



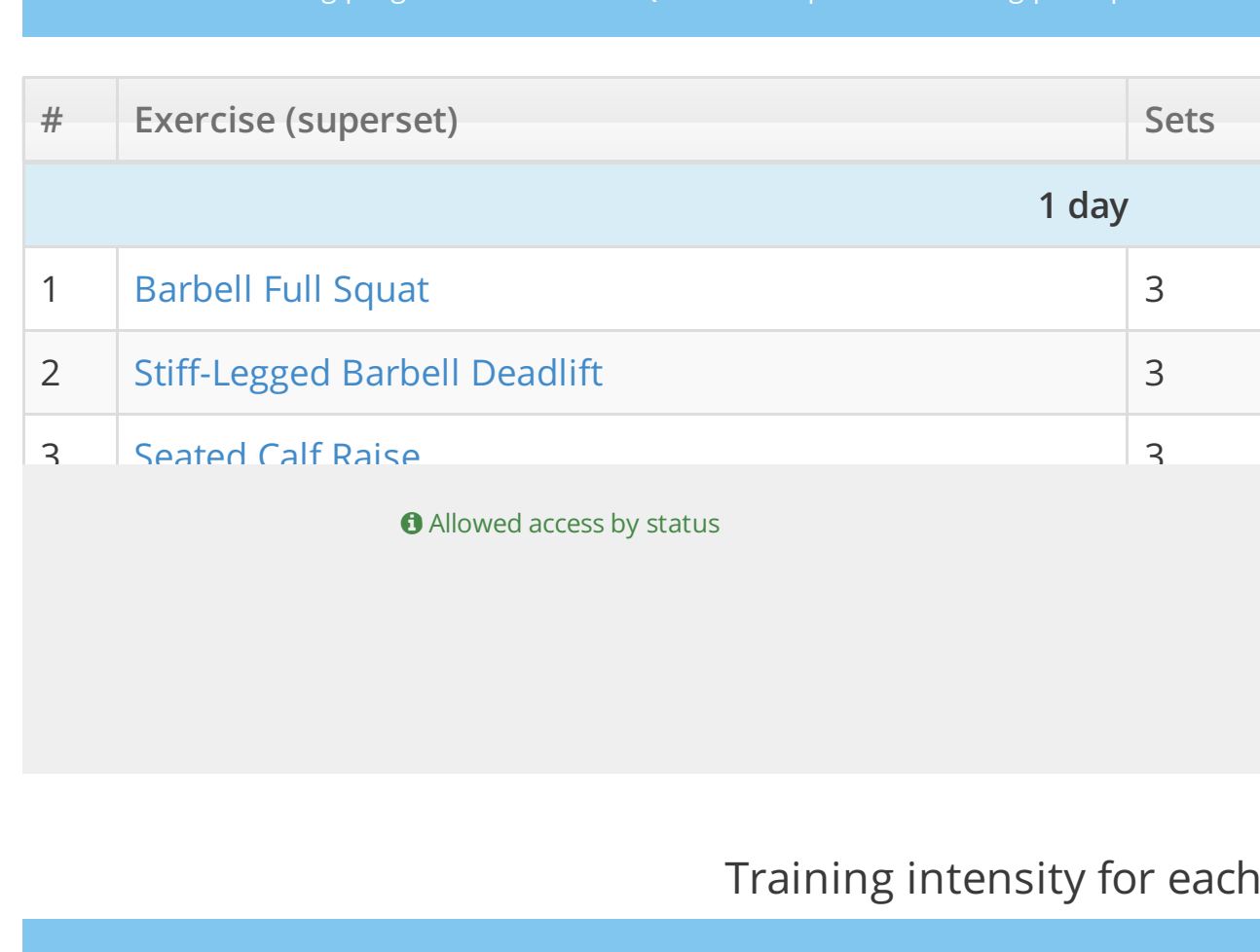
# Fullbody for beginners (high intensity)

9 intensive workouts in the fullbody-style - 9 steps to the growth of muscle mass.

Beginner
17 days
9 workouts
~59 minutes

To succeed in the bodybuilding, act by proven methods. Everyone recommends doing mid-repeat sets - you practice sets for 12-15 repetitions, most fanatically lift huge weights - you increase the intensity by volume. Such a scheme gives no less weight gain - proved by science, confirmed by AtletIQ.

