

Mass +

Practice combined training with a breakdown into cycles - get muscle volumes "in bulk"

Intermediate

35 days

16 workouts

~60 minutes

Your previous training methodology will seem like amateur fitness in comparison with a high-intensity program of cyclic loads. You literally feel how the muscle fibers are "torn" - this is the only way to gain mass.

<https://atletiq.com/en/programms/541>

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 «ОСНОВНОЙ» Duration in days: 28 Amount of training days: 12 Rest days: 16

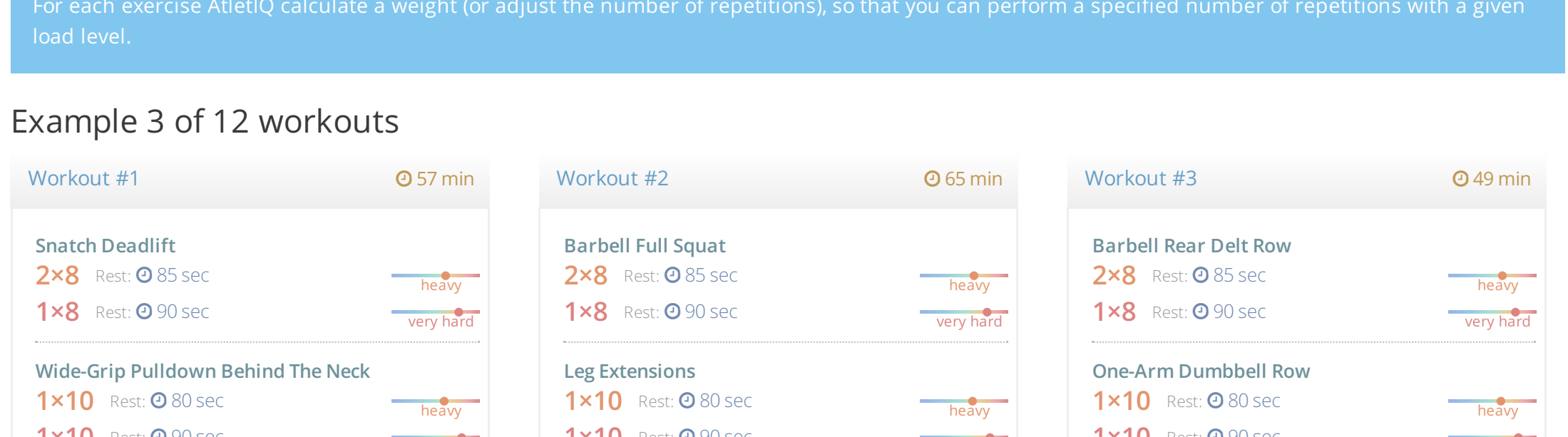
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Snatch Deadlift	3-4	8-10	75-120 sec
2	Wide-Grip Pulldown Behind The Neck	3-4	10-12	80-90 sec
3	Seated Cable Rows	3-4	10-12	90-90 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 12 workouts

