

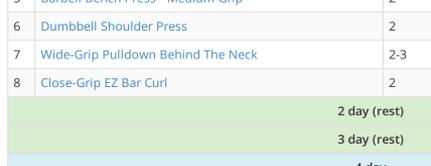


# Rapid growth of muscles is possible! Only 1 month of powerful training!

**Intermediate** **39** days **12** workouts **~58** minutes

Fullbody-style training that perfectly fits into the training plan of the experienced natural "lifter" as a temporary "contrast" to the split-schemes. Accelerate training progress with an effective complex for the simultaneous development of all major muscle groups!

<https://atletiq.com/en/programma/fullbody-plus.html>



**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 МЕСЯЦ» Duration in days: 39 Amount of training days: 12 Rest days: 27

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 |
|---------------------|---|------|--------------|-------------------|
| <b>1 day</b>        |   |      |              |                   |
| 1                   | Push-Up Wide                            | 2    | 35           | 60 sec            |
| 2                   | Barbell Full Squat                      | 2-3  | 10-12 (+max) | 180 sec           |
| 3                   | Seated Calf Raise                       | 2    | 15-20        | 60 sec            |
| 4                   | Dips - Chest Version                    | 2    | 7-12 (+max)  | 90 sec            |
| 5                   | Barbell Bench Press - Medium Grip       | 2    | 8-12 (+max)  | 140 sec           |
| 6                   | Dumbbell Shoulder Press                 | 2    | 10-12 (+max) | 90 sec            |
| 7                   | Wide-Grip Pulldown Behind The Neck      | 2-3  | 10-12 (+max) | 90 sec            |
| 8                   | Close-Grip EZ Bar Curl                  | 2    | 9-12 (+max)  | 100 sec           |
| <b>2 day (rest)</b> |   |      |              |                   |
| <b>3 day (rest)</b> |   |      |              |                   |
| <b>4 day</b>        |   |      |              |                   |
| 1                   | Dumbbell Bench Press                    | 2-3  | 9-12 (+max)  | 90 sec            |
| 2                   | Barbell Incline Bench Press Medium-Grip | 2    | 8-12 (+max)  | 150 sec           |
| 3                   | Leg Press                               | 2-3  | 8-10 (+max)  | 150 sec           |
| 4                   | Lying T-Bar Row                         | 2    | 10-12 (+max) | 90-100 sec        |
| 5                   | Bent Over Barbell Row                   | 2    | 10-12 (+max) | 110 sec           |
| 6                   | Triceps Pushdown                        | 2    | 10-12 (+max) | 80 sec            |
| 7                   | Chin-Up                                 | 2    | 5-12 (+max)  | 90 sec            |
| 8                   | Decline Crunch                          | 3    | 10-15 (+max) | 90 sec            |
| <b>5 day (rest)</b> |   |      |              |                   |
| <b>6 day (rest)</b> |   |      |              |                   |
| <b>7 day (rest)</b> |   |      |              |                   |

## 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** 55 min

- Push-Up Wide 2x35 Rest: 60 sec
- Barbell Full Squat 2x10 max Rest: 180 sec
- Seated Calf Raise 2x15 Rest: 60 sec
- Dips - Chest Version 2x12 Rest: 90 sec
- Barbell Bench Press - Medium Grip 2x8 max Rest: 140 sec
- Dumbbell Shoulder Press 2x10 max Rest: 90 sec
- Wide-Grip Pulldown Behind The Neck 2x10 max Rest: 100 sec
- Close-Grip EZ Bar Curl 2x9 max Rest: 100 sec

839 scores

**Workout #2** 59 min

- Dumbbell Bench Press 3x12 Rest: 90 sec
- Barbell Incline Bench Press Medium-Grip 2x8 max Rest: 150 sec
- Leg Press 2x10 max Rest: 150 sec
- Lying T-Bar Row 2x10 max Rest: 90 sec
- Bent Over Barbell Row 2x10 max Rest: 110 sec
- Triceps Pushdown 2x12 Rest: 80 sec
- Chin-Up 2x7 max Rest: 90 sec
- Decline Crunch 3x10 max Rest: 90 sec

678 scores

**Workout #3** 60 min

- Push-Up Wide 2x35 Rest: 60 sec
- Barbell Full Squat 3x12 Rest: 180 sec
- Seated Calf Raise 2x20 Rest: 60 sec
- Dips - Chest Version 2x10 max Rest: 90 sec
- Barbell Bench Press - Medium Grip 2x12 Rest: 140 sec
- Dumbbell Shoulder Press 2x12 Rest: 90 sec
- Wide-Grip Pulldown Behind The Neck 3x12 Rest: 90 sec
- Close-Grip EZ Bar Curl 2x12 Rest: 100 sec

901 scores

**Workout #4** 60 min

- Dumbbell Bench Press 2x10 max Rest: 90 sec
- Barbell Incline Bench Press Medium-Grip 2x12 Rest: 150 sec
- Leg Press 3x10 max Rest: 150 sec
- Lying T-Bar Row 2x12 Rest: 100 sec
- Bent Over Barbell Row 2x12 Rest: 110 sec
- Triceps Pushdown 2x10 max Rest: 80 sec
- Chin-Up 2x10 max Rest: 90 sec
- Decline Crunch 3x15 Rest: 90 sec

