

# The program for ectomorphs

Gain mass and develop strength three times a week with the proven program "Mass gain for ectomorphs"

 Intermediate

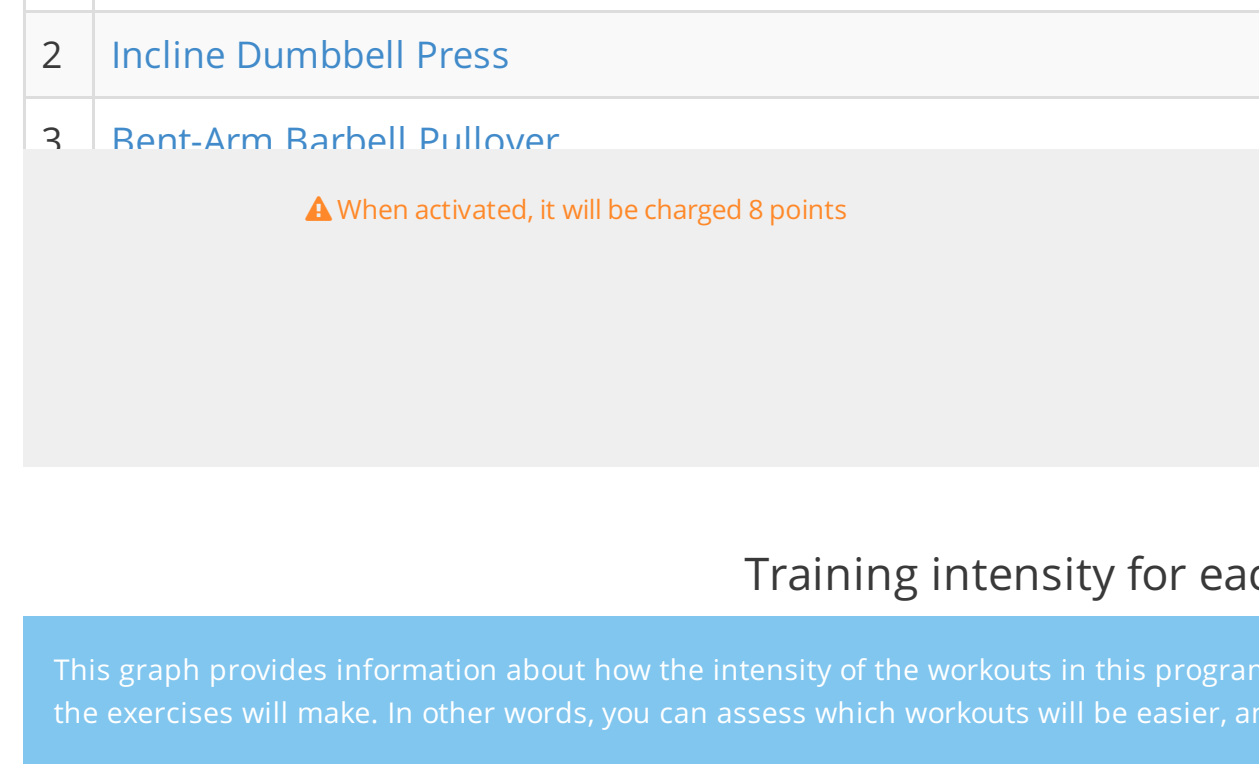
94 days

48 workouts

~51 minutes

Classical three-day split-training program, adapted to ectomorph-athletes, will help to overcome the genetic barrier. First we develop strength, then we work for mass - it's the only way to break through the plateau and create the body that everyone dreams about.

