

Two-week hybrid training - a powerful and rapid breakthrough to the mass

Intermediate

15 days

8 workouts

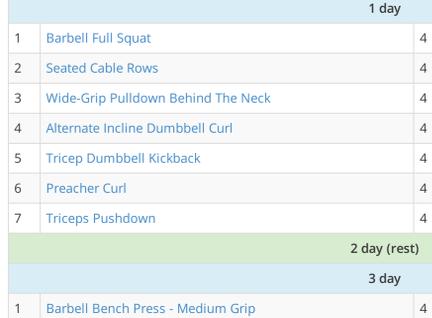
~63 minutes

Mass, strength or muscle relief? From now on you will not face the complexities of choice. Here it is a universal hybrid training program with which you can work on training goals simultaneously.

<https://atletiq.com/en/programms/511>

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

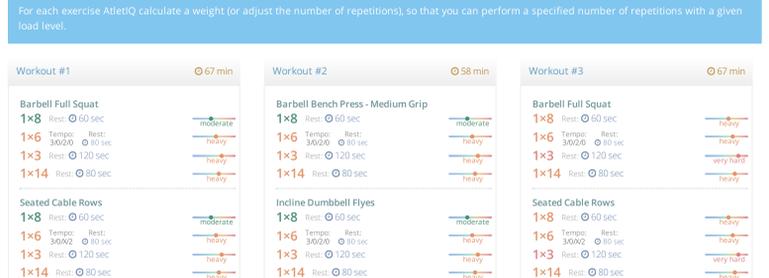
1 «1 MEСЯЦ» Duration in days: 15 Amount of training days: 8 Rest days: 7

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 Full Squat	4	3-14	60-120 sec
2	Seated Cable Rows	4	3-14	60-120 sec
3	Wide-Grip Pulldown Behind The Neck	4	3-14	60-120 sec
4	Alternate Incline Dumbbell Curl	4	6-10	60-120 sec
5	Tricep Dumbbell Kickback	4	4-10	60-120 sec
6	Preacher Curl	4	3-10	60-120 sec
7	Triceps Pushdown	4	3-14	60-120 sec
2 day (rest)				
3 day				
1	Barbell Bench Press - Medium Grip	4	3-14	60-120 sec
2	Incline Dumbbell Flies	4	3-14	60-120 sec
3	Snatch Deadlift	4	3-12	60-120 sec
4	Upright Barbell Row	4	3-14	60-120 sec
5	Standing Military Press	4	3-14	60-120 sec
6	Seated Side Lateral Raise	4	3-14	60-120 sec
4 day (rest)				

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 #1 067 min

Barbell Full Squat
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Seated Cable Rows
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Alternate Incline Dumbbell Curl
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x10 Rest: 80 sec heavy

Tricep Dumbbell Kickback
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x4 Rest: 120 sec heavy
 1x10 Rest: 80 sec heavy

Preacher Curl
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x10 Rest: 80 sec heavy

Triceps Pushdown
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

832 scores

Workout #2 058 min

Barbell Bench Press - Medium Grip
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Incline Dumbbell Flies
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Snatch Deadlift
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x12 Rest: 80 sec heavy

Upright Barbell Row
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Standing Military Press
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Seated Side Lateral Raise
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

986 scores

Workout #3 067 min

Barbell Full Squat
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Seated Cable Rows
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Alternate Incline Dumbbell Curl
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec very hard
 1x10 Rest: 80 sec heavy

Tricep Dumbbell Kickback
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x4 Rest: 120 sec very hard
 1x10 Rest: 80 sec heavy

Preacher Curl
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec very hard
 1x10 Rest: 80 sec heavy

Triceps Pushdown
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

934 scores

Workout #4 058 min

Barbell Bench Press - Medium Grip
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Incline Dumbbell Flies
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Snatch Deadlift
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x12 Rest: 80 sec heavy

Upright Barbell Row
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Standing Military Press
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

Seated Side Lateral Raise
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec heavy

1109 scores

Workout #5 067 min

Barbell Full Squat
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Seated Cable Rows
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Alternate Incline Dumbbell Curl
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x10 Rest: 80 sec heavy

Tricep Dumbbell Kickback
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x4 Rest: 120 sec heavy
 1x10 Rest: 80 sec heavy

Preacher Curl
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x10 Rest: 80 sec heavy

