

# 12 workouts $23_{\text{days}}$ ~47 minutes

Don't like "schooly" approach to training? Then go on your own, taking with

you a training plan from AtletIQ. Only take a chance to go against the rules

and you will see how many advantages of training alone there are - complete

freedom of maneuvers and absolute concentration at work will give you an unprecedented start to muscle hypertrophy. https://atletiq.com/en/programma/trenirovki-na-massu-bez-partnera-volk-odinochka.html Mobile Fitness Assistant Exercising with AtletIQ, you get exactly the load

will spend only as much force as necessary to 04:48 fulfill the tasks set by coach



▲ Level «Advanced 4» is required or you can pay 120 points / ② what is it? 1 Allowed for status «VIP»

1

2

3

**Seated Cable Rows** 

**Dumhhell Flyes** 

established by the author of the routine at any

one time performing a workout. In training you

Duration in days: 23 Amount of training days: 12 Rest days: 11

₱ 60-70 sec

Workout #3

**Standing Military Press** 

Close-Grip Front Lat Pulldown

**1×20** max Rest: **②** 120 sec

**1×10** Rest: **②** 30 sec

**1×10** Rest: **②** 60 sec

**1×10** Rest: **②** 30 sec

**1×10** Rest: **②** 60 sec

Close-Grip EZ Bar Curl

Seated Bent-Over Rear Delt Raise

**10×3** Rest: **②** 80 sec

2×10 Rest: **②** 30 sec

**②** 54 min

heavy

heavy

to failure

heavy

very hard

heavy

very hard

heavy

Advanced 4

Advanced 1

Amateur 6

Amateur 3

**YOUR FRIENDS** 

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

Константин 21846 scores Last Activity: Mar 14 REMOVE FROM FRIENDS

Вадим\_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

**4**6 min

heavy

heavy

heavy

very hard

heavy

heavy

Reps ② Rest between sets Exercise (superset) Sets

1 day

### Barbell Bench Press - Medium Grip 3-6 6-10 **4** 60-80 sec **②** 6-50 sec 8-12 (+max)

3

8-12



#### 1x12 max Rest: **4** 6 sec **1×10** Rest: **②** 30 sec **1×10** Rest: **②** 30 sec to failure to failure to failure 2×12 Rest: **②** 6 sec to failure **Upright Barbell Row** Barbell Incline Bench Press Medium-Grip **3×8** Rest: **○** 60 sec 3×8 Rest: **②** 120 sec **Dumbbell Flyes** heavy heavy

**Close-Grip Barbell Bench Press** 

Hyperextensions (Back Extensions)



Lying Dumbbell Tricep Extension

Alternate Incline Dumbbell Curl

Example 3 of 12 workouts

Barbell Bench Press - Medium Grip

**4**7 min

heavy

heavy

heavy

heavy

to failure

heavy

General recommendations on training with AtletIQ

application which is an interactive smart timer.

of each set.

break.

the the planned.

Find program

Advanced search

REDUCE THE RECOVERY TIME OF PHYSICAL

FROM A POWER TRAINING PROGRAM

CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK

Back in operation with 4 workouts!