<https://atletiq.com/en/programs/301>



## 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

1

«2 месяца силы»

Duration in days: 47

Amount of training days: 24

Rest days: 23

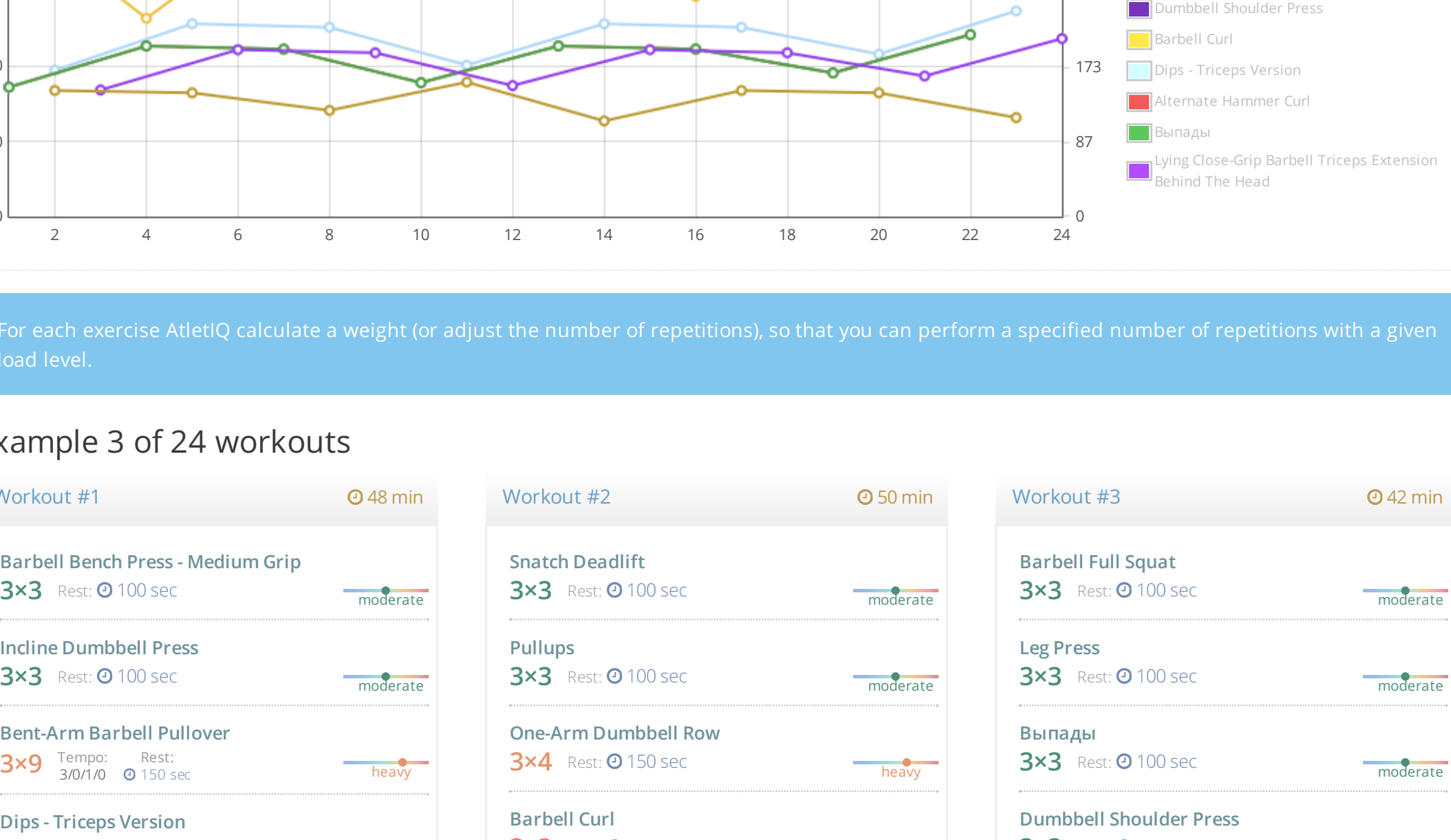
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Bench Press - Medium Grip	2-3	3-4 (+max)	⌚ 100-180 sec
2	Incline Dumbbell Press	2-3	3-4 (+max)	⌚ 100-180 sec
3	Bent-Arm Barbell Pullover	2-3	8-10	⌚ 100-180 sec

