Grow muscle XXXL-size with a technique of volume training from AtletIQ.

HIGH PROGRESS | 11 WEEKS | 6 WORKOUTS | ~53 MINUTES

"I want to become giant!" With this thought you fall asleep and wake up, but the universe does not hurry to fulfill your wishes. No wonder: autosuggestion, of course is powerful thing, but workouts in the gym are much more effective. You can see this on your personal experience, having experienced a super-voluminous dumbbell program from AtletIQ.

https://atletiq.com/en/programma/massa-4x100-s-garetjami.html

Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load establishing 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

«6 тренировок»

Рекомендовано для Мужчины | Уровень сложности Средний | Инвентарь Гантели

This summary table shows the boundary values of the main parameters of training. They 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 process.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Dumbbell Bench Press	10	10	40-90 sec
2	Bent-Arm Dumbbell Pullover	10	10	40-90 sec
3	Standing Dumbbell Upright Row	10	10	40-90 sec
4	Dumbbell Bicep Curl	10	10	40-90 sec
	2 day (rest)			
	3 day			
1	One-Arm Dumbbell Row	10	10	40-90 sec
2	Dumbbell Shoulder Press	10	10	40-90 sec
3	Front Two-Dumbbell Raise	10	10	40-90 sec
4	Lying Dumbbell Tricep Extension	10	10	40-90 sec
	4 day (rest)			
	5 day			
1	Pile Dumbbell Squat	10	10	40-90 sec
2	Dumbbell Flyes	10	10	40-90 sec
3	Seated Bent-Over Rear Delt Raise	10	10	40-90 sec
4	Hyperextensions (Back Extensions)	10	10	40-90 sec
	6 day (rest)			

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 exercises will be easier, and which – harder.

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

Workout #1 10 sets

Exercise	Weight	Reps
Dumbbell Bench Press		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Bent-Arm Dumbbell Pullover		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Standing Dumbbell Upright Row		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Dumbbell Bicep Curl		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10

450 kcoins

Workout #2 10 sets

Exercise	Weight	Reps
One-Arm Dumbbell Row		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Dumbbell Shoulder Press		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Front Two-Dumbbell Raise		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Lying Dumbbell Tricep Extension		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10

1440 kcoins

Workout #3 10 sets

Exercise	Weight	Reps
Pile Dumbbell Squat		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Dumbbell Flyes		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Seated Bent-Over Rear Delt Raise		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Hyperextensions (Back Extensions)		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10

1350 kcoins

Workout #4 10 sets

Exercise	Weight	Reps
Dumbbell Bench Press		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Bent-Arm Dumbbell Pullover		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Standing Dumbbell Upright Row		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Dumbbell Bicep Curl		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10

450 kcoins

Workout #5 10 sets

Exercise	Weight	Reps
One-Arm Dumbbell Row		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Dumbbell Shoulder Press		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Front Two-Dumbbell Raise		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Lying Dumbbell Tricep Extension		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10

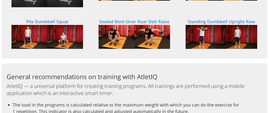
1440 kcoins

Workout #6 10 sets

Exercise	Weight	Reps
Pile Dumbbell Squat		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Dumbbell Flyes		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Seated Bent-Over Rear Delt Raise		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
Hyperextensions (Back Extensions)		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10
		1×10

1350 kcoins

Directory of the exercises



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 trainer.

- 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 cores 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.

Workout Machine
Cardio
Bodyweight
Weight
Dumbbell Bench Press
Cable Crossover
Lying Leg Curl
Leg Extension
Leg Press
Hack Squats
Calf Raises
Seated Calf Raise
Hip Abduction
Hip Adduction
Crunches
Hanging Leg Raise
Cable Crunch
Plank
Side Plank
Back Extension
Hyperextensions (Back Extensions)
Dumbbell Bicep Curl
Dumbbell Hammer Curl
Cable Curl
Dumbbell Triceps Extension
Cable Triceps Extension
Dumbbell Shoulder Press
Dumbbell Lateral Raise
Dumbbell Front Raise
Cable Lateral Raise
Dumbbell Flyes
Cable Flyes
Dumbbell Bent-Over Row
Dumbbell Pullover
Lat Pulldown
Cable Row
Standing Dumbbell Upright Row
Barbell Upright Row
Cable Upright Row
Seated Bent-Over Rear Delt Raise
Cable Rear Delt Row
Pile Dumbbell Squat
Barbell Squat
Leg Press
Hack Squats
Lunges
Leg Extension
Leg Curl
Standing Calf Raise