

Apply the training scheme of the time of Arnold and get a well-deserved muscle gain.

Intermediate
26 days
12 workouts
~24 minutes

<https://atletiq.com/en/programms/2341>

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

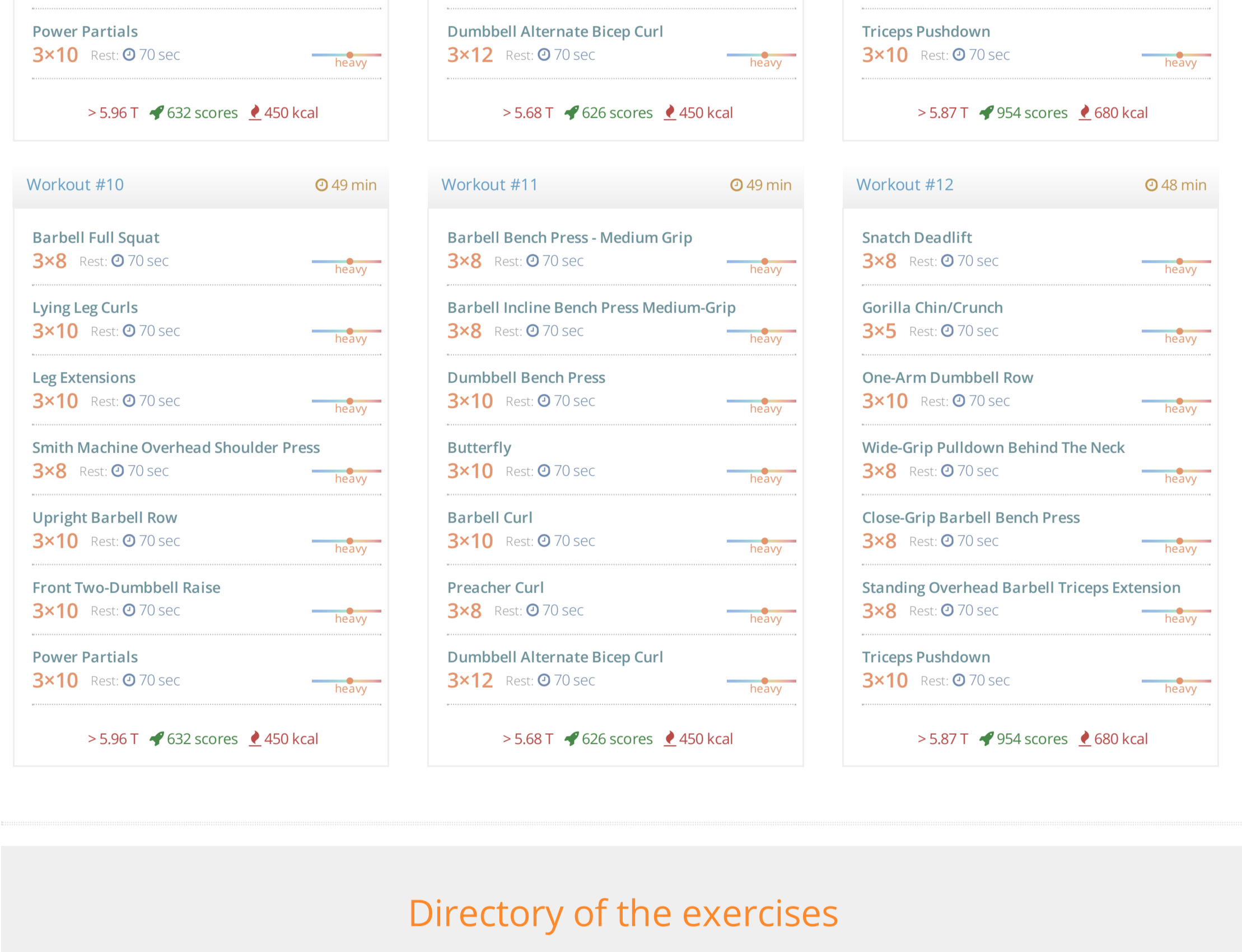
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of the program