⚠ When activated, it will be charged 8 points

### 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 24 workouts

Workout #1

⌚ 48 min

Barbell Bench Press - Medium Grip  
3x3 Rest: ⌚ 100 sec moderate

Incline Dumbbell Press  
3x3 Rest: ⌚ 100 sec moderate

Bent-Arm Barbell Pullover  
Tempo: 30/1/0 Rest: ⌚ 150 sec heavy

Dips - Triceps Version  
2x3 Rest: ⌚ 180 sec very hard

Lying Close-Grip Barbell Triceps Extension Behind The Head  
3x4 Rest: ⌚ 150 sec heavy

489 scores

Workout #2

⌚ 50 min

Snatch Deadlift  
3x3 Rest: ⌚ 100 sec moderate

Pullups  
3x3 Rest: ⌚ 100 sec moderate

One-Arm Dumbbell Row  
3x4 Rest: ⌚ 150 sec heavy

Barbell Curl  
3x3 Rest: ⌚ 160 sec very hard

Alternate Hammer Curl  
3x3 Rest: ⌚ 150 sec heavy

387 scores

Workout #3

⌚ 42 min

Barbell Full Squat  
3x3 Rest: ⌚ 100 sec moderate

Leg Press  
3x3 Rest: ⌚ 100 sec moderate

Выпады  
3x3 Rest: ⌚ 100 sec moderate

Dumbbell Shoulder Press  
3x3 Rest: ⌚ 100 sec moderate

Upright Barbell Row  
3x3 Rest: ⌚ 100 sec moderate

366 scores

### «2 месяца на массу»

Duration in days: 47 Amount of training days: 24 Rest days: 23

#

Exercise (superset)

Sets

Reps

⌚ Rest between sets

1 day

1

Dips - Triceps Version

2-4

8-12 (+max)

⌚ 90-180 sec

2

Incline Dumbbell Press

3-4

8-10 (+max)

