Top Power

Three-day training in the "powerlifting" style - your pass to professional power sports

3 exercises	47 min	24 years	~107 kg

"Big Two" for the "Mass Mode" of work activates the full muscle power in a low-volume repetition mode with a progressive training program for strength.

https://athlete.app/exercises/198

Mobile Fitness Assistant

Exercising with AthletQ you get exactly the load established by the author of the routine at any time and anywhere. Your mobile fitness assistant will speed up as much time as necessary to fulfill the tasks set by coach.

Install App (Mobile Fitness Assistant AthletQ) https://athlete.app/app

The content of the program

Strength training for the development of maximum muscle strength and power. The exercises are performed with a low number of repetitions and high weights. Rest between sets is long enough to restore the ability to work at full capacity.

#	Exercises (supersets)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	3-6	3-6	60 sec
2	Barbell Bench Press - Medium Grip	3-5	4-6	60 sec
3	Close-Grip Barbell Bench Press	3-5	4-6	60 sec
4	Triceps Pushdown	4-5	4-8	60 sec
5	Power Pretzels	3-5	4-6	60 sec
6	Crunches	4-5	4-8	60 sec
	2 day (rest)			
	3 day			
1	Barbell Bench Press - Medium Grip	4-5	3-5	60 sec
2	Barbell Incline Bench Press (Medium Grip)	3-5	3-6	60 sec
3	Dumbbell Bench Press	4-5	4-8	60 sec
4	Barbell Curl	3-5	4-6	60 sec
5	Close-Grip Front Lat Pulldown	4-5	4-8	60 sec
	4 day (rest)			
	5 day			
1	Barbell Full Squat	3-5	3-6	60 sec
2	Barbell Bench Press - Medium Grip	3-5	4-6	60 sec
3	Seated Overhead Military Press	3-5	3-6	60 sec
4	Dumbbell Row	3-5	4-6	60 sec
5	Triceps Pushdown	4-5	4-8	60 sec
6	Crunches	4-5	4-8	60 sec
	6 day (rest)			

Training intensity for each exercise

The chart shows how much weight was used for the number of repetitions in the last workout. Using it, you can see how your strength is developing in the selected period of time. Strength is the ability to lift the maximum weight for a given number of repetitions.

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Directory of the exercises

General recommendations on training with AthletQ

Mobile fitness assistant AthletQ helps to organize training programs. All trainings are performed using a mobile application which is a reminder for correct training.

- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This calculator is also calculated and adjusted automatically in the future.
- The application requires access to the Internet. There is also the opportunity to train on the special training form, data will be synchronized with the server when the Internet connection appears (synchronization in the profile).
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- At the end, you can compare your score with the planned load and adjust the level of your performance in the run-in phase so that you will always receive a predetermined level of load according to the program.
- The program will automatically adjust the load for the next workout based on your results.
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the rest.
- You can do strengths 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 programs.

How to use mobile assistant

Universal program designer AthletQ allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the tempo indicator of exercises, instant adjustment of load to suit your force capabilities. Press one set of application features.

Install App

Athlete Group

Apps | Fitness and Bodybuilding Training

Athlete Group is a leading developer of mobile fitness applications, fitness trackers and personal training programs.

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