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Full Squat	3	8	70 sec
2	Lying Leg Curls	3	10	70 sec
3	Leg Extensions	3	10	70 sec
4	Smith Machine Overhead Shoulder Press	3	8	70 sec
5	Upright Barbell Row	3	10	70 sec
6	Front Two-Dumbbell Raise	3	10	70 sec
7	Power Partial	3	10	70 sec
2 day (rest)				
3 day				
1	Barbell Bench Press - Medium Grip	3	8	70 sec
2	Barbell Incline Bench Press Medium-Grip	3	8	70 sec
3	Dumbbell Bench Press	3	10	70 sec
4	Butterfly	3	10	70 sec
5	Barbell Curl	3	10	70 sec
6	Preacher Curl	3	8	70 sec
7	Dumbbell Alternate Bicep Curl	3	12	70 sec
4 day (rest)				
5 day				
1	Snatch Deadlift	3	8	70 sec
2	Gorilla Chin/Crunch	3	8	70 sec
3	One-Arm Dumbbell Row	3	10	70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	70 sec
5	Close-Grip Barbell Bench Press	3	8	70 sec
6	Standing Overhead Barbell Triceps Extension	3	8	70 sec
7	Triceps Pushdown	3	10	70 sec
6 day (rest)				
7 day (rest)				
8 day				
1	Barbell Full Squat	3	8	70 sec
2	Lying Leg Curls	3	10	70 sec
3	Leg Extensions	3	10	70 sec
4	Smith Machine Overhead Shoulder Press	3	8	70 sec
5	Upright Barbell Row	3	10	70 sec
6	Front Two-Dumbbell Raise	3	10	70 sec
7	Power Partial	3	10	70 sec
9 day (rest)				
10 day				
1	Barbell Bench Press - Medium Grip	3	8	70 sec
2	Barbell Incline Bench Press Medium-Grip	3	8	70 sec
3	Dumbbell Bench Press	3	10	70 sec
4	Butterfly	3	10	70 sec
5	Barbell Curl	3	10	70 sec
6	Preacher Curl	3	8	70 sec
7	Dumbbell Alternate Bicep Curl	3	12	70 sec
11 day (rest)				
12 day				
1	Snatch Deadlift	3	8	70 sec
2	Gorilla Chin/Crunch	3	8	70 sec
3	One-Arm Dumbbell Row	3	10	70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	70 sec
5	Close-Grip Barbell Bench Press	3	8	70 sec
6	Standing Overhead Barbell Triceps Extension	3	8	70 sec
7	Triceps Pushdown	3	10	70 sec
13 day (rest)				
14 day (rest)				
15 day				
1	Barbell Full Squat	3	8	70 sec
2	Lying Leg Curls	3	10	70 sec
3	Leg Extensions	3	10	70 sec
4	Smith Machine Overhead Shoulder Press	3	8	70 sec
5	Upright Barbell Row	3	10	70 sec
6	Front Two-Dumbbell Raise	3	10	70 sec
7	Power Partial	3	10	70 sec
16 day (rest)				
17 day				
1	Barbell Bench Press - Medium Grip	3	8	70 sec
2	Barbell Incline Bench Press Medium-Grip	3	8	70 sec
3	Dumbbell Bench Press	3	10	70 sec
4	Butterfly	3	10	70 sec
5	Barbell Curl	3	10	70 sec
6	Preacher Curl	3	8	70 sec
7	Dumbbell Alternate Bicep Curl	3	12	70 sec
18 day (rest)				
19 day				
1	Snatch Deadlift	3	8	70 sec
2	Gorilla Chin/Crunch	3	8	70 sec
3	One-Arm Dumbbell Row	3	10	70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	70 sec
5	Close-Grip Barbell Bench Press	3	8	70 sec
6	Standing Overhead Barbell Triceps Extension	3	8	70 sec
7	Triceps Pushdown	3	10	70 sec
20 day (rest)				
21 day (rest)				
22 day				
1	Barbell Full Squat	3	8	70 sec
2	Lying Leg Curls	3	10	70 sec
3	Leg Extensions	3	10	70 sec
4	Smith Machine Overhead Shoulder Press	3	8	70 sec
5	Upright Barbell Row	3	10	70 sec
6	Front Two-Dumbbell Raise	3	10	70 sec
7	Power Partial	3	10	70 sec
23 day (rest)				
24 day				
1	Barbell Bench Press - Medium Grip	3	8	70 sec
2	Barbell Incline Bench Press Medium-Grip	3	8	70 sec
3	Dumbbell Bench Press	3	10	70 sec
4	Butterfly	3	10	70 sec
5	Barbell Curl	3	10	70 sec
6	Preacher Curl	3	8	70 sec
7	Dumbbell Alternate Bicep Curl	3	12	70 sec
25 day (rest)				
26 day				
1	Snatch Deadlift	3	8	70 sec
2	Gorilla Chin/Crunch	3	8	70 sec
3	One-Arm Dumbbell Row	3	10	70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	70 sec
5	Close-Grip Barbell Bench Press	3	8	70 sec
6	Standing Overhead Barbell Triceps Extension	3	8	70 sec
7	Triceps Pushdown	3	10	70 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.

