

Update the "equipment": use dumbbells, master the bars, in order to improve strength capabilities and gain in muscle size.

Intermediate 23 days 12 workouts ~43 minutes

Dumbbells and bars are not serious equipment for a real athlete. A month is not a period for the simultaneous development of muscles and strength. Leave skepticism for theorists! Everything is possible in bodybuilding. Undeniable proof - the transformation of the body of users of the new program for the mass and strength development by AtletIQ. And guess, who is "on the front line"? Discredited "amateur" inventory!

<https://atletiq.com/en/programma/turnik-ganteli-brusya-na-silu-i-massu.html>

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

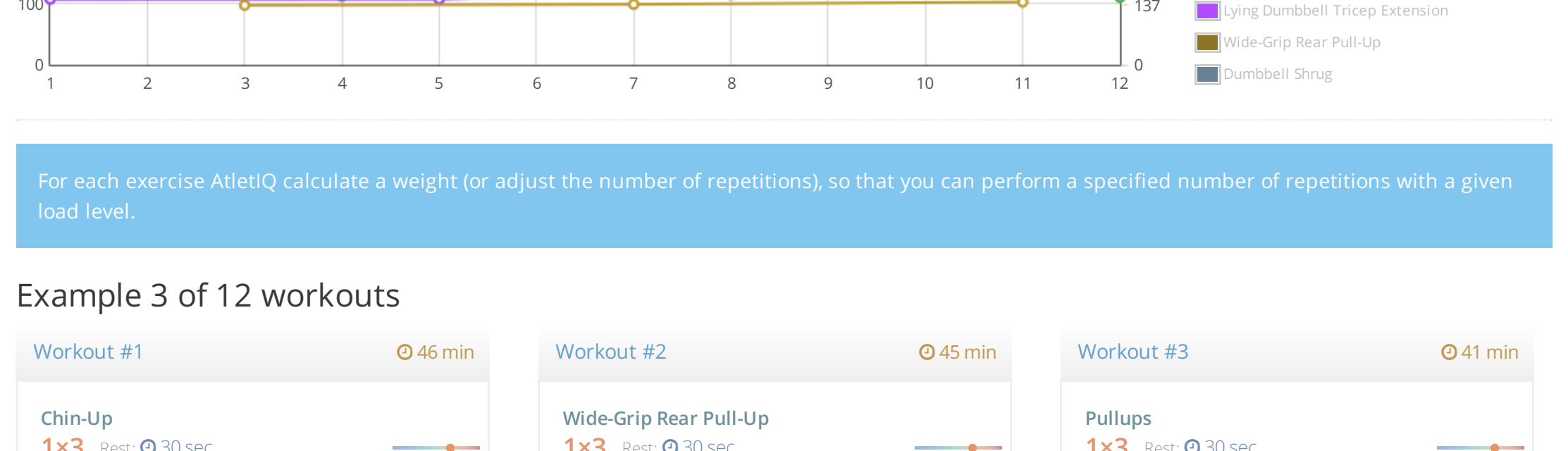
The content of of the program

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Chin-Up	8	3	⌚ 30-60 sec
2	Dips - Triceps Version	8	4	⌚ 30-60 sec
3	Dumbbell Bench Press	4	6-20 (+max)	⌚ 45-90 sec

⚠ Level «Amateur 8» is required or you can pay 120 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 12 workouts

Workout #1	Workout #2	Workout #3
Chin-Up 1×3 Rest: ⌚ 30 sec 1×3 Rest: ⌚ 40 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 40 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec Dips - Triceps Version 2×4 Rest: ⌚ 50 sec 2×4 Rest: ⌚ 60 sec 2×4 Rest: ⌚ 60 sec 2×4 Rest: ⌚ 50 sec 1×4 Rest: ⌚ 60 sec Dumbbell Bench Press 1×8 Rest: ⌚ 60 sec 1×8 Rest: ⌚ 45 sec 1×8 Rest: ⌚ 70 sec 1×18 max Rest: ⌚ 70 sec Bent-Arm Dumbbell Pullover 3×10 Rest: ⌚ 60 sec Cuban Press 3×14 Rest: ⌚ 30 sec Hyperextensions (Back Extensions) 2×40 Rest: ⌚ 40 sec 987 scores	Wide-Grip Rear Pull-Up 1×3 Rest: ⌚ 30 sec 2×3 Rest: ⌚ 40 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 40 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec Dumbbell Shoulder Press 1×8 Rest: ⌚ 60 sec 1×8 Rest: ⌚ 45 sec 1×8 Rest: ⌚ 70 sec 1×18 max Rest: ⌚ 70 sec One-Arm Dumbbell Row 3×6 Rest: ⌚ 60 sec Hammer Curls 1×10 Rest: ⌚ 45 sec 1×10 Rest: ⌚ 75 sec 1×18 max Rest: ⌚ 75 sec Lying Dumbbell Tricep Extension 1×12 Rest: ⌚ 35 sec 1×10 Rest: ⌚ 40 sec 1×10 Rest: ⌚ 40 sec Hyperextensions (Back Extensions) 3×20 Rest: ⌚ 60 sec 819 scores	Pullups 1×3 Rest: ⌚ 30 sec 2×3 Rest: ⌚ 40 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 40 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec 1×3 Rest: ⌚ 60 sec Incline Dumbbell Flyes 1×8 Rest: ⌚ 60 sec 1×8 Rest: ⌚ 45 sec 1×8 Rest: ⌚ 70 sec 1×18 max Rest: ⌚ 70 sec Standing Dumbbell Upright Row 3×10 Rest: ⌚ 60 sec Power Partialis 3×10 Rest: ⌚ 60 sec Dumbbell Shrug 1×10 Rest: ⌚ 80 sec Hyperextensions (Back Extensions) 2×20 Rest: ⌚ 40 sec 702 scores

