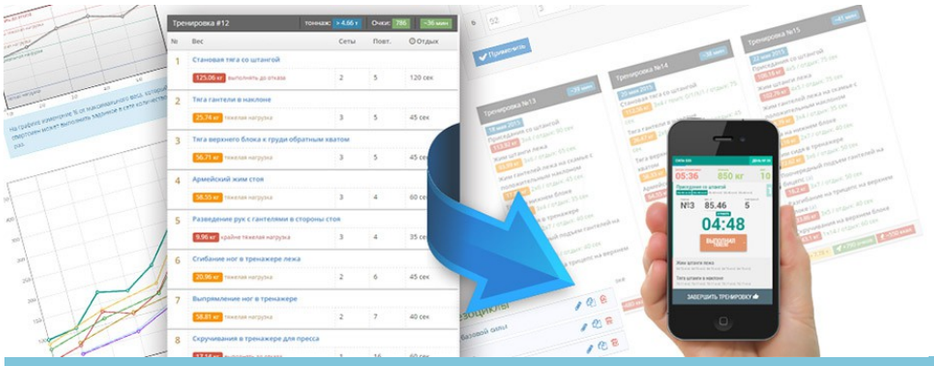
# Mass gain program based on 5 principles

Intermediate | 95 days | 48 workouts | ~47 minutes

The proposed training program for the gym for mass gain will not only help increase muscle volumes, but also develop power capacity. For this purpose, 4 small cycles were specially selected, which are performed alternately one by one. The alternation of fundamentally different training regimes does not allow the muscles to get used to the loads and ensure their relentless growth.

https://atletiq.com/en/programms/283



## 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 «Сила»

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

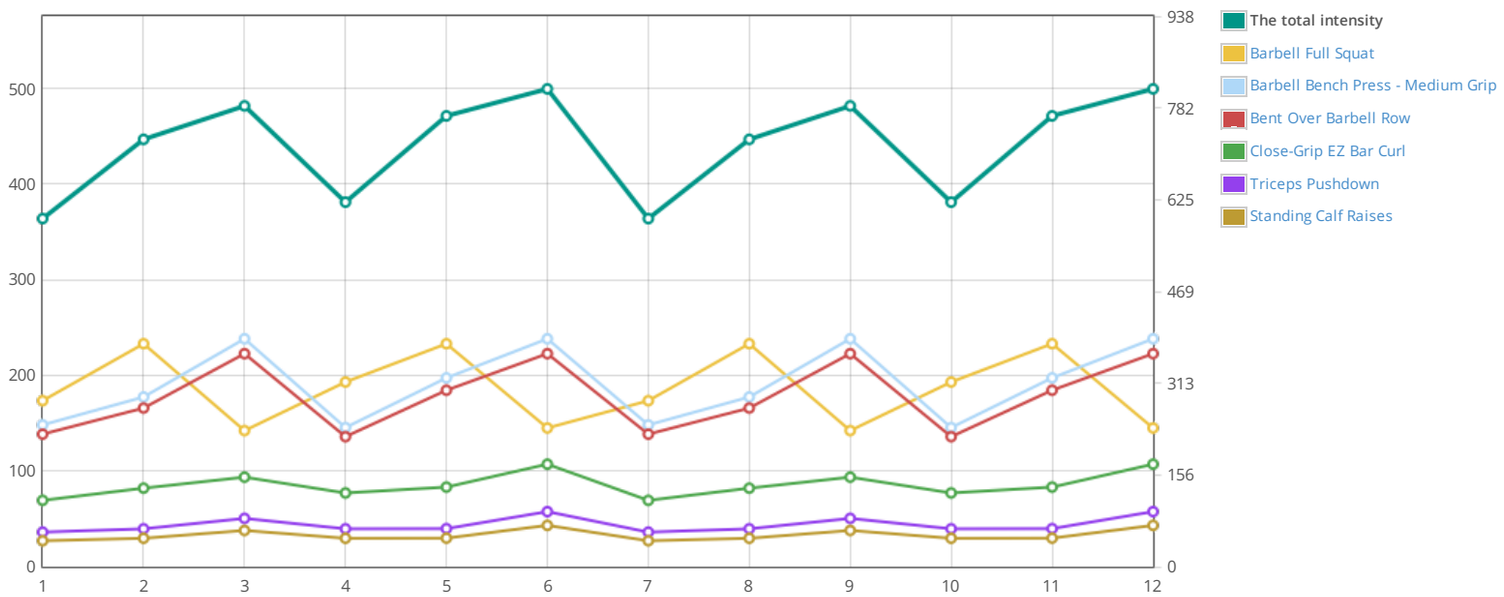
В этом мезоцикле работа сосредоточена на развитии силы. По итогам 12 тренировок вы должны значительно прибавить в силе, после чего перейдете к следующему мезоциклу «Гипертрофия».