855 scores

**Workout #5** 55 min

- Push-Up Wide 2x35 Rest: 60 sec
- Barbell Full Squat 2x10 max Rest: 180 sec
- Seated Calf Raise 2x15 Rest: 60 sec
- Dips - Chest Version 2x12 Rest: 90 sec
- Barbell Bench Press - Medium Grip 2x8 max Rest: 140 sec
- Dumbbell Shoulder Press 2x10 max Rest: 90 sec
- Wide-Grip Pulldown Behind The Neck 2x10 max Rest: 90 sec
- Close-Grip EZ Bar Curl 2x9 max Rest: 100 sec

851 scores

**Workout #6** 57 min

- Dumbbell Bench Press 2x9 max Rest: 90 sec
- Barbell Incline Bench Press Medium-Grip 2x8 max Rest: 150 sec
- Leg Press 2x8 max Rest: 150 sec
- Lying T-Bar Row 2x10 max Rest: 90 sec
- Bent Over Barbell Row 2x10 max Rest: 110 sec
- Triceps Pushdown 2x12 Rest: 80 sec
- Chin-Up 2x5 max Rest: 90 sec
- Decline Crunch 3x12 Rest: 90 sec

823 scores

**Workout #7** 60 min

- Push-Up Wide 2x35 Rest: 60 sec
- Barbell Full Squat 3x12 Rest: 180 sec
- Seated Calf Raise 2x20 Rest: 60 sec
- Dips - Chest Version 2x12 Rest: 90 sec
- Barbell Bench Press - Medium Grip 2x12 Rest: 140 sec
- Dumbbell Shoulder Press 2x12 Rest: 90 sec
- Wide-Grip Pulldown Behind The Neck 3x12 Rest: 90 sec
- Close-Grip EZ Bar Curl 2x12 Rest: 100 sec

888 scores

**Workout #8** 59 min

- Dumbbell Bench Press 3x12 Rest: 90 sec
- Barbell Incline Bench Press Medium-Grip 2x12 Rest: 150 sec
- Leg Press 2x10 max Rest: 150 sec
- Lying T-Bar Row 2x12 Rest: 100 sec
- Bent Over Barbell Row 2x12 Rest: 110 sec
- Triceps Pushdown 2x10 max Rest: 80 sec
- Chin-Up 2x12 Rest: 90 sec
- Decline Crunch 3x10 max Rest: 90 sec

637 scores

**Workout #9** 55 min

- Push-Up Wide 2x35 Rest: 60 sec
- Barbell Full Squat 2x10 max Rest: 180 sec
- Seated Calf Raise 2x15 Rest: 60 sec
- Dips - Chest Version 2x10 max Rest: 90 sec
- Barbell Bench Press - Medium Grip 2x8 max Rest: 140 sec
- Dumbbell Shoulder Press 2x10 max Rest: 90 sec
- Wide-Grip Pulldown Behind The Neck 2x10 max Rest: 90 sec
- Close-Grip EZ Bar Curl 2x9 max Rest: 100 sec

852 scores

**Workout #10** 60 min

- Dumbbell Bench Press 2x10 max Rest: 90 sec
- Barbell Incline Bench Press Medium-Grip 2x8 max Rest: 150 sec
- Leg Press 3x10 max Rest: 150 sec
- Lying T-Bar Row 2x10 max Rest: 90 sec
- Bent Over Barbell Row 2x10 max Rest: 110 sec
- Triceps Pushdown 2x12 Rest: 90 sec
- Chin-Up 2x7 max Rest: 90 sec
- Decline Crunch 3x15 Rest: 90 sec

885 scores

**Workout #11** 60 min

- Push-Up Wide 2x35 Rest: 60 sec
- Barbell Full Squat 3x12 Rest: 180 sec
- Seated Calf Raise 2x20 Rest: 60 sec
- Dips - Chest Version 2x7 max Rest: 90 sec
- Barbell Bench Press - Medium Grip 2x12 Rest: 140 sec
- Dumbbell Shoulder Press 2x12 Rest: 90 sec
- Wide-Grip Pulldown Behind The Neck 2x12 Rest: 90 sec
- Close-Grip EZ Bar Curl 2x12 Rest: 100 sec

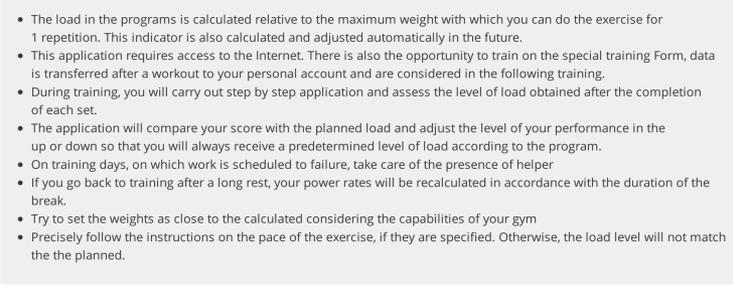
900 scores

**Workout #12** 58 min

- Dumbbell Bench Press 2x9 max Rest: 90 sec
- Barbell Incline Bench Press Medium-Grip 2x12 Rest: 150 sec
- Leg Press 2x8 max Rest: 150 sec
- Lying T-Bar Row 2x12 Rest: 100 sec
- Bent Over Barbell Row 2x12 Rest: 110 sec
- Triceps Pushdown 2x10 max Rest: 80 sec
- Chin-Up 2x10 max Rest: 90 sec
- Decline Crunch 3x12 Rest: 90 sec

800 scores

## Directory of the exercises



## 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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