

~49 minutes 25 workouts **58** days Intermediate

Still in search of an effective workout for the mass? We are ready to offer a

non-standard solution - the original 2×3 FORSAGE complex. The 5-day

weight training program is aimed at experienced athletes, since it involves a

high-intensity mode of training with maximum dedication. https://atletiq.com/en/programms/309 **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 04:48 fulfill the tasks set by coach

> Install App «Mobile Fitness Assistant AtletIQ»: https://atletiq.com/app The content of of the program

> > Duration in days: 58

1670

1392

Butterfly

to failure

1×10 max Rest: **②** 30 sec

1×8 max Rest: **②** 30 sec

1×7 max Rest: **②** 30 sec

1×10 max Rest: **②** 30 sec

1×8 max Rest: **②** 30 sec

1x7 max Rest: **①** 180 sec

1x9 max Rest: **②** 30 sec

1x8 max Rest: **②** 30 sec

1x7 max Rest: **②** 240 sec

1×10 max Rest: **②** 30 sec

1×8 max Rest: **②** 30 sec

1x7 max Rest: **①** 30 sec

1×10 max Rest: **②** 30 sec

1x9 max Rest: **①** 30 sec

1×7 max Rest: **②** 30 sec

3×10 max Rest: **②** 30 sec

₹ 919 scores

Barbell Incline Bench Press

Medium-Grip

Close-Grip Barbell Bench Press

Triceps Pushdown

Dip Machine

Hanging Pike

Barbell Incline Bench Press Medium-Grip

to failure

P 🗘 🗏 😃 📙

REMOVE FROM FRIENDS

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14 REMOVE FROM FRIENDS

12376 scores

Last Activity: Feb 10

REMOVE FROM FRIENDS

Advanced 4

Advanced 1

Amateur 6

The total intensity Wide-Grip Rear Pull-Up

Hanging Pike

Clean Deadlift

Amount of training days: 25

Rest between sets **Exercise** (superset) Sets Reps

«2 месяца адского кача!»

1000

Barbell Bench Press - Medium Grip

1×10 max Rest: **4**0 sec

1 x 8 max Rest: **4**0 sec

1x7 max Rest: @ 300 sec

1x9 max Rest: **4**0 sec

1x8 max Rest: **4**0 sec

1x8 max Rest: **②** 30 sec

1x7 max Rest: **②** 30 sec

Wide-Grip Rear Pull-Up

1x8 max Rest: **②** 30 sec

1x7 max Rest: **①** 30 sec

1×6 max Rest: **①** 180 sec

1×10 max Rest: **②** 30 sec

1 x 8 max Rest: **②** 30 sec

1×7 max Rest: @ 240 sec

1×10 max Rest: **②** 60 sec

Barbell Bench Press - Medium

Grip

Butterfly

of each set.

the the planned.

Complexity

Workout place

-- Show all

Active Recovery

Advanced search

2 add-ons

these are not all application features.

Crunches

Lying T-Bar Row

3×10 max Rest: **②** 120 sec

▲ Level «Advanced 1» is required or you can pay 170 points / ② what is it? Allowed for status «VIP»

1 day Barbell Bench Press - Medium Grip **②** 30-300 sec 3-6 7-10 (+max) 2 **Dips - Triceps Version** 3 7-10 (+max) **②** 30 sec 3 Wide-Grin Rear Pull-Un 3 Max (1) 120 sec

Training intensity for each exercise

800 Barbell Bench Press - Medium Grip Barbell Incline Bench Press Medium-Grip 1113 Barbell Full Squat 600 Seated Cable Rows Leg Press 835 Wide-Grip Lat Pulldown 400 Seated Barbell Military Press Lying T-Bar Row 557 Butterfly Dips - Triceps Version 200 Close-Grip Barbell Bench Press Power Partials Example 3 of 25 workouts Workout #1 **②** 56 min Workout #2 **②** 53 min Workout #3 **4**0 min

to failure to failure **1×10** max Rest: **②** 30 sec **1x7** max Rest: **①** 300 sec 1x7 max Rest: @ 300 sec to failure to failure **1x8** max Rest: **②** 30 sec **1x7** max Rest: **①** 30 sec Wide-Grip Lat Pulldown Dips - Triceps Version **1×10** max Rest: **②** 30 sec **1×10** max Rest: **②** 30 sec to failure to failure **Close-Grip Barbell Bench Press**