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 | 4 | 5 (+max) | 90-150 sec |
| 2 | Barbell Bench Press - Medium Grip | 4 | 5 (+max) | 90-150 sec |
| 3 | Bent Over Barbell Row | 4 | 5 (+max) | 90-150 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 — 47 min

| Exercise | Sets×Reps | Rest | Intensity |
|---|---|---|---|
| Barbell Full Squat | 4×5 | 100 sec | heavy |
| Barbell Bench Press - Medium Grip | 4×5 | 90 sec | moderate |
| Bent Over Barbell Row | 4×5 | 90 sec | moderate |
| Close-Grip EZ Bar Curl | 3×8 | 90 sec | heavy |
| Triceps Pushdown | 2×10 | 50 sec | heavy |
| Standing Calf Raises | 2×10 | 50 sec | heavy |

593 scores

### Workout #2 — 51 min

| Exercise | Sets×Reps | Rest | Intensity |
|---|---|---|---|
| Barbell Full Squat | 4×5 max | 120 sec | very hard |
| Barbell Bench Press - Medium Grip | 4×5 | 100 sec | heavy |
| Bent Over Barbell Row | 4×5 | 100 sec | heavy |
| Close-Grip EZ Bar Curl | 3×8 | 100 sec | very hard |
| Triceps Pushdown | 2×10 | 60 sec | very hard |
| Standing Calf Raises | 2×10 | 60 sec | very hard |

728 scores

### Workout #3 — 55 min

| Exercise | Sets×Reps | Rest | Intensity |
|---|---|---|---|
| Barbell Full Squat | 4×5 | 100 sec | moderate |
| Barbell Bench Press - Medium Grip | 4×5 max | 120 sec | very hard |
| Bent Over Barbell Row | 4×5 max | 120 sec | very hard |
| Close-Grip EZ Bar Curl | 3×8 | 120 sec | very hard |
| Triceps Pushdown | 2×10 | 90 sec | very hard |
| Standing Calf Raises | 2×10 | 90 sec | very hard |

