

Extreme Mass

The four-day split for lean mass gain - PRO-level of your workout

Intermediate
62 days
32 workouts
~47 minutes

You strive to spur muscular development, but do not know how? Today we disclose the recipe for the extreme mass to all comers. Apply the training scheme of an elite bodybuilder - shuffle the compound exercises with a target isolation in a four-day split.

<https://atletiq.com/en/programms/355>

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» Duration in days: 31 Amount of training days: 16 Rest days: 15

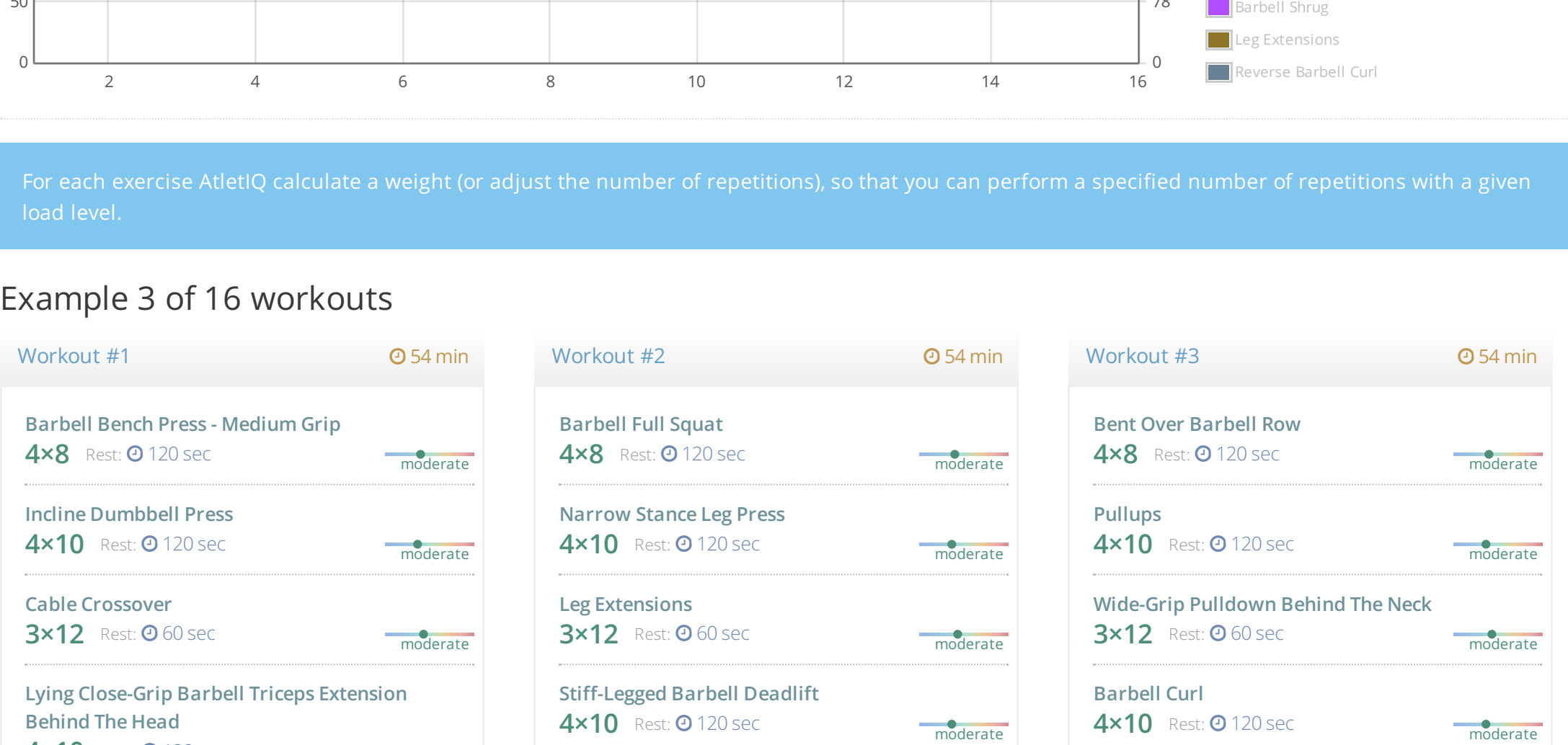
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Bench Press - Medium Grip	3-4	8-12	60-120 sec
2	Incline Dumbbell Press	3-4	10-12	60-120 sec
3	Cable Crossover	3	12-15	45-60 sec

