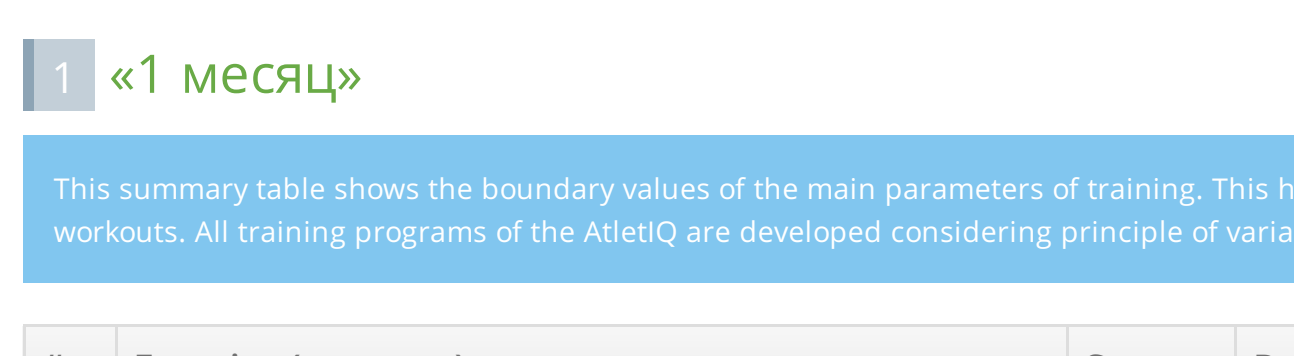


# 12 intensive back exercises and deltas - 6 steps to weight and strength records.

 Intermediate 23 days 12 workouts ~41 minutes

It's time to adjust the genetic "deficiencies" and form a powerful back and impressive shoulders. Ask the advice of users of the training complex for the shoulders and back from Atletiq. Massive, broader, stronger - that's their motto and work result.

<https://atletiq.com/en/programma/plechi-i-spina-massa-sila.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 «1 месяц» Duration in days: 23 Amount of training days: 12 Rest days: 11

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 | Standing Military Press | 3 | 5-10 (+max) | ⌚ 100-160 sec |
|---|-------------------------|---|-------------|---------------|

|   |                       |   |             |               |
|---|-----------------------|---|-------------|---------------|
| 2 | Barbell Rear Delt Row | 3 | 5-10 (+max) | ⌚ 100-160 sec |
|---|-----------------------|---|-------------|---------------|

|   |                                   |   |             |               |
|---|-----------------------------------|---|-------------|---------------|
| 3 | Machine Shoulder (Military) Press | 3 | 5-10 (+max) | ⌚ 100-160 sec |
|---|-----------------------------------|---|-------------|---------------|

⚠ Level «Amateur 4» is required or you can pay 110 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 12 workouts

Workout #1 ⌚ 38 min

**Standing Military Press**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

**Barbell Rear Delt Row**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

**Machine Shoulder (Military) Press**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

**Upright Barbell Row**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

612 scores

Workout #2 ⌚ 38 min

**Snatch Deadlift**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

**Seated Cable Rows**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

**Power Partialis**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

**Close-Grip Front Lat Pulldown**  
1×10 Rest: ⌚ 110 sec heavy  
1×10 Rest: ⌚ 110 sec very hard  
1×10 Rest: ⌚ 110 sec very hard

622 scores

Workout #3 ⌚ 41 min

**Standing Military Press**  
1×9 Rest: ⌚ 110 sec heavy  
1×9 max Rest: ⌚ 150 sec to failure  
1×9 Rest: ⌚ 120 sec heavy

**Barbell Rear Delt Row**  
1×9 Rest: ⌚ 110 sec heavy  
1×9 max Rest: ⌚ 150 sec to failure  
1×9 Rest: ⌚ 120 sec heavy

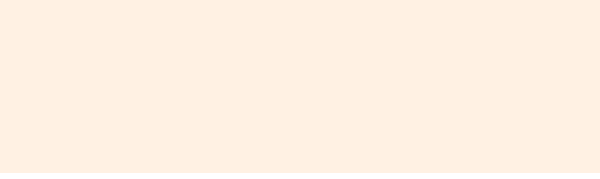
**Machine Shoulder (Military) Press**  
1×9 Rest: ⌚ 110 sec heavy  
1×9 max Rest: ⌚ 150 sec to failure  
1×9 Rest: ⌚ 120 sec heavy

