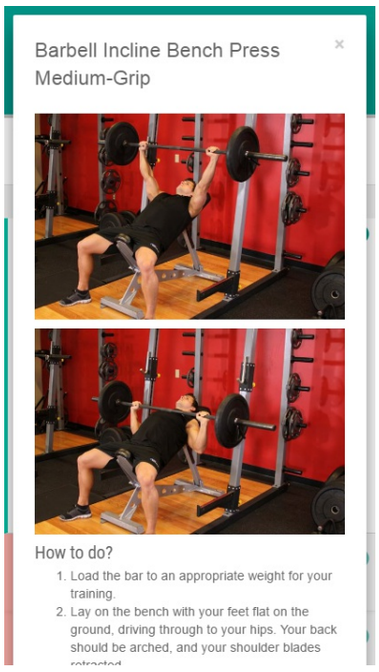
How to use mobile assistant?

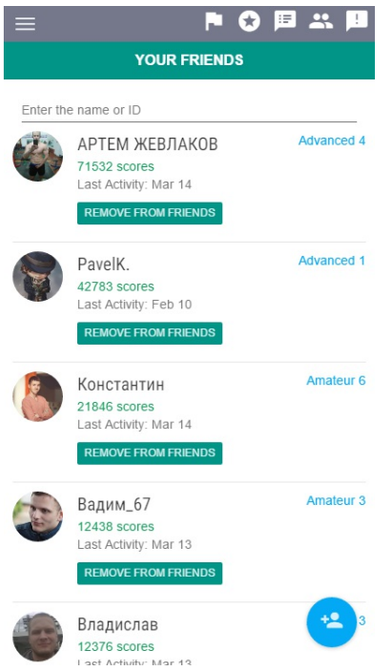
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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