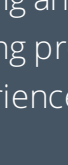


Natural Bodybuilding

Natural territory: become stronger and fitter, structure the muscle shape with the mega-effective "natural bodybuilding" complex



Intermediate

46 days

24 workouts

~57 minutes

Universal program bodybuilding workouts — the quintessence of effective training. The principle of periodization of training is applied, which allows you to achieve high results in terms of strength and muscle mass, while avoiding a surge of muscle fibers.

<https://atletiq.com/en/programma/naturalnyj-bodybuilding.html>



Author: IronZen

IronZen - the system of building the body in the shortest possible time. Includes a detailed guide to training and nutrition, the bulk is presented in a set of training programs for both beginners and experienced athletes.

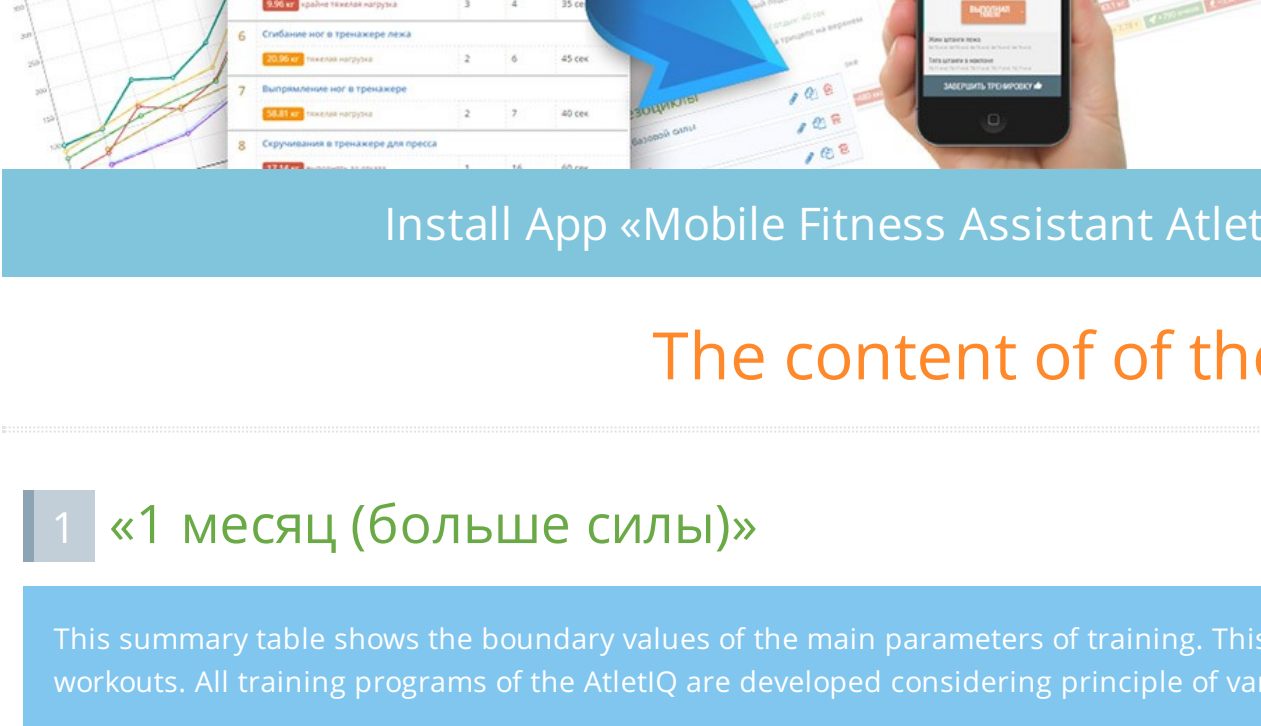
Key success conditions by the method:

- Study of the theory of training, physiology, dietology;
- Rejection of a number of well-known principles of bodybuilding, which work only with steroids;
- Following the system - the order of programs, the order of exercises, rest time, etc. ;
- The use of recommended sports supplements.

