

Intermediate

11 days

6 workouts

~74 minutes

The psychology of the bodybuilder is predictable: we want to grow record volumes of muscle, but at the same time do not agree to lose in their power. If you are ready to abandon the current strategy of training for the sake of achieving these two goals, we are ready to offer you a solution - for two weeks forget about "machine" pumping and use an exclusive scheme of muscle training without machines from AtletIQ.

<https://atletiq.com/en/programma/na-massu-i-silu-bez-trenazherov.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 «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.

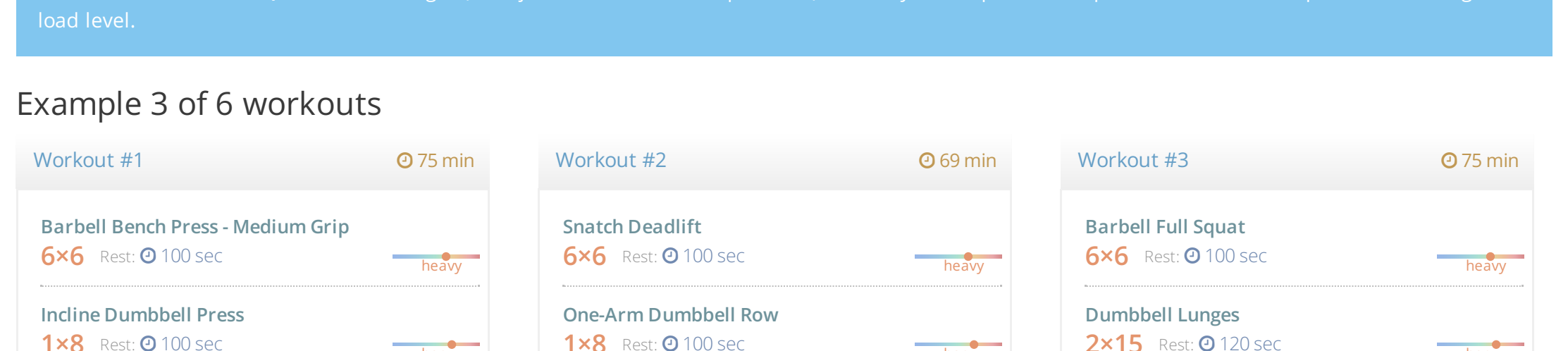
#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Bench Press - Medium Grip	6-10	3-6	⌚ 70-100 sec
2	Incline Dumbbell Press	3	8-25 (+max)	⌚ 80-120 sec
3	Upright Barbell Row	3	10-25 (+max)	⌚ 80-120 sec

▲ Level «Amateur 5» is required or you can pay 140 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.



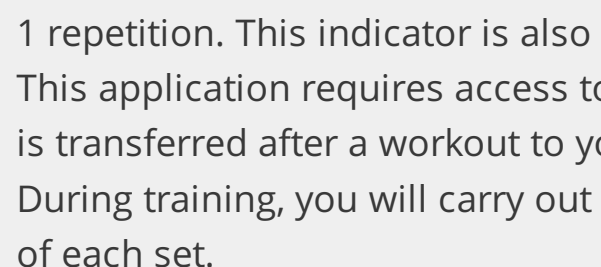
For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Example 3 of 6 workouts

