

Pass the 4-week fitness experiment, make a massive body strong

Intermediate **26** days **16** workouts **~53** minutes

If, having increased a few kilos of lean muscle, you are satisfied, go on. This program is for those who are accustomed to getting everything from life. AtletIQ will teach you the lesson of combining hypertrophy and strength training on the principle of double split right in one week cycle.

<https://atletiq.com/en/programma/totalnyj-split-sila-i-gipertrofiya-verh-niz.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 «1 месяц» **Duration in days: 26** **Amount of training days: 16** **Rest days: 10**

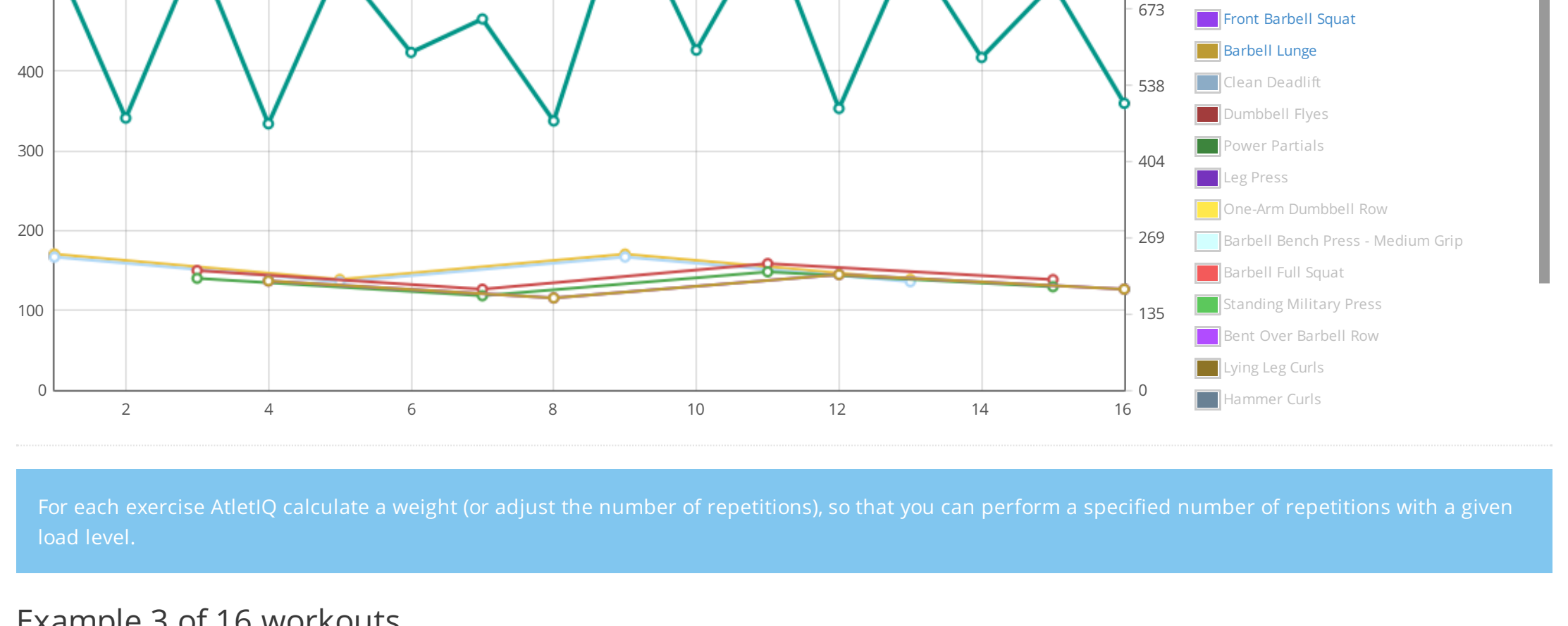
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Bench Press - Medium Grip	3-4	3-5	⌚ 90-120 sec
2	Incline Dumbbell Press	3-4	6-10	⌚ 80-120 sec
3	Bent Over Barbell Row	3-4	3-5	⌚ 90-120 sec

▲ Level «Advanced 6» is required or you can pay 150 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 16 workouts

Workout #1 ⌚ 53 min

Barbell Bench Press - Medium Grip
3×4 Rest: ⌚ 90 sec heavy

Incline Dumbbell Press
4×6 Rest: ⌚ 80 sec heavy

Bent Over Barbell Row
3×4 Rest: ⌚ 90 sec heavy

Close-Grip Front Lat Pulldown
4×6 Rest: ⌚ 80 sec heavy

Standing Military Press
3×4 Rest: ⌚ 90 sec heavy

Barbell Curl
3×6 Rest: ⌚ 55 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head
3×6 Rest: ⌚ 55 sec heavy

🏆 764 scores

Workout #2 ⌚ 40 min

Barbell Full Squat
3×4 Rest: ⌚ 90 sec heavy

Clean Deadlift
3×4 Rest: ⌚ 90 sec heavy

Leg Press
3×15 Rest: ⌚ 70 sec heavy

Lying Leg Curls
4×6 Rest: ⌚ 80 sec heavy

Seated Calf Raise
4×6 Rest: ⌚ 80 sec heavy

🏆 480 scores

Workout #3 ⌚ 61 min

Barbell Incline Bench Press Medium-Grip
4×8 Rest: ⌚ 80 sec heavy

Dumbbell Flyes
4×8 Rest: ⌚ 80 sec heavy

Seated Cable Rows
4×8 Rest: ⌚ 80 sec heavy

One-Arm Dumbbell Row
4×8 Rest: ⌚ 80 sec heavy

Power Partialis
4×8 Rest: ⌚ 80 sec heavy

Hammer Curls
4×8 Rest: ⌚ 80 sec heavy

Triceps Pushdown
4×8 Rest: ⌚ 80 sec heavy

🏆 776 scores

Directory of the exercises

Barbell Bench Press - Medium Grip

Barbell Curl

Barbell Full Squat

Barbell Incline Bench Press Medium-Grip

Barbell Lunge

Bent Over Barbell Row

The price of the full version 7.5 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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