<https://atletiq.com/en/programms/558>



### 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 «9 тренировок» Duration in days: 17 Amount of training days: 9 Rest days: 8

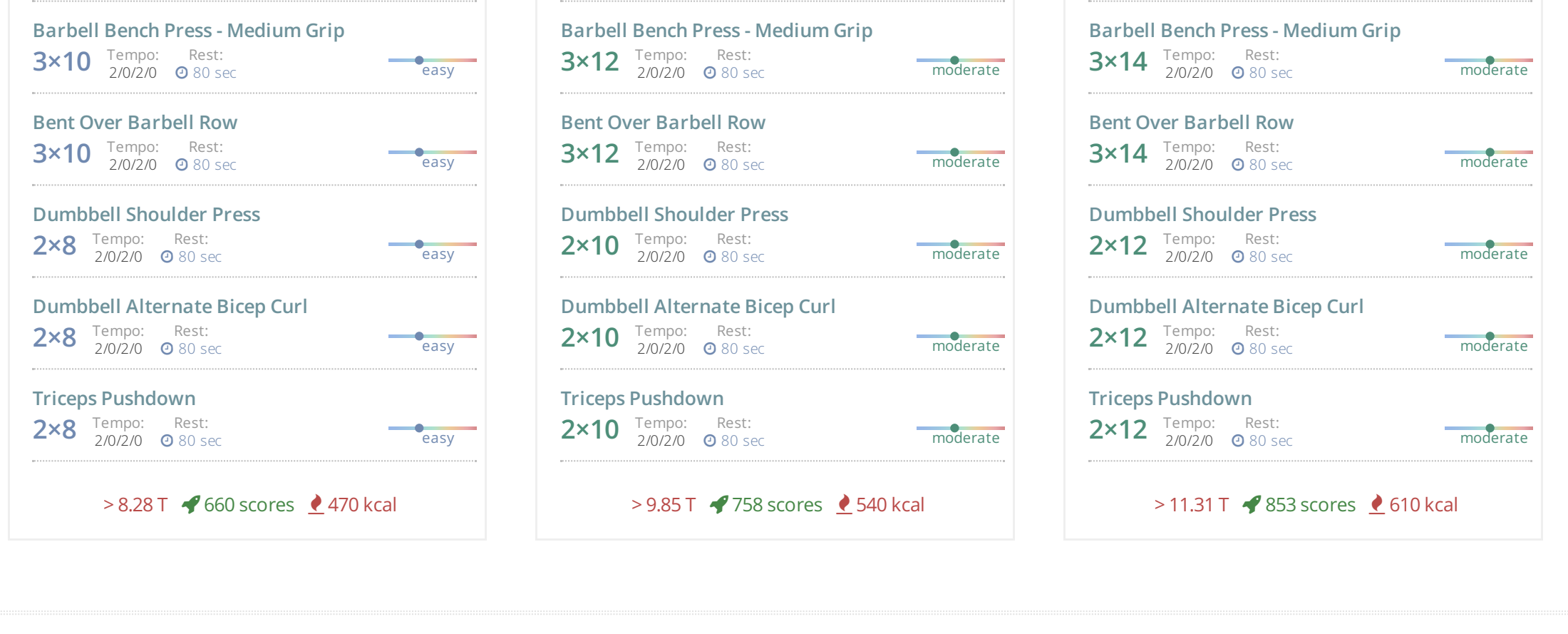
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
<b>1 day</b>				
1	Barbell Full Squat	3	10-15	80-110 sec
2	Stiff-Legged Barbell Deadlift	3	10-15	80-110 sec
3	Seated Calf Raise	3	15-20	80 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 9 workouts

**Workout #1** 55 min

- Barbell Full Squat 3x10 (easy)
- Stiff-Legged Barbell Deadlift 3x10 (easy)
- Seated Calf Raise 3x15 (moderate)
- Barbell Bench Press - Medium Grip 3x10 (easy)
- Bent Over Barbell Row 3x10 (easy)
- Dumbbell Shoulder Press 2x8 (easy)
- Dumbbell Alternate Bicep Curl 2x8 (easy)
- Triceps Pushdown 2x8 (easy)

> 8.28 T 660 scores 470 kcal

**Workout #2** 56 min

- Barbell Full Squat 3x12 (moderate)
- Stiff-Legged Barbell Deadlift 3x12 (moderate)
- Seated Calf Raise 3x18 (heavy)
- Barbell Bench Press - Medium Grip 3x12 (moderate)
- Bent Over Barbell Row 3x12 (moderate)
- Dumbbell Shoulder Press 2x10 (moderate)
- Dumbbell Alternate Bicep Curl 2x10 (moderate)
- Triceps Pushdown 2x10 (moderate)

> 9.85 T 758 scores 540 kcal

**Workout #3** 56 min

- Barbell Full Squat 3x14 (moderate)
- Stiff-Legged Barbell Deadlift 3x14 (moderate)
- Seated Calf Raise 3x20 (very hard)
- Barbell Bench Press - Medium Grip 3x14 (moderate)
- Bent Over Barbell Row 3x14 (moderate)
- Dumbbell Shoulder Press 2x12 (moderate)
- Dumbbell Alternate Bicep Curl 2x12 (moderate)
- Triceps Pushdown 2x12 (moderate)

> 11.31 T 853 scores 610 kcal

Sign up or login to get access to the full version

[Sign Up](#)

### 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 followed 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](#)

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