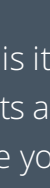


Assure explosive muscle mass growth in your arms

 Intermediate

28 days

16 workouts

~51 minutes

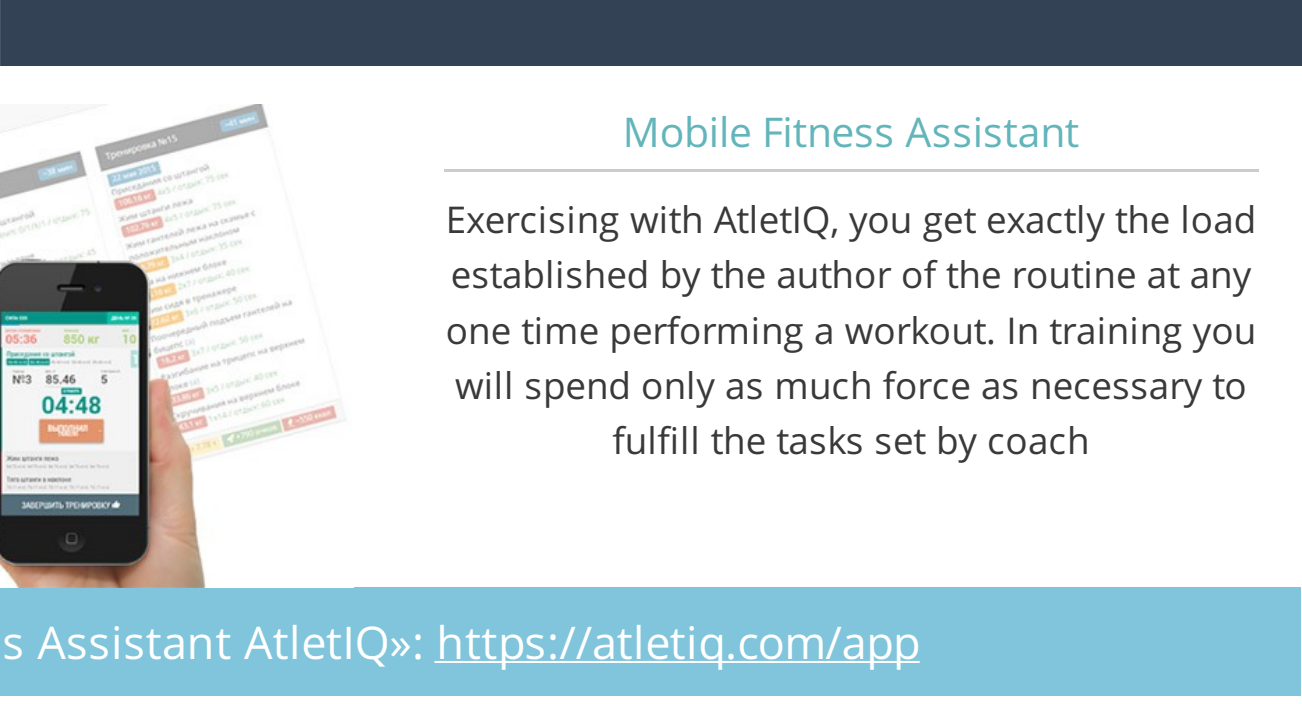
The four-day balanced split specialization aimed at the explosive development of muscles in the arms and deltoids

<https://atletiq.com/en/programms/407>



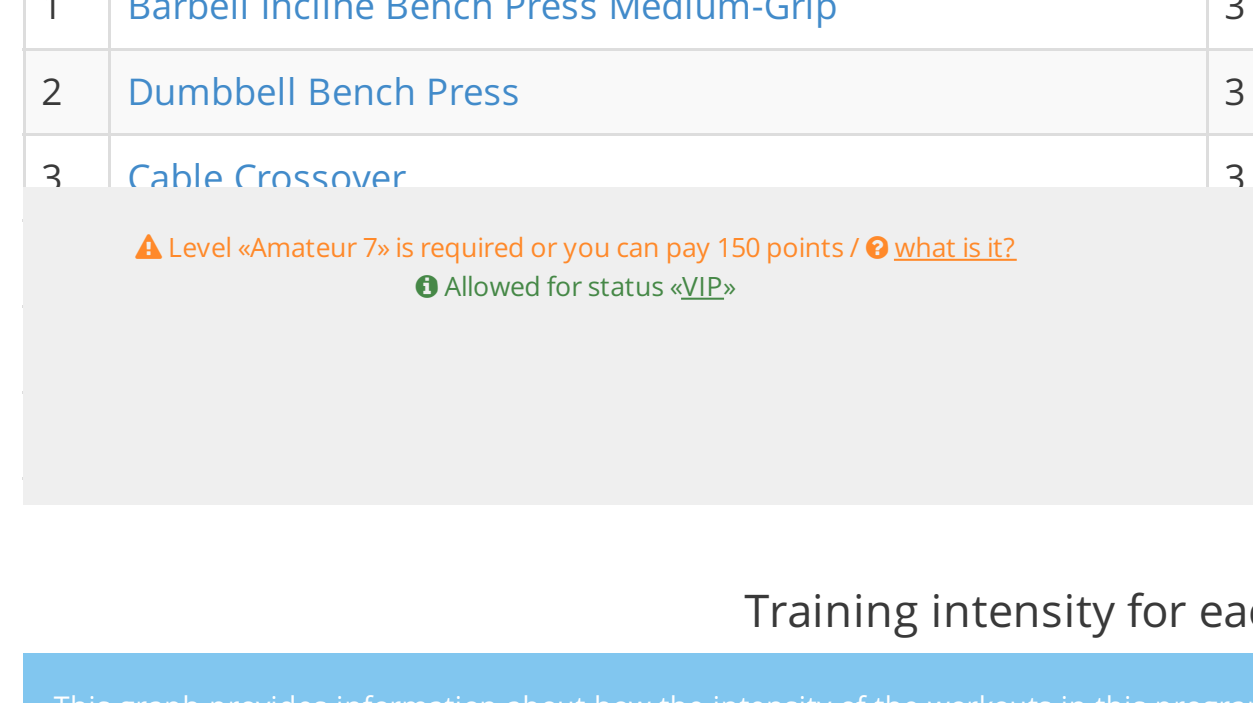
Author:
Pavel

What is it worth to build a body? I'll tell you all the secrets and make the program suitable for you. I will advise you on nutrition.