**Upright Barbell Row**  
1×9 Rest: ⌚ 110 sec heavy  
1×9 max Rest: ⌚ 150 sec to failure  
1×9 Rest: ⌚ 120 sec heavy

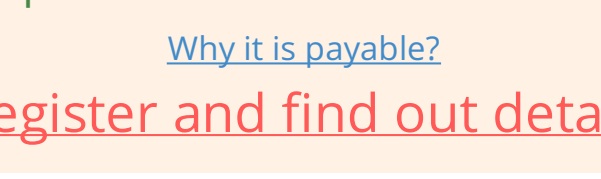
554 scores

## Directory of the exercises

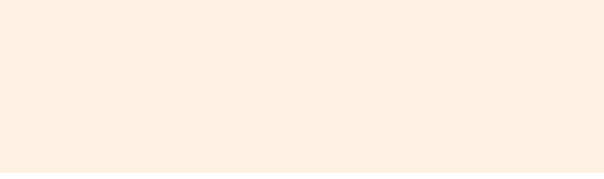
**Barbell Rear Delt Row**



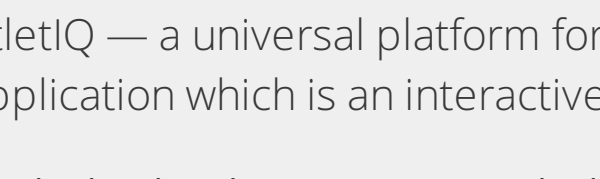
**Close-Grip Front Lat Pulldown**



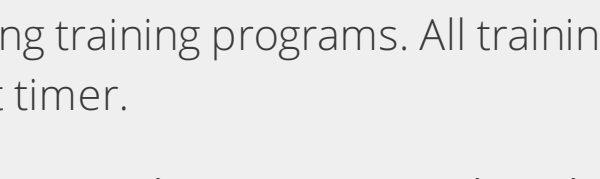
**Machine Shoulder (Military) Press**



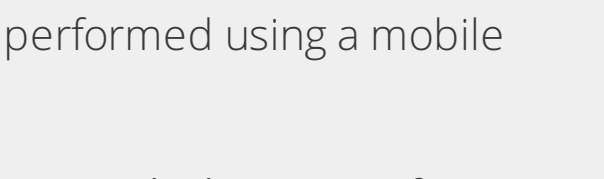
**Power Partialis**



**Seated Cable Rows**



**Snatch Deadlift**



The price of the full version 5,5 usd [Why it is payable?](#) [Register and find out details](#)

## General recommendations on training with Atletiq

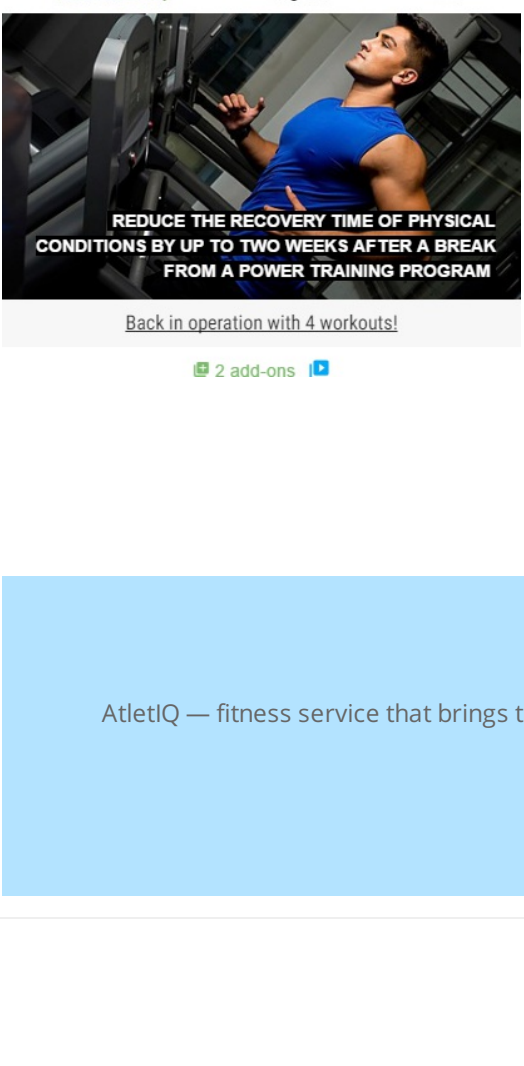
Atletiq — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

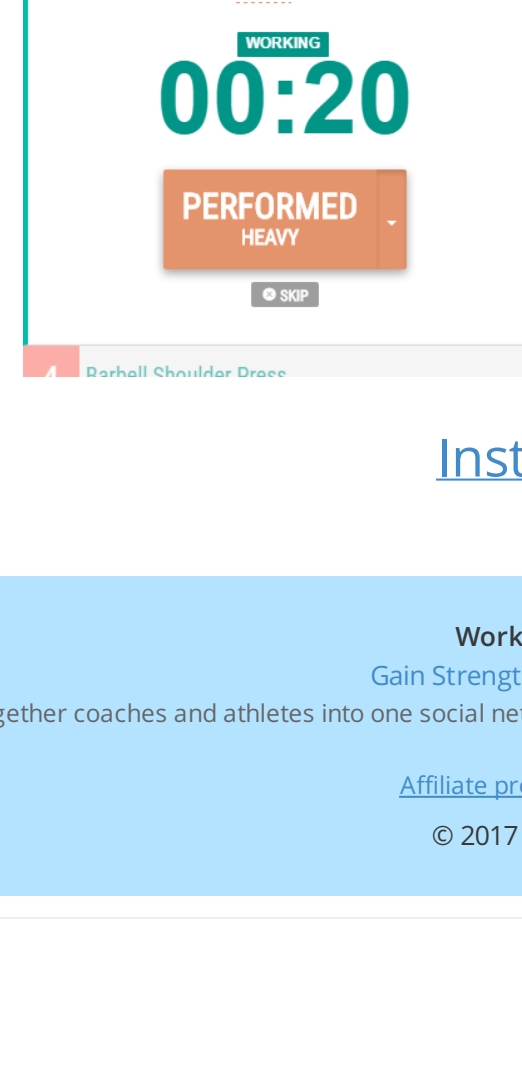
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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 on or training 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.