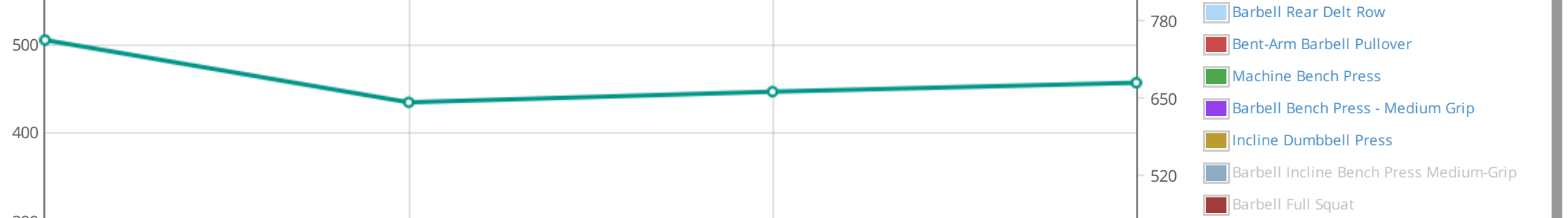
Workout #1	Workout #2	Workout #3
<p>Snatch Deadlift 2x8 Rest: 85 sec 1x8 Rest: 90 sec</p> <p>Wide-Grip Pulldown Behind The Neck 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Seated Cable Rows 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Barbell Bench Press - Medium Grip 2x8 Rest: 85 sec 1x8 Rest: 90 sec</p> <p>Incline Dumbbell Press 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Cable Crossover 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Barbell Shrug 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>> 8.84T ▲ 838 scores ▲ 600 kcal</p>	<p>Barbell Full Squat 2x8 Rest: 85 sec 1x8 Rest: 90 sec</p> <p>Leg Extensions 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Lying Leg Curls 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Close-Grip Barbell Bench Press 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Dumbbell Shoulder Press 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Power Partial 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Alternate Incline Dumbbell Curl 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Low Cable Triceps Extension 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>> 7.53T ▲ 716 scores ▲ 510 kcal</p>	<p>Barbell Rear Delt Row 2x8 Rest: 85 sec 1x8 Rest: 90 sec</p> <p>One-Arm Dumbbell Row 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Barbell Incline Bench Press Medium-Grip 2x8 Rest: 85 sec 1x8 Rest: 90 sec</p> <p>Machine Bench Press 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Dumbbell Flies 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>Bent-Arm Barbell Pullover 1x10 Rest: 80 sec 1x10 Rest: 90 sec 1x10 Rest: 90 sec</p> <p>> 5.1T ▲ 743 scores ▲ 530 kcal</p>

2 «Неделя пампа» Duration in days: 7 Amount of training days: 4 Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Snatch Deadlift	2	Max	90 sec
2	Wide-Grip Pulldown Behind The Neck	2	Max	90 sec
3	Seated Cable Rows	2	Max	90 sec

Allowed access by status

Training intensity for each exercise



Example 3 of 4 workouts

Workout #1	Workout #2	Workout #3
<p>Snatch Deadlift 2x16 max Rest: 90 sec</p> <p>Wide-Grip Pulldown Behind The Neck 2x16 max Rest: 90 sec</p> <p>Seated Cable Rows 2x16 max Rest: 90 sec</p> <p>Barbell Bench Press - Medium Grip 2x16 max Rest: 90 sec</p> <p>Incline Dumbbell Press 2x16 max Rest: 90 sec</p> <p>Cable Crossover 2x16 max Rest: 90 sec</p> <p>Barbell Shrug 2x16 max Rest: 90 sec</p> <p>> 9.49T ▲ 748 scores ▲ 540 kcal</p>	<p>Barbell Full Squat 2x16 max Rest: 90 sec</p> <p>Leg Extensions 2x16 max Rest: 90 sec</p> <p>Lying Leg Curls 2x16 max Rest: 90 sec</p> <p>Close-Grip Barbell Bench Press 2x16 max Rest: 90 sec</p> <p>Dumbbell Shoulder Press 2x16 max Rest: 90 sec</p> <p>Power Partial 2x16 max Rest: 90 sec</p> <p>Alternate Incline Dumbbell Curl 2x16 max Rest: 90 sec</p> <p>Low Cable Triceps Extension 2x16 max Rest: 90 sec</p> <p>> 7.84T ▲ 643 scores ▲ 460 kcal</p>	<p>Barbell Rear Delt Row 2x16 max Rest: 90 sec</p> <p>One-Arm Dumbbell Row 2x16 max Rest: 90 sec</p> <p>Barbell Incline Bench Press Medium-Grip 2x16 max Rest: 90 sec</p> <p>Machine Bench Press 2x16 max Rest: 90 sec</p> <p>Dumbbell Flies 2x16 max Rest: 90 sec</p> <p>Bent-Arm Barbell Pullover 2x16 max Rest: 90 sec</p> <p>> 5.47T ▲ 661 scores ▲ 480 kcal</p>

The price of the full version 7 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
- Otherwise 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](#)

© 2018 — AtletIQ.com