785 scores

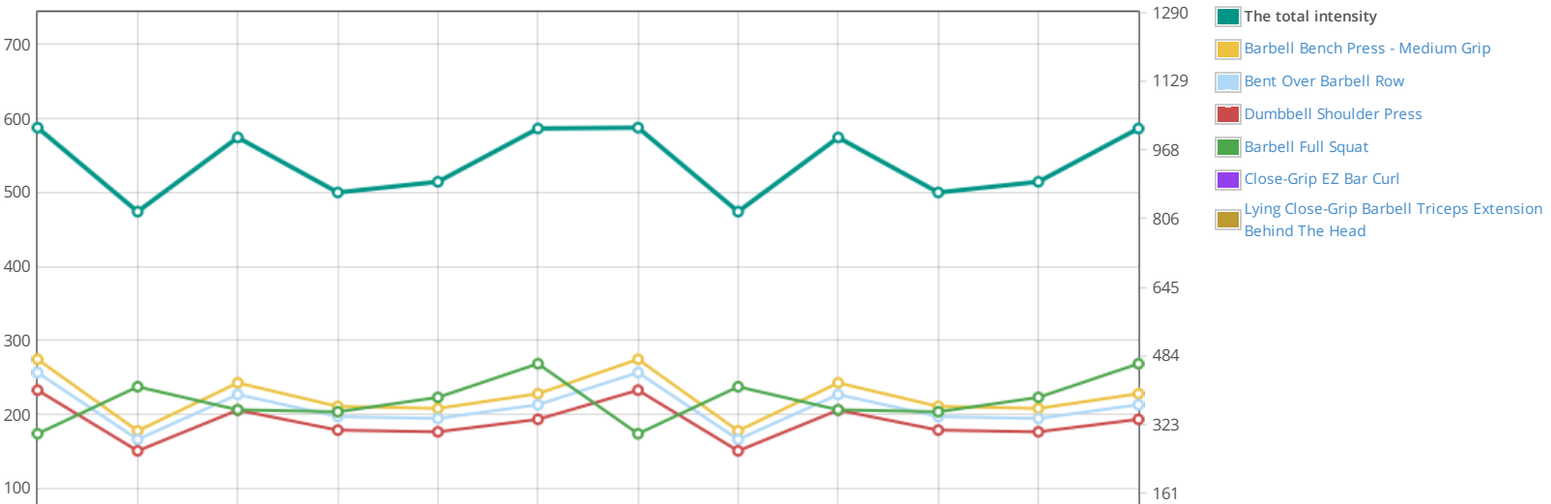
## 2 «Гипертрофия»

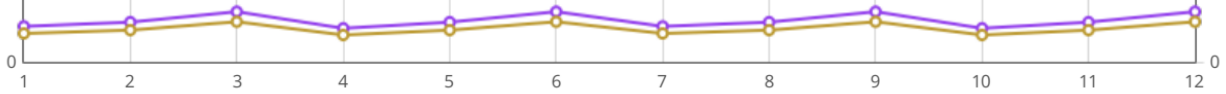
Duration in days: 23 | Amount of training days: 12 | Rest days: 11

Цель данного мезоцикла — получение по большей части размеров, нежели силы, так что необходимо немного увеличить объем и сосредоточиться на более высоком диапазоне повторений. Вы по-прежнему будете тренироваться 3 раза в неделю с хотя бы одним днем отдыха между занятиями.

| # | Exercise (superset) | Sets | Reps | Rest between sets |
|---|---|---|---|---|
| | **1 day** | | | |
| 1 | Barbell Full Squat | 3 | 8-10 (+max) | 90-120 sec |
| 2 | Barbell Bench Press - Medium Grip | 3 | 8-10 (+max) | 90-120 sec |
| 3 | Bent Over Barbell Row | 3 | 8-10 (+max) | 90-120 sec |

### Training intensity for each exercise






## Example 3 of 12 workouts

### Workout #1 — 43 min

**Barbell Full Squat**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Barbell Bench Press - Medium Grip**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — very hard

**Bent Over Barbell Row**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — very hard

**Dumbbell Shoulder Press**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — very hard

**Lying Close-Grip Barbell Triceps Extension Behind The Head**
2×10 Rest: 55 sec — heavy

**Close-Grip EZ Bar Curl**
2×10 Rest: 55 sec — heavy

1019 scores

### Workout #2 — 45 min

**Barbell Full Squat**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Barbell Bench Press - Medium Grip**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Bent Over Barbell Row**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Dumbbell Shoulder Press**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Lying Close-Grip Barbell Triceps Extension Behind The Head**
2×11 Rest: 60 sec — very hard

**Close-Grip EZ Bar Curl**
2×11 Rest: 60 sec — very hard

822 scores

### Workout #3 — 50 min

**Barbell Full Squat**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — heavy

**Barbell Bench Press - Medium Grip**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Bent Over Barbell Row**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Dumbbell Shoulder Press**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Lying Close-Grip Barbell Triceps Extension Behind The Head**
2×12 Rest: 120 sec — to failure