The price of the full version 6 USD

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

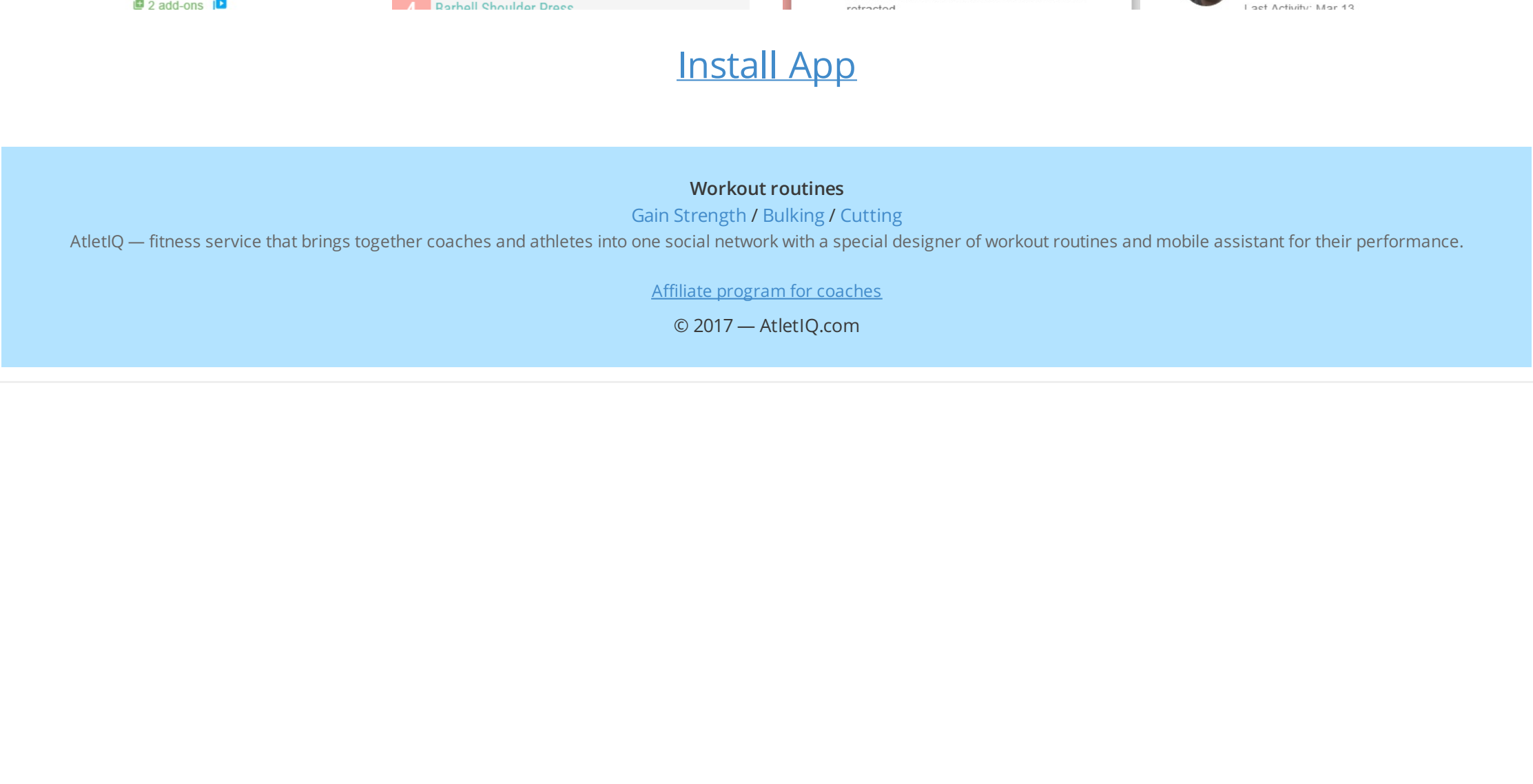
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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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