Catalyzes the anabolic effects using a micro periodic method with the "Natural Bodybuilding" program

This versatile program is considered a classic in athletes' training quarters, which have long been used in bodybuilding. More over in his books published in the distant 70s — 80s, Joe Weider, the founder of bodybuilding, focused on the fact that the best option for exercises in the gym is considered to be a three-day split, separating the muscle groups into days as follows: the first exercise is weight training intentionally focused on the chest and triceps, and the second — on the back and biceps, the third — on the legs and shoulders.

The training program is designed for natural bodybuilding in 2 months, which in turn are divided into: mesocycles «month 1 (more power)» and «month 2 (more meat)» As the name clearly shows, due to this separation of the training program, the athlete will experience not only the hypertrophy of the muscles, but also the progressive development of power qualities and endurance, to include complex cardio exercise, achieved by running on a treadmill.



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 «1 месяц (больше силы)»

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

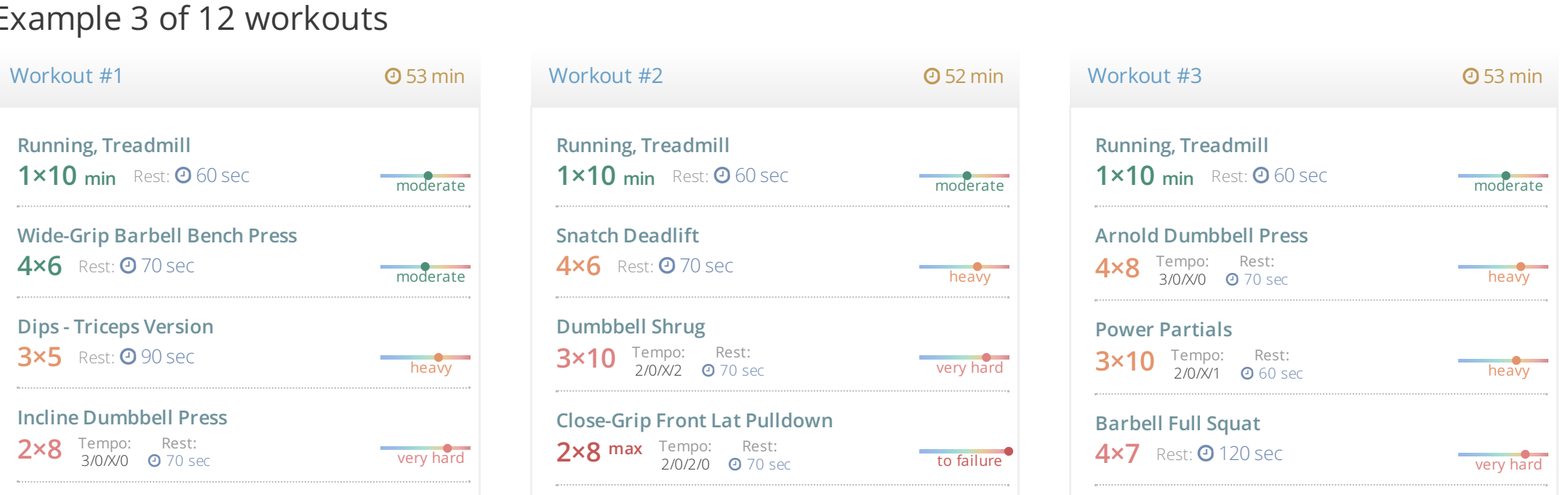
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Running, Treadmill	1	10 min	⌚ 60 sec
2	Wide-Grip Barbell Bench Press	3-4	6-8 (+max)	⌚ 70-120 sec
3	Dips - Triceps Version	3	5-6 (+max)	⌚ 90-120 sec

▲ Level «Amateur 8» is required or you can pay 250 points / ⌚ what is it?
● Allowed for status «VIP»