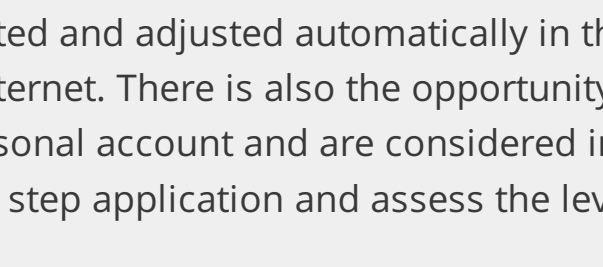
Workout #1	⌚ 75 min	Workout #2	⌚ 69 min	Workout #3	⌚ 75 min
Barbell Bench Press - Medium Grip 6×6 Rest: ⌚ 100 sec heavy		Snatch Deadlift 6×6 Rest: ⌚ 100 sec heavy		Barbell Full Squat 6×6 Rest: ⌚ 100 sec heavy	
Incline Dumbbell Press 1×8 Rest: ⌚ 100 sec heavy 1×10 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		One-Arm Dumbbell Row 1×8 Rest: ⌚ 100 sec heavy 1×10 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		Dumbbell Lunges 2×15 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure	
Upright Barbell Row 2×10 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		Incline Dumbbell Press 1×8 Rest: ⌚ 100 sec heavy 1×10 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		Dumbbell Shoulder Press 1×8 Rest: ⌚ 100 sec heavy 1×10 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure	
Dumbbell Shrug 2×15 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		Seated Bent-Over Rear Delt Raise 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure		One-Arm Side Laterals 2×12 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure	
Power Partialis 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure		Alternate Incline Dumbbell Curl 2×15 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		Dumbbell One-Arm Upright Row 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure	
Alternate Hammer Curl 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure		Lying Dumbbell Tricep Extension 2×15 Rest: ⌚ 120 sec heavy 1×25 max Rest: ⌚ 80 sec to failure		Cross Body Hammer Curl 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure	
Tricep Dumbbell Kickback 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure		Calf Raise On A Dumbbell 2×25 max Rest: ⌚ 120 sec to failure 1×20 Rest: ⌚ 120 sec to failure	896 scores	Standing Dumbbell Triceps Extension 1×12 Rest: ⌚ 100 sec heavy 1×25 max Rest: ⌚ 120 sec to failure	
Calf Raise On A Dumbbell 2×25 max Rest: ⌚ 120 sec to failure 1×20 Rest: ⌚ 120 sec to failure	866 scores			Calf Raise On A Dumbbell 2×25 max Rest: ⌚ 120 sec to failure 1×20 Rest: ⌚ 120 sec to failure	900 scores

Directory of the exercises

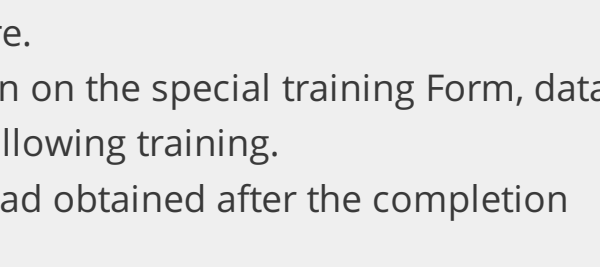
Alternate Hammer Curl



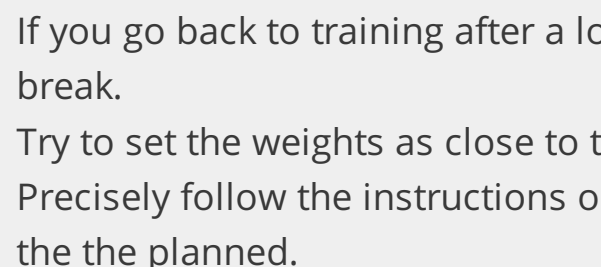
Alternate Incline Dumbbell Curl



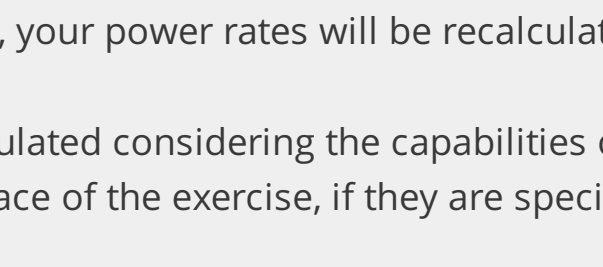
Barbell Bench Press - Medium Grip



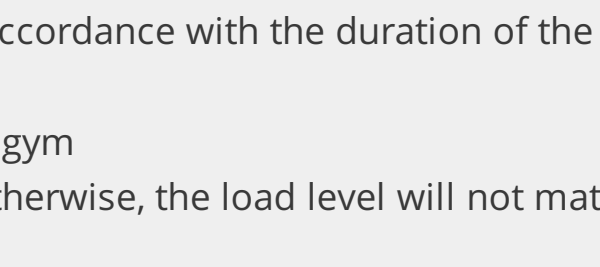
Barbell Full Squat



Calf Raise On A Dumbbell



Cross Body Hammer Curl



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
- 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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