**Close-Grip EZ Bar Curl**
2×12 Rest: 120 sec — to failure

996 scores

## 3 «Верх/Низ»

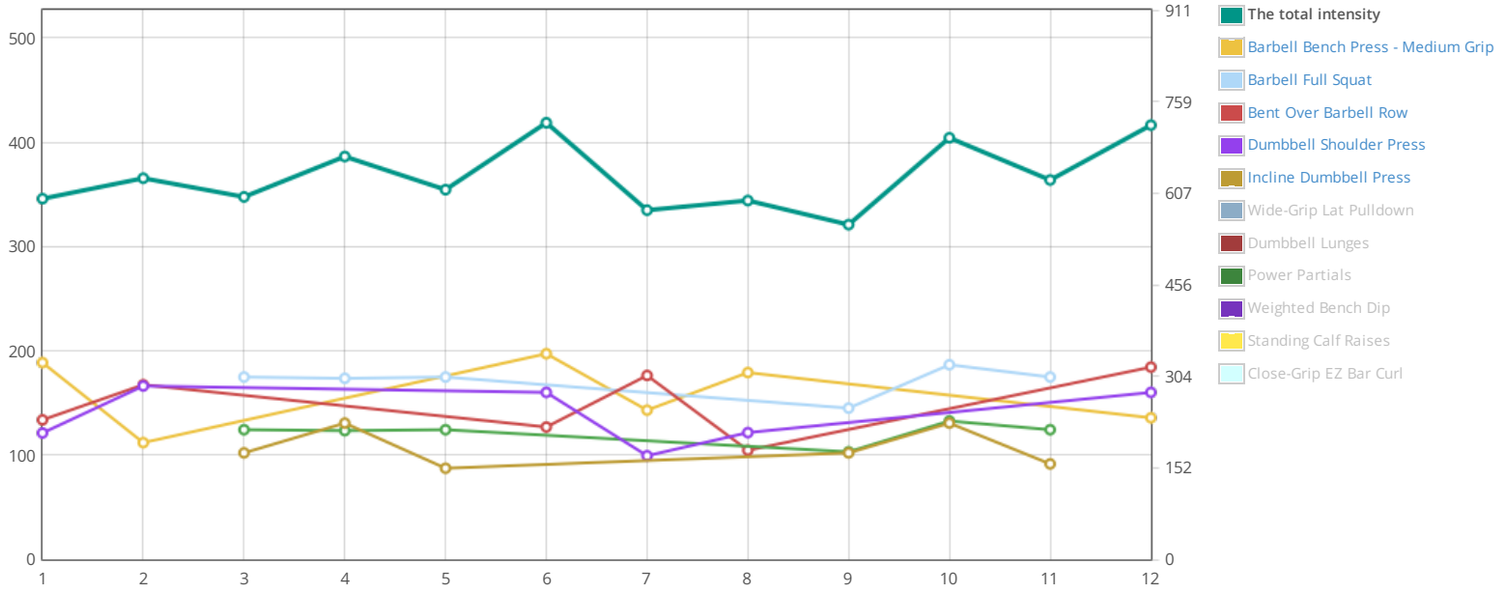
Duration in days: 26 | Amount of training days: 12 | Rest days: 14

В этом месяце Вы будете уделять больше внимания верхней части своего тела на одной тренировке и нижней на другой, соответственно. Например, если это «ДЕНЬ ВЕРХА», то сделаете всего несколько сетов для ног, а все остальное внимание уделите рукам, грудным мышцам и спине.

На следующей тренировке, «ДЕНЬ НИЗА», ноги должны получить немного больше внимания. В таком духе будете продолжать чередовать занятия 3 раза в неделю. Таким образом будут чередоваться и недели - одна будет с двумя тренингами ВЕРХА и с одной НИЗА, а следующая - с двумя НИЗА и с одной ВЕРХА и т.д.

| # | Exercise (superset) | Sets | Reps | Rest between sets |
|---|---|---|---|---|
| | **1 day** | | | |
| 1 | Barbell Bench Press - Medium Grip | 3 | 5-8 (+max) | 60-120 sec |
| 2 | Bent Over Barbell Row | 3 | 5-8 (+max) | 60-120 sec |
| 3 | Dumbbell Shoulder Press | 3 | 8-10 (+max) | 60-120 sec |