Triceps Pushdown
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

882 scores

Workout #6 058 min

Barbell Bench Press - Medium Grip
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Incline Dumbbell Flies
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Snatch Deadlift
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x12 Rest: 80 sec heavy

Upright Barbell Row
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Standing Military Press
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

Seated Side Lateral Raise
 1x8 Rest: 60 sec moderate
 1x6 Tempo: Rest: 3:00/2:0 80 sec heavy
 1x3 Rest: 120 sec heavy
 1x14 Rest: 80 sec heavy

1047 scores

Workout #7 067 min

Barbell Full Squat
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Seated Cable Rows
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Alternate Incline Dumbbell Curl
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x10 Rest: 80 sec very hard

Tricep Dumbbell Kickback
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x4 Rest: 120 sec very hard
 1x10 Rest: 80 sec very hard

Preacher Curl
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x10 Rest: 80 sec very hard

Triceps Pushdown
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

1066 scores

Workout #8 058 min

Barbell Bench Press - Medium Grip
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Incline Dumbbell Flies
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Snatch Deadlift
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x12 Rest: 80 sec very hard

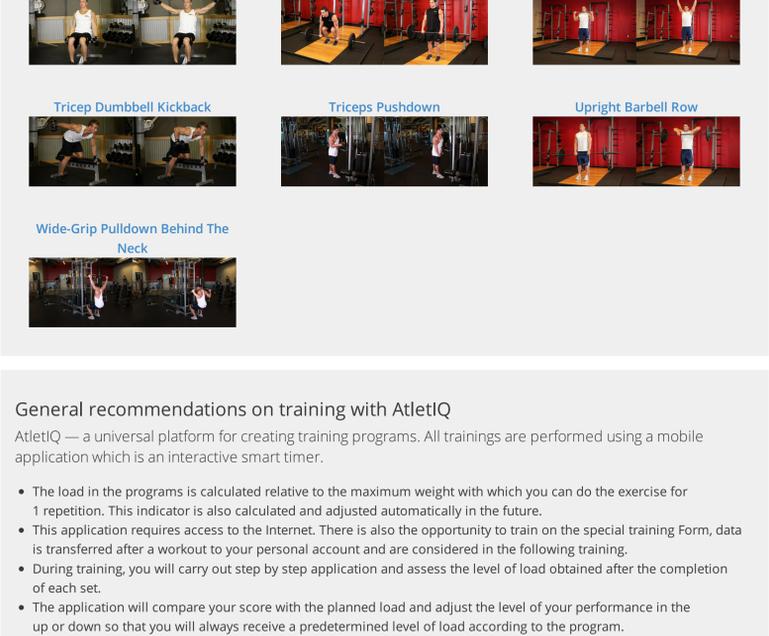
Upright Barbell Row
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Standing Military Press
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

Seated Side Lateral Raise
 1x8 Rest: 60 sec heavy
 1x6 Tempo: Rest: 3:00/2:0 80 sec very hard
 1x3 Rest: 120 sec very hard
 1x14 Rest: 80 sec very hard

1275 scores

Directory of the exercises



General recommendations on training with AtletIQ

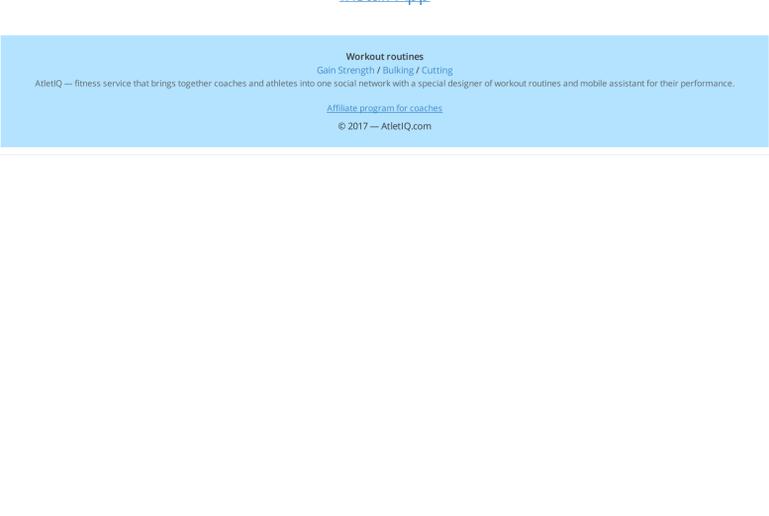
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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
- Specifically 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](https://atletiq.com)
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