Get cannonball shoulders!

Stop enviously looking at athletic movie heroes: Arnold Schwarzenegger, Jean Claude Van Damme and Sylvester Stallone among others. With this training's focus on a split anterior deltoid shoulder and arm muscles, you're guaranteed to rack up the necessary muscle and stand out in the crowd. Do not waste your time, it's time to build the body of your dreams.



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	«Тяжелая нагрузка»	Duration in days: 14	Amount of training days: 8	Rest days: 6
---	--------------------	----------------------	----------------------------	--------------

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 Incline Bench Press Medium-Grip	3	8 (+max)	90 sec
2	Dumbbell Bench Press	3	10	90 sec
3	Cable Crossover	3	12	90 sec

▲ Level «Amateur 7» is required or you can pay 150 points / ● what is it?
● Allowed for status «VIP»

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 8 workouts

Workout #1 55 min	Workout #2 48 min	Workout #3 49 min
Barbell Incline Bench Press Medium-Grip 3×8 Rest: 90 sec very hard	Barbell Full Squat 3×8 Rest: 90 sec very hard	Pullups 3×8 Rest: 90 sec very hard
Dumbbell Bench Press 3×10 Rest: 90 sec very hard	Sumo Deadlift 3×10 Rest: 90 sec very hard	Bent Over One-Arm Long Bar Row 3×10 Rest: 90 sec very hard
Cable Crossover 3×12 Rest: 90 sec very hard	Calf Press On The Leg Press Machine 3×12 Rest: 90 sec very hard	Straight-Arm Pulldown 3×12 Rest: 90 sec very hard
Barbell Shoulder Press 3×8 Rest: 90 sec very hard	Barbell Curl 3×8 Rest: 90 sec very hard	Barbell Rear Delt Row 3×8 Rest: 90 sec very hard
Dumbbell Shoulder Press 3×10 Rest: 90 sec very hard	Preacher Curl 3×8 Rest: 90 sec very hard	Dumbbell Lying Rear Lateral Raise 3×10 Rest: 90 sec very hard
One-Arm Side Laterals 3×12 Rest: 90 sec very hard	Concentration Curls 3×10 Rest: 90 sec very hard	Flat Bench Lying Leg Raise 3×5 Rest: 120 sec very hard
Hanging Leg Raise 2×15 max Rest: 120 sec to failure	645 scores	754 scores

2	«Крайне тяжелая нагрузка»	Duration in days: 14	Amount of training days: 8	Rest days: 6
---	---------------------------	----------------------	----------------------------	--------------

В ходе данного мезоцикла нагрузка будет возрастать от крайне тяжелой до отказной.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Incline Bench Press Medium-Grip	3	Max	90 sec
2	Dumbbell Bench Press	3	10 (+max)	90 sec
3	Cable Crossover	3	12 (+max)	90 sec

▲ Level «Amateur 7» is required or you can pay 150 points / ● what is it?
● Allowed for status «VIP»

Training intensity for each exercise



Example 3 of 8 workouts

Workout #1 57 min	Workout #2 48 min	Workout #3 49 min
Barbell Incline Bench Press Medium-Grip 3×8 max Rest: 90 sec very hard	Barbell Full Squat 3×8 max Rest: 90 sec very hard	Pullups 3×8 max Rest: 90 sec very hard
Dumbbell Bench Press 3×10 max Rest: 90 sec very hard	Sumo Deadlift 3×10 max Rest: 90 sec very hard	Bent Over One-Arm Long Bar Row 3×10 Rest: 90 sec very hard
Cable Crossover 3×12 max Rest: 90 sec very hard	Calf Press On The Leg Press Machine 3×8 max Rest: 90 sec very hard	Straight-Arm Pulldown 3×12 max Rest: 90 sec very hard
Barbell Shoulder Press 3×8 max Rest: 90 sec very hard	Barbell Curl 3×8 max Rest: 90 sec very hard	Barbell Rear Delt Row 3×8 max Rest: 90 sec very hard
Dumbbell Shoulder Press 3×10 max Rest: 90 sec very hard	Preacher Curl 3×10 Rest: 90 sec very hard	Dumbbell Lying One-Arm Rear Lateral Raise 3×10 Rest: 90 sec very hard
One-Arm Side Laterals 3×12 max Rest: 90 sec very hard	Concentration Curls 3×12 max Rest: 90 sec very hard	Flat Bench Lying Leg Raise 3×5 Rest: 120 sec very hard
1043 scores	758 scores	879 scores

Directory of the exercises

Barbell Curl

Barbell Full Squat

Barbell Incline Bench Press Medium-Grip

Barbell Rear Delt Row

Barbell Shoulder Press

Bent Over One-Arm Long Bar Row

The price of the full version 7.5 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 program 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 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](#)
© 2017 — AtletIQ.com