⌚ 70-180 sec

3

Triceps Pushdown

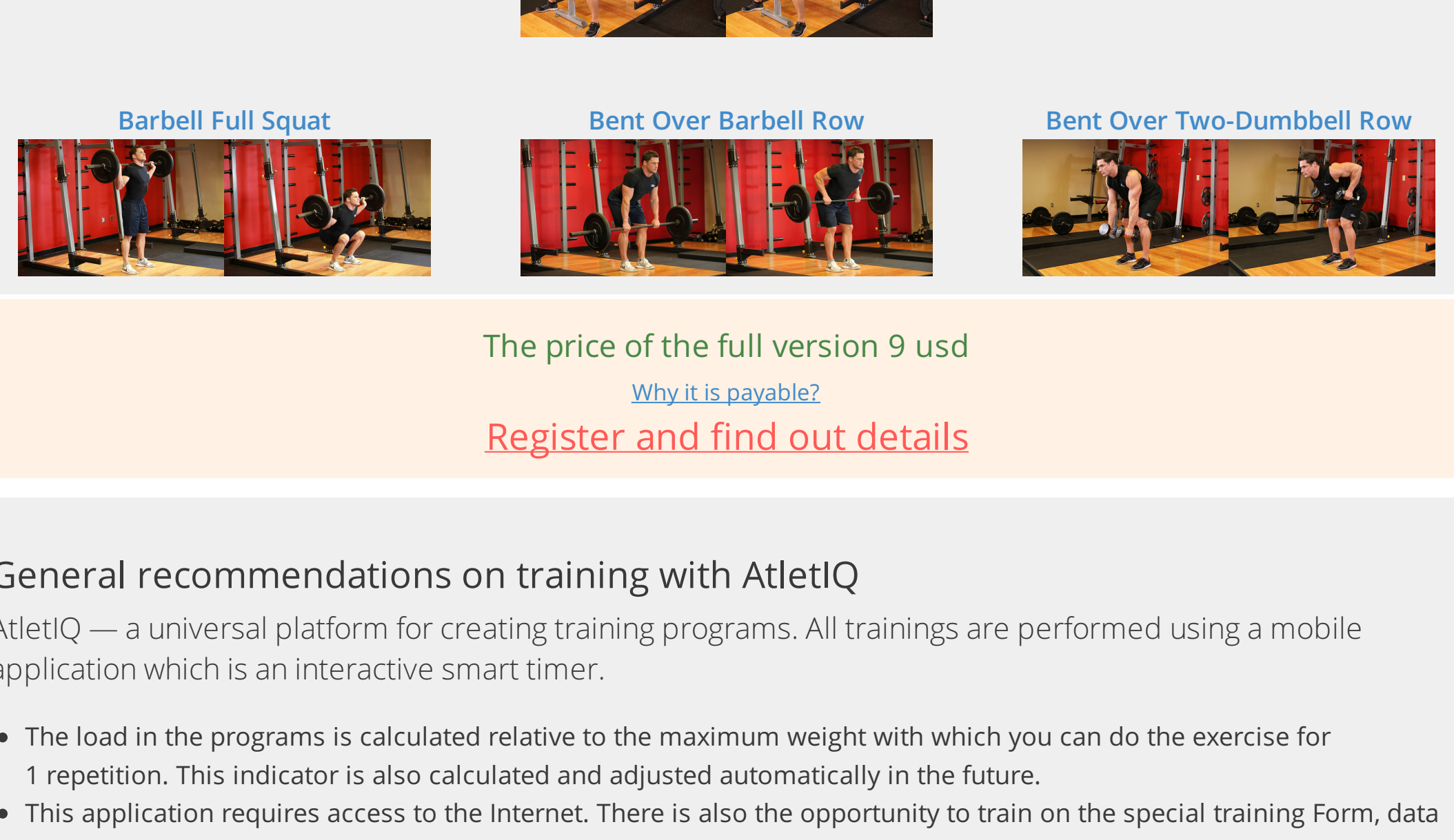
2-4

8-12 (+max)

⌚ 90-180 sec

⚠ When activated, it will be charged 8 points

### Training intensity for each exercise



### Example 3 of 24 workouts

Workout #1

⌚ 44 min

Dips - Triceps Version  
4x8 Rest: ⌚ 90 sec heavy

Incline Dumbbell Press  
4x8 Rest: ⌚ 70 sec heavy

Triceps Pushdown  
4x8 Rest: ⌚ 90 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head  
4x9 Rest: ⌚ 100 sec very hard

Hanging Leg Raise  
3x8 Rest: ⌚ 70 sec heavy

499 scores

Workout #2

⌚ 47 min

Snatch Deadlift  
4x8 Rest: ⌚ 70 sec heavy

Wide-Grip Lat Pulldown  
4x8 Rest: ⌚ 90 sec heavy

Bent Over Barbell Row  
2x8 max Rest: ⌚ 180 sec to failure

Barbell Curl  
4x10 Rest: ⌚ 90 sec heavy

Concentration Curls  
4x8 Rest: ⌚ 100 sec very hard

676 scores

Workout #3

⌚ 47 min

Barbell Full Squat  
4x8 Rest: ⌚ 90 sec heavy

Dumbbell Lunges  
4x8 Rest: ⌚ 70 sec heavy

Seated Calf Raise  
4x12 Rest: ⌚ 80 sec very hard

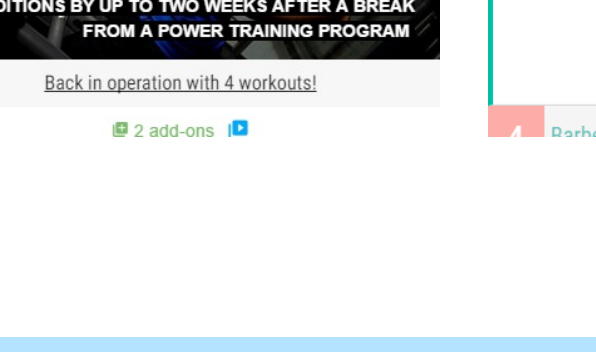
Dumbbell Shoulder Press  
3x10 max Rest: ⌚ 180 sec to failure