Allowed access by status

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 16 workouts

Workout #1 54 min

- Barbell Bench Press - Medium Grip 4x8 Rest: 120 sec (moderate)
- Incline Dumbbell Press 4x10 Rest: 120 sec (moderate)
- Cable Crossover 3x12 Rest: 60 sec (moderate)
- Lying Close-Grip Barbell Triceps Extension Behind The Head 4x10 Rest: 120 sec (moderate)
- Triceps Pushdown 3x12 Rest: 60 sec (moderate)
- Crunches 3x12 Rest: 60 sec (moderate)

> 4.39 T 465 scores 330 kcal

Workout #2 54 min

- Barbell Full Squat 4x8 Rest: 120 sec (moderate)
- Narrow Stance Leg Press 4x10 Rest: 120 sec (moderate)
- Leg Extensions 3x12 Rest: 60 sec (moderate)
- Stiff-Legged Barbell Deadlift 4x10 Rest: 120 sec (moderate)
- Lying Leg Curls 3x12 Rest: 60 sec (moderate)
- Standing Barbell Calf Raise 3x12 Rest: 60 sec (moderate)

> 11.2 T 465 scores 330 kcal

Workout #3 54 min

- Bent Over Barbell Row 4x8 Rest: 120 sec (moderate)
- Pullups 4x10 Rest: 120 sec (moderate)
- Wide-Grip Pulldown Behind The Neck 3x12 Rest: 60 sec (moderate)
- Barbell Curl 4x10 Rest: 120 sec (moderate)
- Hammer Curls 3x12 Rest: 60 sec (moderate)
- Reverse Barbell Curl 3x12 Rest: 60 sec (moderate)

> 4.41 T 492 scores 350 kcal

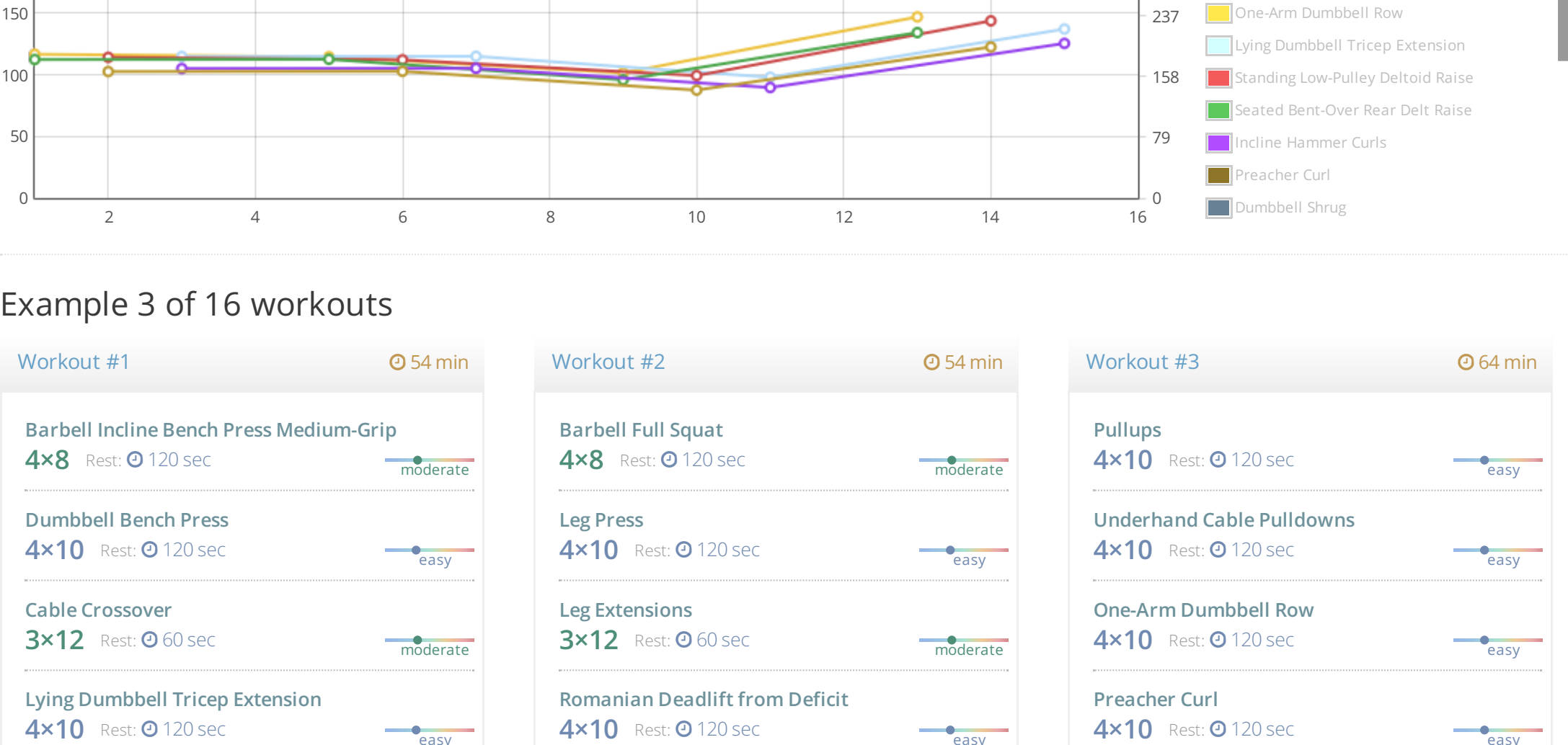
2 «2 МЕСЯЦ» Duration in days: 31 Amount of training days: 16 Rest days: 15