Training intensity for each exercise




## Example 3 of 12 workouts

### Workout #1 — 38 min

**Barbell Bench Press - Medium Grip**
3×6 max — Rest: 100 sec — to failure

**Bent Over Barbell Row**
3×5 — Rest: 60 sec — heavy

**Dumbbell Shoulder Press**
3×8 — Tempo: 3/0/X/0 — Rest: 60 sec — moderate

**Close-Grip EZ Bar Curl**
2×10 — Rest: 60 sec — moderate

**Weighted Bench Dip**
2×10 — Rest: 60 sec — moderate

**Power Partials**
2×10 — Rest: 60 sec — moderate

598 scores

### Workout #2 — 40 min

**Barbell Bench Press - Medium Grip**
3×7 — Rest: 60 sec — moderate

**Bent Over Barbell Row**
3×6 max — Rest: 90 sec — to failure

**Dumbbell Shoulder Press**
3×9 — Tempo: 3/0/X/0 — Rest: 80 sec — very hard

**Close-Grip EZ Bar Curl**
2×11 — Rest: 80 sec — heavy

**Weighted Bench Dip**
2×11 — Rest: 80 sec — heavy

**Power Partials**
2×11 — Rest: 80 sec — heavy

632 scores

### Workout #3 — 42 min

**Incline Dumbbell Press**
2×8 — Rest: 60 sec — very hard

**Wide-Grip Lat Pulldown**
2×8 — Rest: 60 sec — very hard

**Barbell Full Squat**
3×5 max — Rest: 120 sec — very hard

3×5 max — Rest: 120 sec — very hard

**Dumbbell Lunges**
2×8 — Rest: 70 sec — moderate

**Standing Calf Raises**
3×10 — Rest: 60 sec — very hard

601 scores

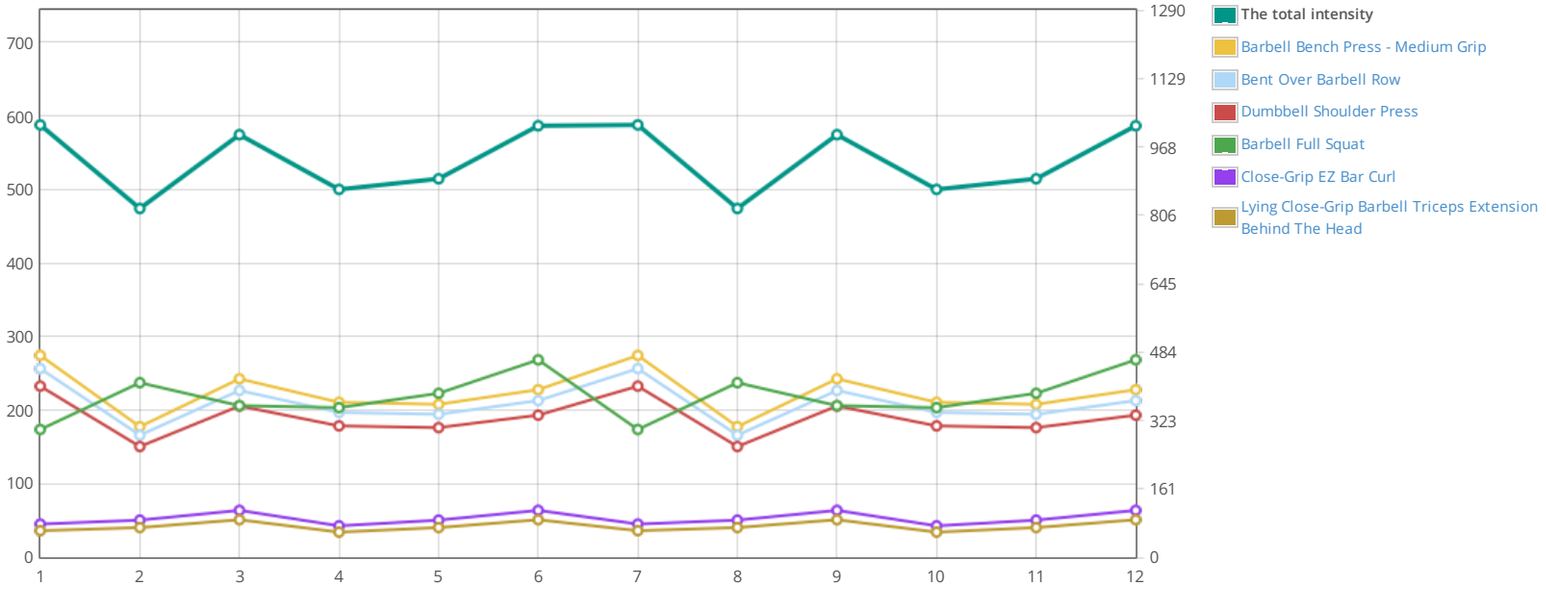
## 4 «Гипертрофия»