Workout #1	Workout #2	Workout #3
<ul style="list-style-type: none"> Barbell Full Squat 3x8 Rest: 70 sec Lying Leg Curls 3x10 Rest: 70 sec Leg Extensions 3x10 Rest: 70 sec Smith Machine Overhead Shoulder Press 3x8 Rest: 70 sec Upright Barbell Row 3x10 Rest: 70 sec Front Two-Dumbbell Raise 3x10 Rest: 70 sec Power Partial 3x10 Rest: 70 sec 	<ul style="list-style-type: none"> Barbell Bench Press - Medium Grip 3x8 Rest: 70 sec Barbell Incline Bench Press Medium-Grip 3x8 Rest: 70 sec Dumbbell Bench Press 3x10 Rest: 70 sec Butterfly 3x10 Rest: 70 sec Barbell Curl 3x10 Rest: 70 sec Preacher Curl 3x8 Rest: 70 sec Dumbbell Alternate Bicep Curl 3x12 Rest: 70 sec 	<ul style="list-style-type: none"> Snatch Deadlift 3x8 Rest: 70 sec Gorilla Chin/Crunch 3x5 Rest: 70 sec One-Arm Dumbbell Row 3x10 Rest: 70 sec Wide-Grip Pulldown Behind The Neck 3x8 Rest: 70 sec Close-Grip Barbell Bench Press 3x8 Rest: 70 sec Standing Overhead Barbell Triceps Extension 3x8 Rest: 70 sec Triceps Pushdown 3x10 Rest: 70 sec

Workout #4	Workout #5	Workout #6
<ul style="list-style-type: none"> Barbell Full Squat 3x8 Rest: 70 sec Lying Leg Curls 3x10 Rest: 70 sec Leg Extensions 3x10 Rest: 70 sec Smith Machine Overhead Shoulder Press 3x8 Rest: 70 sec Upright Barbell Row 3x10 Rest: 70 sec Front Two-Dumbbell Raise 3x10 Rest: 70 sec Power Partial 3x10 Rest: 70 sec 	<ul style="list-style-type: none"> Barbell Bench Press - Medium Grip 3x8 Rest: 70 sec Barbell Incline Bench Press Medium-Grip 3x8 Rest: 70 sec Dumbbell Bench Press 3x10 Rest: 70 sec Butterfly 3x10 Rest: 70 sec Barbell Curl 3x10 Rest: 70 sec Preacher Curl 3x8 Rest: 70 sec Dumbbell Alternate Bicep Curl 3x12 Rest: 70 sec 	<ul style="list-style-type: none"> Snatch Deadlift 3x8 Rest: 70 sec Gorilla Chin/Crunch 3x5 Rest: 70 sec One-Arm Dumbbell Row 3x10 Rest: 70 sec Wide-Grip Pulldown Behind The Neck 3x8 Rest: 70 sec Close-Grip Barbell Bench Press 3x8 Rest: 70 sec Standing Overhead Barbell Triceps Extension 3x8 Rest: 70 sec Triceps Pushdown 3x10 Rest: 70 sec