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#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Incline Bench Press Medium-Grip	3-4	8-12	60-120 sec
2	Dumbbell Bench Press	3-4	10-12	60-120 sec
3	Cable Crossover	3	12-15	45-60 sec

Allowed access by status

Training intensity for each exercise



Example 3 of 16 workouts

Workout #1 54 min

- Barbell Incline Bench Press Medium-Grip 4x8 Rest: 120 sec (moderate)
- Dumbbell Bench Press 4x10 Rest: 120 sec (easy)
- Cable Crossover 3x12 Rest: 60 sec (moderate)
- Lying Dumbbell Tricep Extension Behind The Head 4x10 Rest: 120 sec (easy)
- Reverse Grip Triceps Pushdowns 3x12 Rest: 60 sec (moderate)
- Crunches 3x12 Rest: 60 sec (moderate)

> 3.66 T 477 scores 340 kcal

Workout #2 54 min

- Barbell Full Squat 4x8 Rest: 120 sec (moderate)
- Leg Press 4x10 Rest: 120 sec (easy)
- Leg Extensions 3x12 Rest: 60 sec (moderate)
- Romanian Deadlift from Deficit 4x10 Rest: 120 sec (easy)
- Lying Leg Curls 3x12 Rest: 60 sec (moderate)
- Smith Machine Reverse Calf Raises 3x12 Rest: 60 sec (moderate)

> 10.01 T 455 scores 330 kcal

Workout #3 64 min

- Pullups 4x10 Rest: 120 sec (easy)
- Underhand Cable Pulldowns 4x10 Rest: 120 sec (easy)
- One-Arm Dumbbell Row 4x10 Rest: 120 sec (easy)
- Preacher Curl 4x10 Rest: 120 sec (easy)
- Incline Hammer Curls 4x10 Rest: 120 sec (easy)
- Reverse Barbell Curl 3x12 Rest: 60 sec (moderate)

> 3.94 T 481 scores 350 kcal

The price of the full version 12.5 usd

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

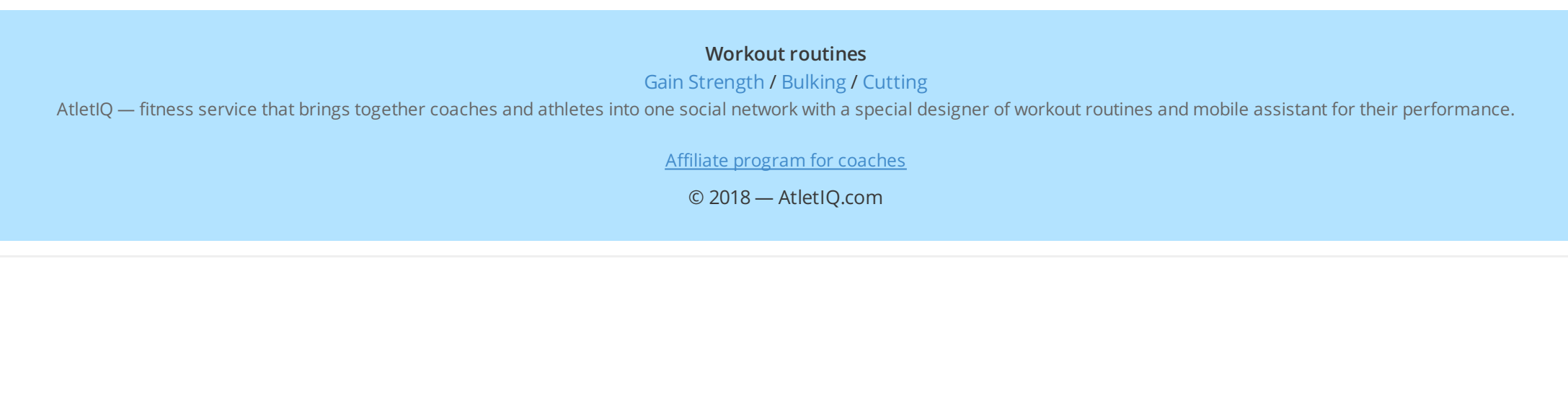
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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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