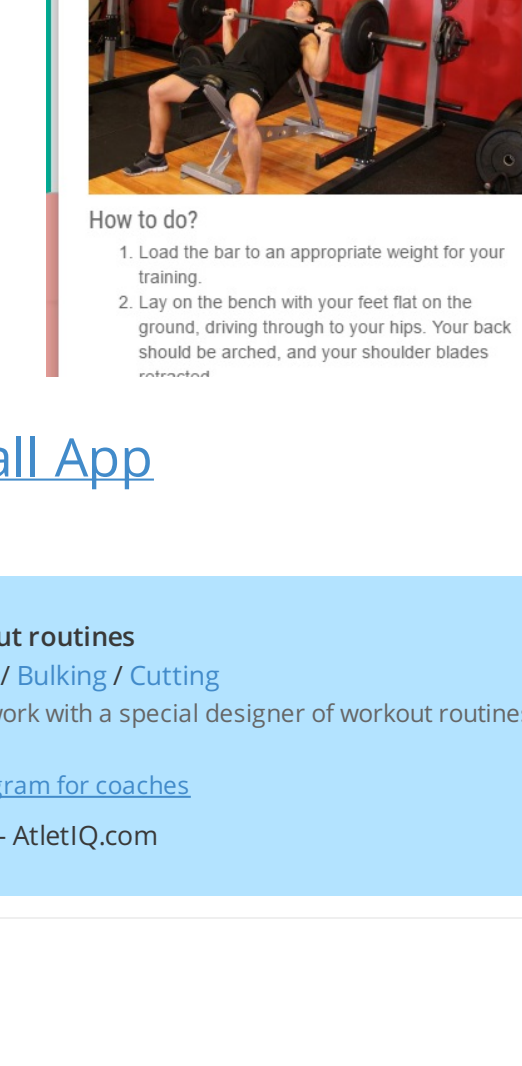
## How to use mobile assistant?

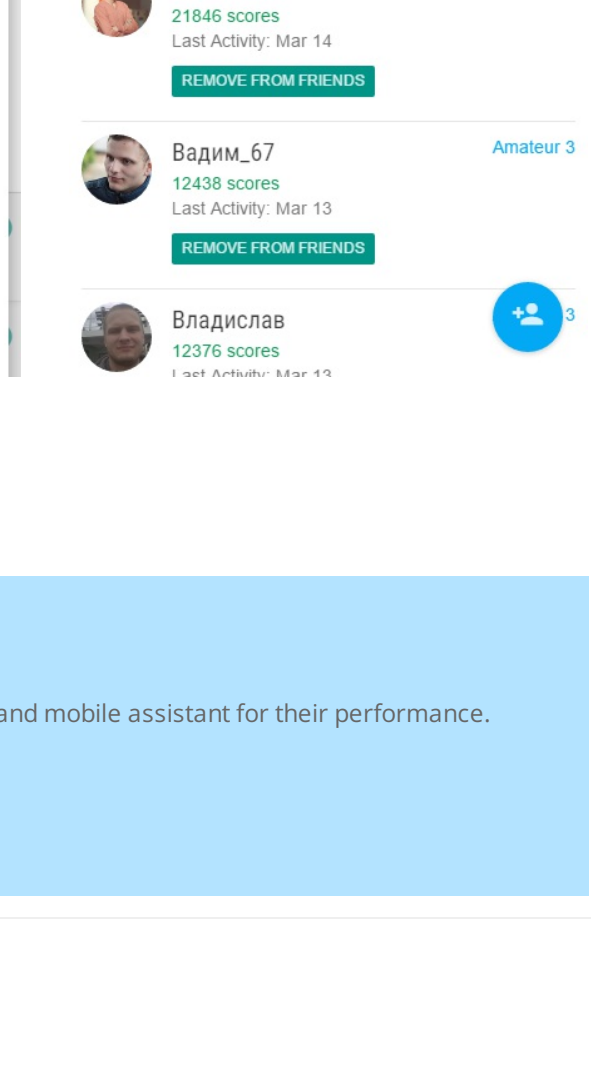
Universal programs designer Atletiq allows to keep workouts in a special format that can be read by mobile app.

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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