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

Цель данного мезоцикла — получение по большей части размеров, нежели силы, так что необходимо немного увеличить объем и сосредоточиться на более высоком диапазоне повторений. Вы по-прежнему будете тренироваться 3 раза в неделю с хотя бы одним днем отдыха между занятиями.

| # | Exercise (superset) | Sets | Reps | Rest between sets |
|---|---|---|---|---|
| | 1 day | | | |
| 1 | Barbell Full Squat | 3 | 8-10 (+max) | 90-120 sec |
| 2 | Barbell Bench Press - Medium Grip | 3 | 8-10 (+max) | 90-120 sec |
| 3 | Bent Over Barbell Row | 3 | 8-10 (+max) | 90-120 sec |

Training intensity for each exercise




## Example 3 of 12 workouts

### Workout #1 — 43 min

**Barbell Full Squat**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Barbell Bench Press - Medium Grip**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — very hard

**Bent Over Barbell Row**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — very hard

**Dumbbell Shoulder Press**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — very hard

**Lying Close-Grip Barbell Triceps Extension Behind The Head**
2×10 Rest: 55 sec — heavy

**Close-Grip EZ Bar Curl**
2×10 Rest: 55 sec — heavy

1019 scores

### Workout #2 — 45 min

**Barbell Full Squat**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Barbell Bench Press - Medium Grip**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Bent Over Barbell Row**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Dumbbell Shoulder Press**
3×9 Tempo: 2/0/2/0 Rest: 100 sec — heavy

**Lying Close-Grip Barbell Triceps Extension Behind The Head**
2×11 Rest: 60 sec — very hard

**Close-Grip EZ Bar Curl**
2×11 Rest: 60 sec — very hard

822 scores

### Workout #3 — 50 min

**Barbell Full Squat**
3×8 Tempo: 3/0/2/0 Rest: 90 sec — heavy

**Barbell Bench Press - Medium Grip**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Bent Over Barbell Row**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Dumbbell Shoulder Press**
3×10 max Tempo: 2/0/1/0 Rest: 110 sec — to failure

**Lying Close-Grip Barbell Triceps Extension Behind The Head**
2×12 Rest: 120 sec — to failure

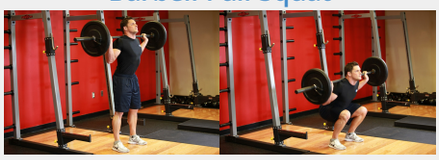
**Close-Grip EZ Bar Curl**
2×12 Rest: 120 sec — to failure

996 scores

## Directory of the exercises

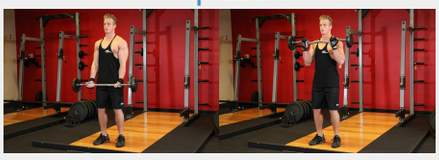
### Barbell Bench Press - Medium Grip

### Barbell Full Squat

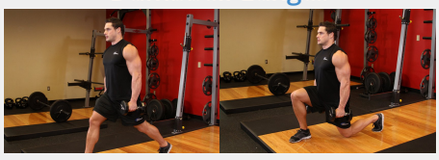


### Bent Over Barbell Row

### Close-Grip EZ Bar Curl



### Dumbbell Lunges



The price of the full version 11 usd

Why it is payable?