Bent Over Two-Dumbbell Row  
4x8 Rest: ⌚ 70 sec heavy

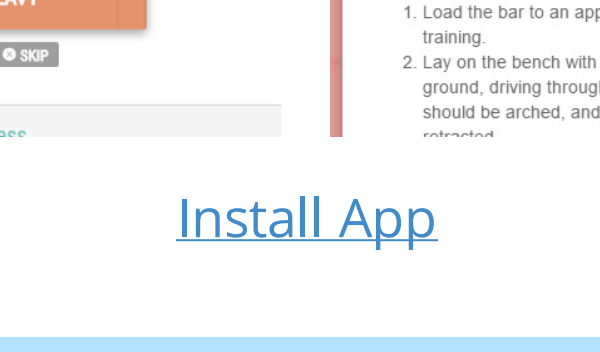
667 scores

## Directory of the exercises

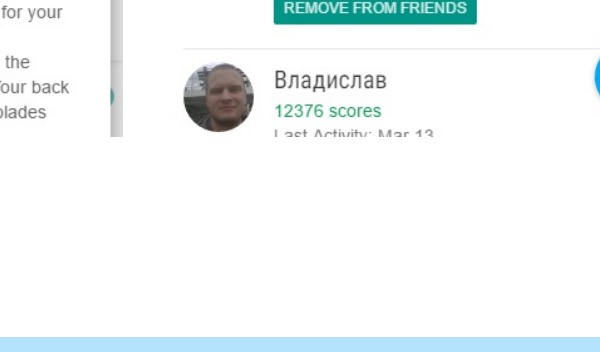
### Alternate Hammer Curl



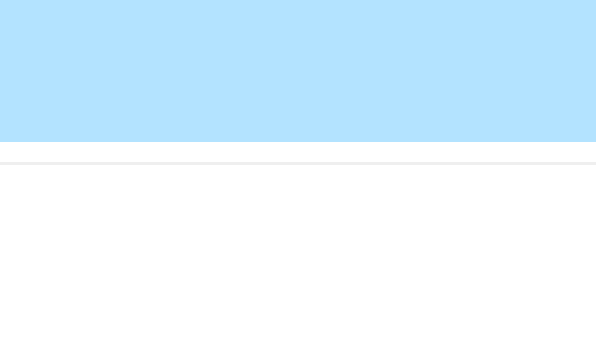
### Barbell Bench Press - Medium Grip



### Barbell Curl



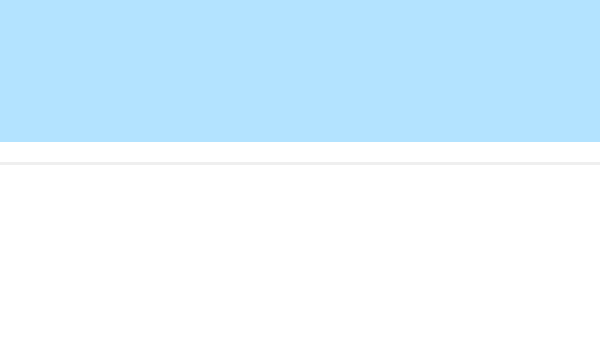
### Barbell Full Squat



### Bent Over Barbell Row



### Bent Over Two-Dumbbell Row



The price of the full version 9 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 follow, 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](#)

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