Workout #7	Workout #8	Workout #9
<ul style="list-style-type: none"> Barbell Full Squat 3x8 Rest: 70 sec Lying Leg Curls 3x10 Rest: 70 sec Leg Extensions 3x10 Rest: 70 sec Smith Machine Overhead Shoulder Press 3x8 Rest: 70 sec Upright Barbell Row 3x10 Rest: 70 sec Front Two-Dumbbell Raise 3x10 Rest: 70 sec Power Partial 3x10 Rest: 70 sec 	<ul style="list-style-type: none"> Barbell Bench Press - Medium Grip 3x8 Rest: 70 sec Barbell Incline Bench Press Medium-Grip 3x8 Rest: 70 sec Dumbbell Bench Press 3x10 Rest: 70 sec Butterfly 3x10 Rest: 70 sec Barbell Curl 3x10 Rest: 70 sec Preacher Curl 3x8 Rest: 70 sec Dumbbell Alternate Bicep Curl 3x12 Rest: 70 sec 	<ul style="list-style-type: none"> Snatch Deadlift 3x8 Rest: 70 sec Gorilla Chin/Crunch 3x5 Rest: 70 sec One-Arm Dumbbell Row 3x10 Rest: 70 sec Wide-Grip Pulldown Behind The Neck 3x8 Rest: 70 sec Close-Grip Barbell Bench Press 3x8 Rest: 70 sec Standing Overhead Barbell Triceps Extension 3x8 Rest: 70 sec Triceps Pushdown 3x10 Rest: 70 sec

Workout #10	Workout #11	Workout #12
<ul style="list-style-type: none"> Barbell Full Squat 3x8 Rest: 70 sec Lying Leg Curls 3x10 Rest: 70 sec Leg Extensions 3x10 Rest: 70 sec Smith Machine Overhead Shoulder Press 3x8 Rest: 70 sec Upright Barbell Row 3x10 Rest: 70 sec Front Two-Dumbbell Raise 3x10 Rest: 70 sec Power Partial 3x10 Rest: 70 sec 	<ul style="list-style-type: none"> Barbell Bench Press - Medium Grip 3x8 Rest: 70 sec Barbell Incline Bench Press Medium-Grip 3x8 Rest: 70 sec Dumbbell Bench Press 3x10 Rest: 70 sec Butterfly 3x10 Rest: 70 sec Barbell Curl 3x10 Rest: 70 sec Preacher Curl 3x8 Rest: 70 sec Dumbbell Alternate Bicep Curl 3x12 Rest: 70 sec 	<ul style="list-style-type: none"> Snatch Deadlift 3x8 Rest: 70 sec Gorilla Chin/Crunch 3x5 Rest: 70 sec One-Arm Dumbbell Row 3x10 Rest: 70 sec Wide-Grip Pulldown Behind The Neck 3x8 Rest: 70 sec Close-Grip Barbell Bench Press 3x8 Rest: 70 sec Standing Overhead Barbell Triceps Extension 3x8 Rest: 70 sec Triceps Pushdown 3x10 Rest: 70 sec

Directory of the exercises

General recommendations on training with AtletIQ
 AtletIQ — is an interactive smart training programs. All trainings are performed using a mobile application which is an interactive for creating 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 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
 © 2019 — AtletIQ.com