Fitnes Goal

-- Show all -

Workout #2

**Barbell Full Squat** 

Lying Leg Curls

**10×3** Rest: **②** 80 sec

2×10 Rest: **②** 30 sec

**3×12** Rest: **②** 50 sec

Hanging Leg Raise

1×15 Rest: **②** 40 sec

1×12 Rest: **②** 60 sec

**1×15** Rest: **②** 40 sec

1×20 Rest: **②** 40 sec

Workout #1

**10×3** Rest: **②** 80 sec

**Seated Cable Rows** 

1×8 Rest: **②** 50 sec

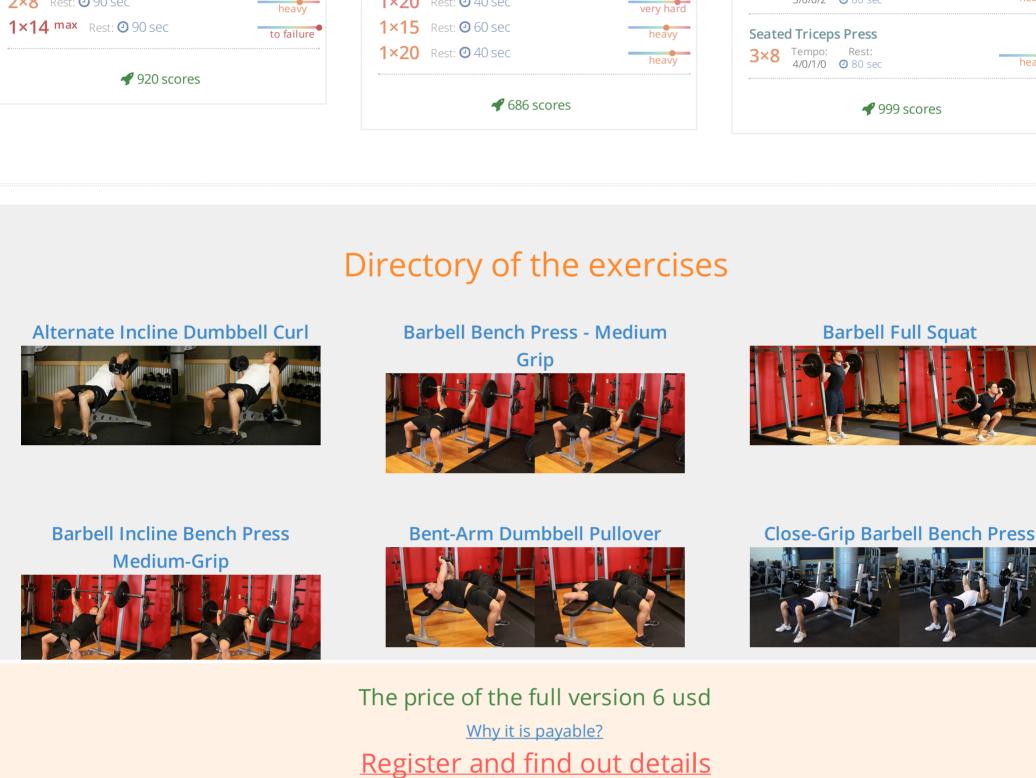
**3×8** Rest: **②** 60 sec

2×10 Rest: @ 30 sec

**1×10** Rest: **②** 30 sec

**3×8** Rest: **○** 60 sec

Bent-Arm Dumbbell Pullover



AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile

• The load in the programs is calculated relative to the maximum weight with which you can do the exercise for

• The application will compare your score with the planned load and adjust the level of your performance in the

is transferred after a workout to your personal account and are considered in the following training.

up or down so that you will always receive a predetermined level of load according to the program.

• This application requires access to the Internet. There is also the opportunity to train on the special training Form, data

• During training, you will carry out step by step application and assess the level of load obtained after the completion

• If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the

• Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match

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 -

Medium-Grip

How to do?

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back

should be arched, and your shoulder blades

2. Lay on the bench with your feet flat on the

1 repetition. This indicator is also calculated and adjusted automatically in the future.

• On training days, on which work is scheduled to failure, take care of the presence of helper

• Try to set the weights as close to the calculated considering the capabilities of your gym

«NUCLEAR ARMS»

weight, **kg** / lbs

48

**PERFORMED** 

Rarhall Shoulder Dress

#1

2.39 т

## these are not all application features. P 🐼 🗏 😃 🥦 Barbell Incline Bench Press **☐** ACTUAL WORKOUT #1

 $01:00_{\bullet}$ 71532 scores Last Activity: Mar 14 Complexity -- Show all -**Dumbbell Bench Press** Workout place PavelK. -- Show all -42783 scores Cable Crossover Last Activity: Feb 10 48 kgx12 48 kgx12 48 kgx12

12

REPS

Affiliate program for coaches © 2017 — AtletIQ.com

**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.

