



Time for muscles to grow with a two-week "total" training according to the scheme "10 approaches 10 times"



Intermediate

11

days

6

workouts

~31

minutes

Athletes are in constant search for new training schemes and brilliant success formulas that would help them break through the genetic barriers. But the problem is that such a formula does not exist! Even the simplest, like a brick, technique can work, if it is radically different from that to which your muscles are accustomed. Try to "confuse" them with a unique voluminous training: just one exercise per 100 basic repetitions.

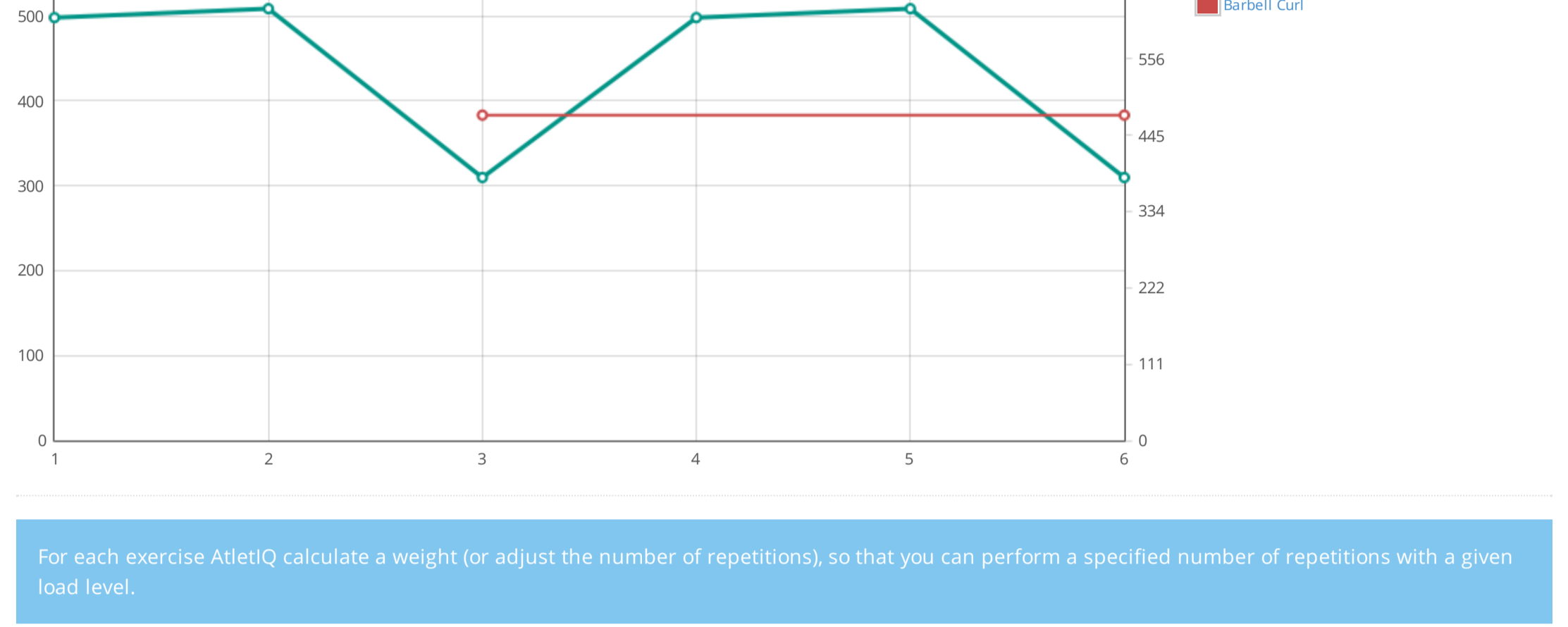
<https://atletiq.com/en/programms/550>

Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of the program

1	«2 недели, 6 тренировок»	Duration in days: 11	Amount of training days: 6	Rest days: 5
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	10	Max	⌚ 160 sec
2 day (rest)				
3 day				
⚠ Level «Amateur 3» is required or you can pay 60 points / ⌚ what is it?				
🟢 Allowed for status «VIP»				

Training intensity for each exercise



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 6 workouts

Workout #1 ⌚ 31 min Barbell Full Squat 10×10 max Rest: ⌚ 160 sec to failure 🍀 616 scores	Workout #2 ⌚ 31 min Barbell Bench Press - Medium Grip 10×10 max Rest: ⌚ 160 sec to failure 🍀 629 scores	Workout #3 ⌚ 31 min Barbell Curl 10×10 max Rest: ⌚ 160 sec to failure 🍀 383 scores
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Directory of the exercises

Barbell Bench Press - Medium Grip

Barbell Curl

Barbell Full Squat

The price of the full version 3 USD
[Why it is payable?](#)
[Register and find out details](#)

General recommendations on training with AtletIQ

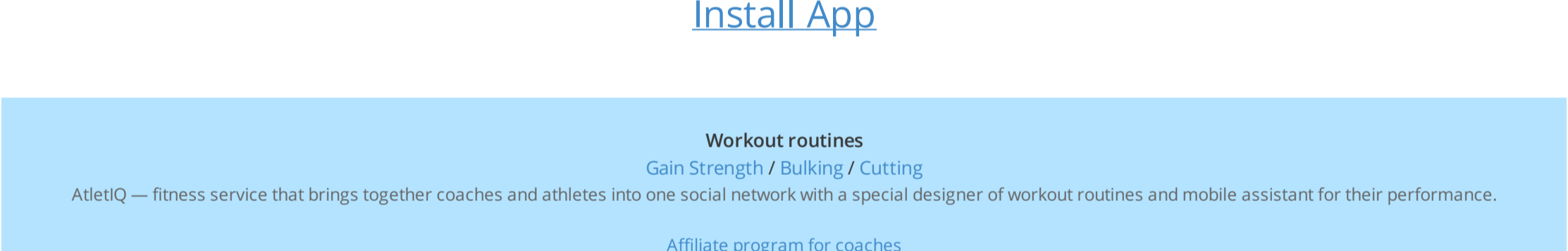
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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
- 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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