Clean Deadlift

to failure

1×10 max Rest: **②** 30 sec

1×8 max Rest: **②** 30 sec

1×7 max Rest: **②** 360 sec

1×9 max Rest: **②** 30 sec

1x8 max Rest: **①** 30 sec

1x8 max Rest: **②** 30 sec

1x7 max Rest: **②** 240 sec

1x9 max Rest: **②** 30 sec

1x8 max Rest: **①** 30 sec

1×7 max Rest: **②** 240 sec

1×10 max Rest: **②** 30 sec

1x8 max Rest: **①** 30 sec

1x7 max Rest: **②** 240 sec

1x9 max Rest: **②** 30 sec

1×8 max Rest: **②** 30 sec

1×7 max Rest: **②** 240 sec

Seated Calf Raise

1×20 Rest: **②** 30 sec

1×17 Rest: **②** 30 sec

Directory of the exercises

Barbell Full Squat

Clean Deadlift

• During training, you will carry out step by step application and assess the level of load obtained after the completion

• If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the

• Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match

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 -

• The application will compare your score with the planned load and adjust the level of your performance in the

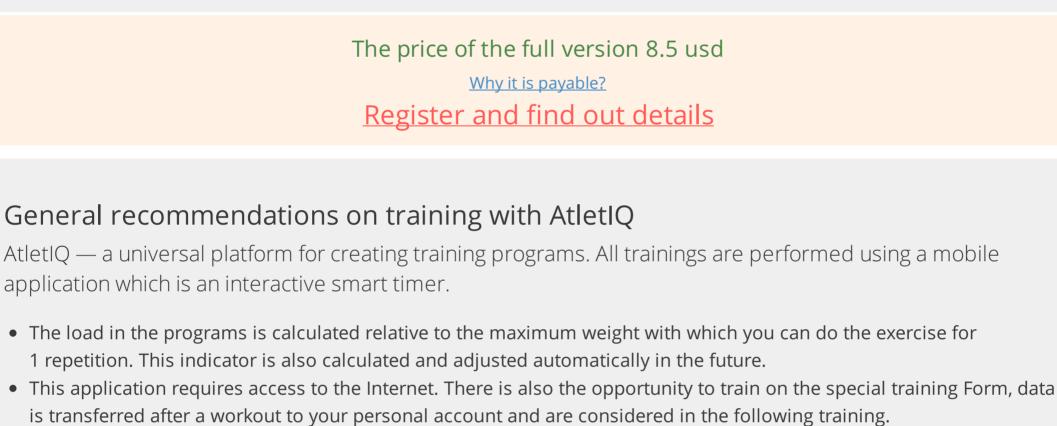
up or down so that you will always receive a predetermined level of load according to the program.

• On training days, on which work is scheduled to failure, take care of the presence of helper

• Try to set the weights as close to the calculated considering the capabilities of your gym

Seated Cable Rows





Barbell Incline Bench Press **☐** ACTUAL WORKOUT#1 **YOUR FRIENDS** Medium-Grip Find program Fitnes Goal АРТЕМ ЖЕВЛАКОВ 01:00 2.39 T 54 71532 scores Last Activity: Mar 14

P 😯 🗏 🛎 🃭

Dumbbell Bench Press

Parhall Shoulder Dross

#1

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

weight, kg / lbs

Amateur 3 Вадим_67 12438 scores **PERFORMED** Last Activity: Mar 13 REDUCE THE RECOVERY TIME OF PHYSICAL How to do? DITIONS BY UP TO TWO WEEKS AFTER A BREAK REMOVE FROM FRIENDS 1. Load the bar to an appropriate weight for your FROM A POWER TRAINING PROGRAM 2. Lay on the bench with your feet flat on the Back in operation with 4 workouts! ground, driving through to your hips. Your back Владислав

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.

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should be arched, and your shoulder blades