Register and find out details

## General recommendations on training with AtletIQ

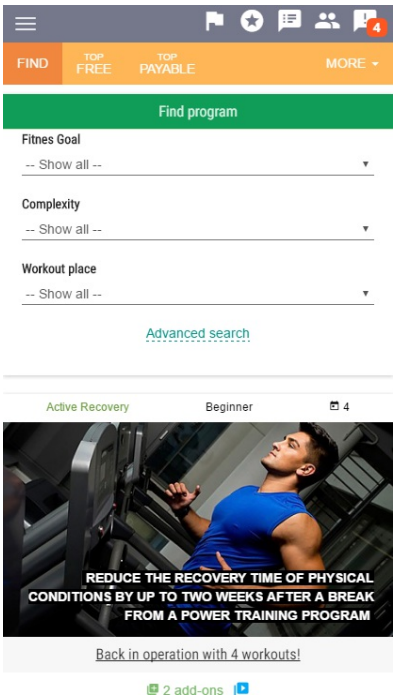
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

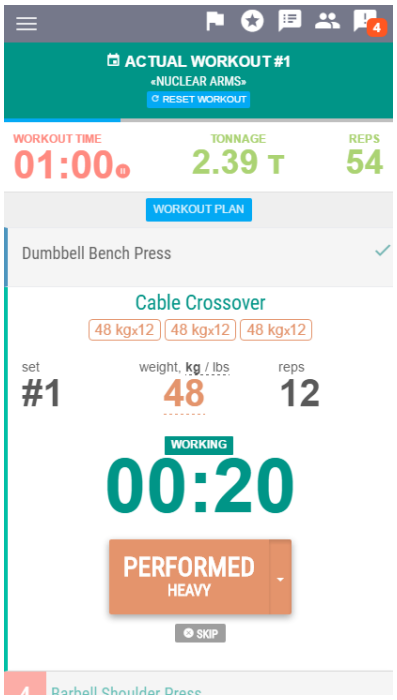
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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.

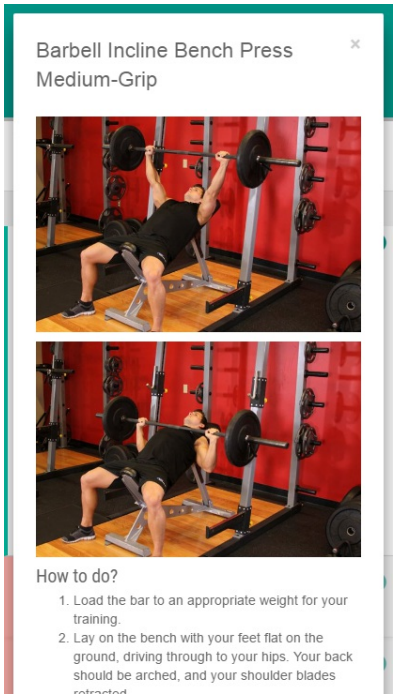
## How to use mobile assistant?

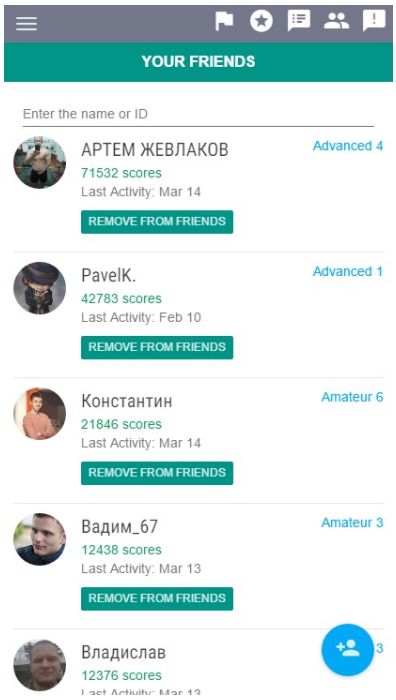
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.




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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