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 ⌚ 53 min	Workout #2 ⌚ 52 min	Workout #3 ⌚ 53 min
Running, Treadmill 1×10 min Rest: ⌚ 60 sec moderate	Running, Treadmill 1×10 min Rest: ⌚ 60 sec moderate	Running, Treadmill 1×10 min Rest: ⌚ 60 sec moderate
Wide-Grip Barbell Bench Press 4×6 Rest: ⌚ 70 sec moderate	Snatch Deadlift 4×6 Rest: ⌚ 70 sec heavy	Arnold Dumbbell Press 4×8 Temp: 300X0 Rest: ⌚ 70 sec heavy
Dips - Triceps Version 3×5 Rest: ⌚ 90 sec heavy	Dumbbell Shrug 3×10 Temp: 200X2 Rest: ⌚ 70 sec very hard	Power Partial 3×10 Temp: 200X1 Rest: ⌚ 60 sec heavy
Incline Dumbbell Press 2×8 Temp: 300X0 Rest: ⌚ 70 sec very hard	Close-Grip Front Lat Pulldown 2×8 max Temp: 200X2 Rest: ⌚ 70 sec to failure	Barbell Full Squat 4×7 Rest: ⌚ 120 sec very hard
Triceps Pushdown 3×8 max Temp: 300X0 Rest: ⌚ 100 sec to failure	Bent Over Two-Dumbbell Row 4×8 Temp: 300X2 Rest: ⌚ 60 sec moderate	Seated Calf Raise 4×15 Rest: ⌚ 70 sec very hard
Hyperextensions (Back Extensions) 2×15 Temp: 200X1 Rest: ⌚ 60 sec heavy	Close-Grip EZ Bar Curl 3×10 Rest: ⌚ 70 sec heavy	Cable Crunch 3×14 Rest: ⌚ 80 sec to failure
Hanging Leg Raise 3×10 Rest: ⌚ 60 sec moderate	Alternate Hammer Curl 2×10 max Rest: ⌚ 80 sec to failure	
719 scores	992 scores	796 scores

2 «2 месяц (больше мяса)»

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

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Running, Treadmill	1	10 min	⌚ 60 sec
2	Wide-Grip Barbell Bench Press	3-4	9-10 (+max)	⌚ 60-120 sec
3	Dips - Triceps Version	3	8-10 (+max)	⌚ 90-120 sec

▲ Level «Amateur 8» is required or you can pay 250 points / ⌚ what is it?
● Allowed for status «VIP»

Training intensity for each exercise

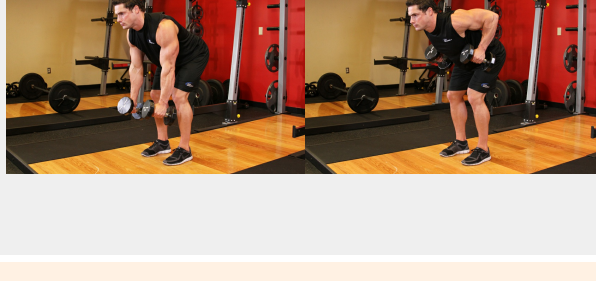


Example 3 of 12 workouts

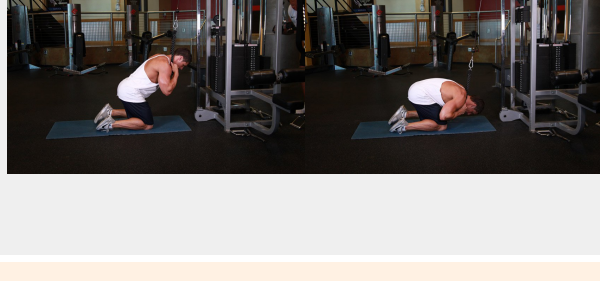
Workout #1 ⌚ 54 min	Workout #2 ⌚ 54 min	Workout #3 ⌚ 50 min
Running, Treadmill 1×10 min Rest: ⌚ 60 sec moderate	Running, Treadmill 1×10 min Rest: ⌚ 60 sec moderate	Running, Treadmill 1×10 min Rest: ⌚ 60 sec moderate
Wide-Grip Barbell Bench Press 4×9 Temp: 200X0 Rest: ⌚ 60 sec very hard	Snatch Deadlift 4×9 Temp: 300X0 Rest: ⌚ 60 sec heavy	Arnold Dumbbell Press 4×10 Temp: 200X0 Rest: ⌚ 70 sec very hard
Dips - Triceps Version 3×8 Rest: ⌚ 90 sec heavy	Dumbbell Shrug 3×10 Temp: 200X2 Rest: ⌚ 70 sec very hard	Power Partial 3×10 Temp: 200X2 Rest: ⌚ 60 sec heavy
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Hyperextensions (Back Extensions) 2×15 Temp: 200X1 Rest: ⌚ 60 sec very hard	Close-Grip EZ Bar Curl 3×10 Rest: ⌚ 70 sec very hard	Cable Crunch 3×14 Rest: ⌚ 80 sec to failure
Hanging Leg Raise 3×10 Rest: ⌚ 60 sec heavy	Alternate Hammer Curl 2×10 Rest: ⌚ 80 sec heavy	
789 scores	1147 scores	805 scores

Directory of the exercises

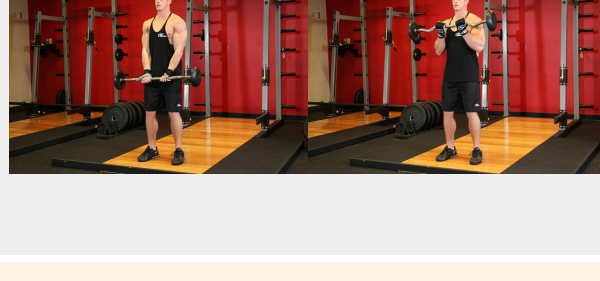
Alternate Hammer Curl



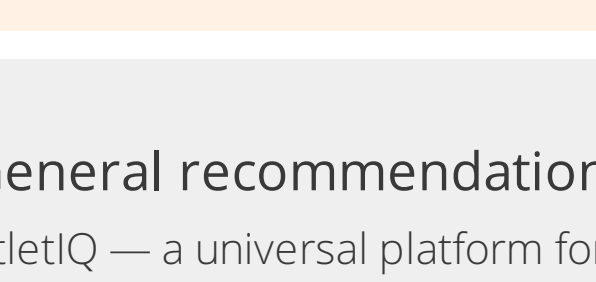
Arnold Dumbbell Press



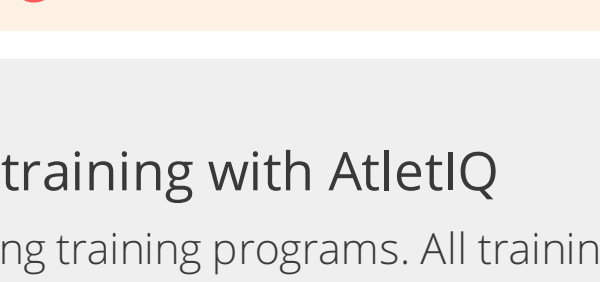
Barbell Full Squat



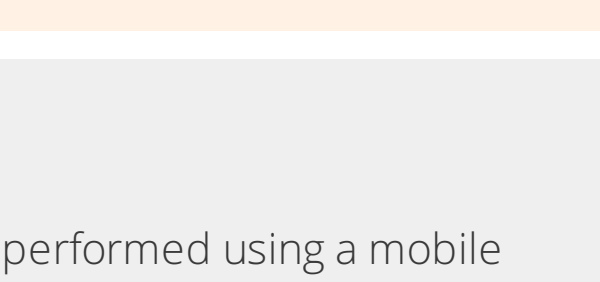
Bent Over Two-Dumbbell Row



Cable Crunch



Close-Grip EZ Bar Curl



The price of the full version 12.5 usd

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

AtletIQ — a 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.

- 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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