



SYMBIOSIS

«СТАРТОВЫЙ» ПЛАН
НА МАССУ
С ГАНТЕЛЯМИ И ШТАНГОЙ

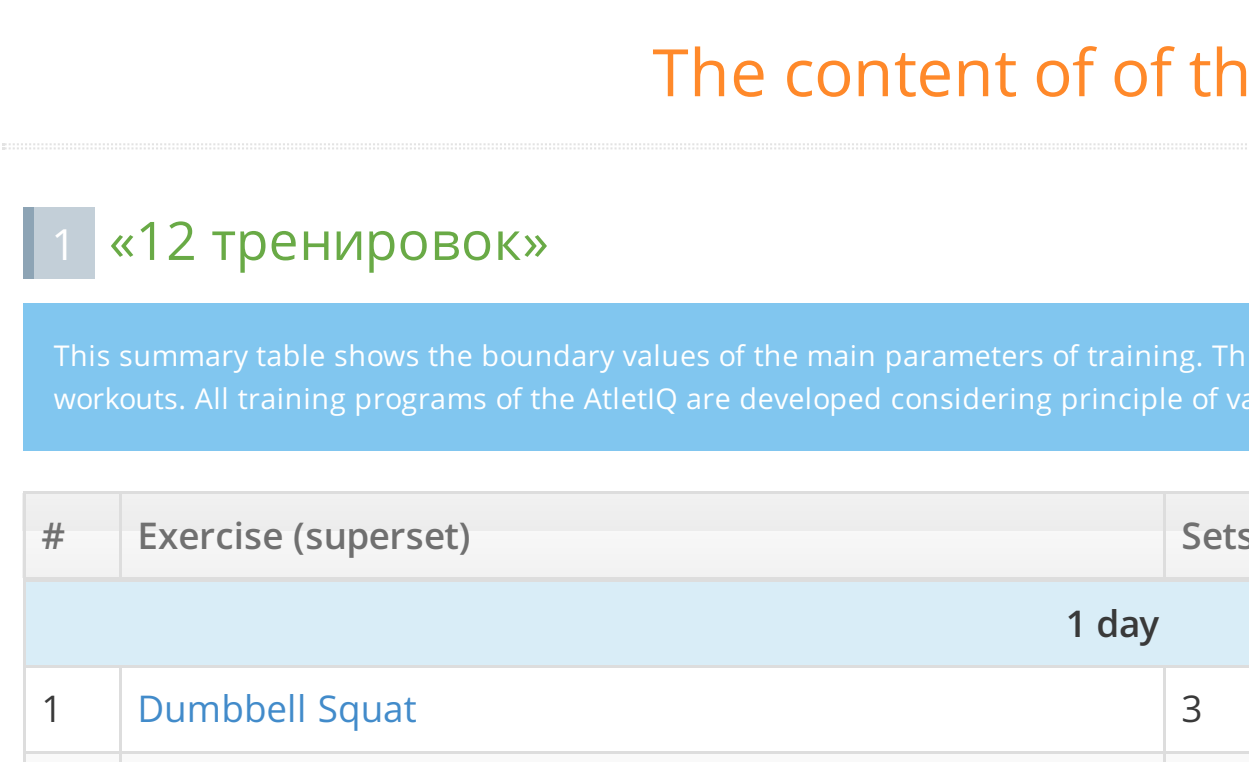
Beginner

23 days

12 workouts

~49 minutes

<https://atletiq.com/en/programms/1061>



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

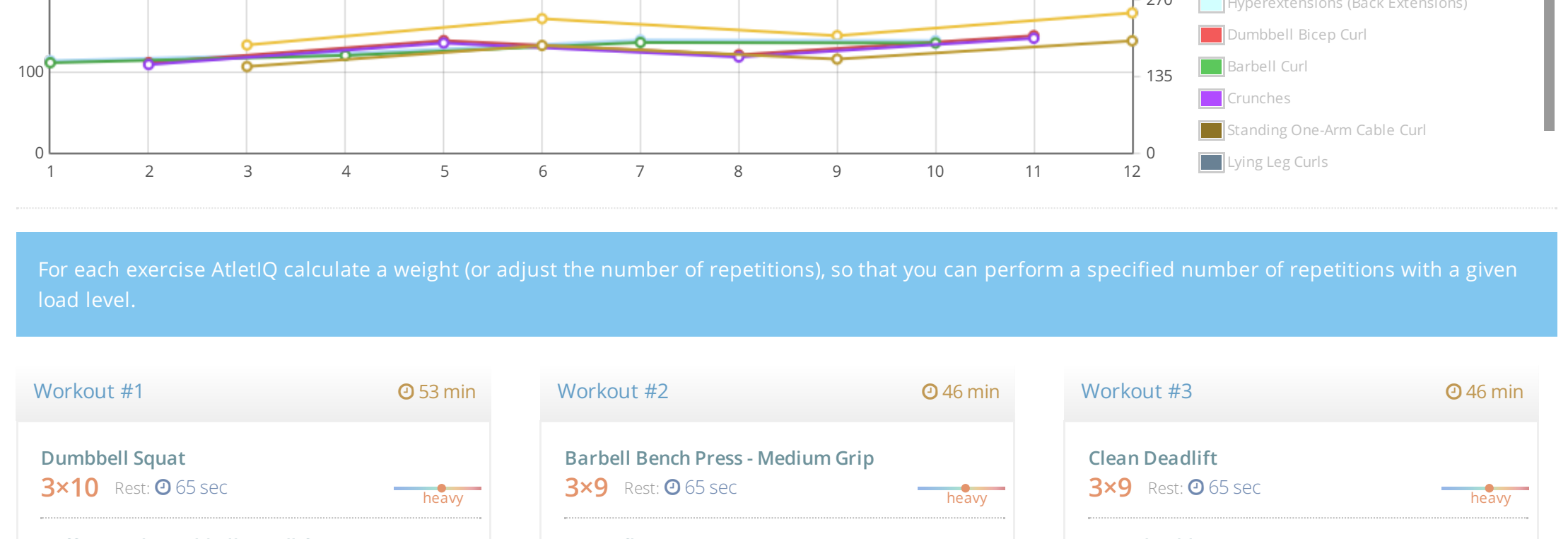
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Dumbbell Squat	3	8-12	60-75 sec
2	Stiff-Legged Dumbbell Deadlift	3	8-12	60-75 sec
3	Seated Cable Rows	3	8-12	60-75 sec
4	Dumbbell Bench Press	3	8-12	60-75 sec
5	Incline Dumbbell Flies	3	8-12	60-75 sec
6	Dumbbell Bicep Curl	3	8-12	60-75 sec
7	Triceps Pushdown	3	8-12	60-75 sec
8	Crunches	2-3	15	40-55 sec
2 day (rest)				
3 day				
1	Barbell Bench Press - Medium Grip	3	9-12	60-75 sec
2	Butterfly	3	9-12	60-75 sec
3	Barbell Full Squat	3	9-12	60-75 sec
4	Lying Leg Curls	3	9-12	60-75 sec
5	Triceps Dumbbell Kickback	3	9-12	60-75 sec
6	Triceps Pushdown	3	9-12	60-75 sec
7	Crunches	2-3	15	40-55 sec
4 day (rest)				
5 day				
1	Clean Deadlift	3	9-12	60-75 sec
2	Seated Cable Rows	3	9-12	60-75 sec
3	Standing Military Press	3	9-12	60-75 sec
4	Power Partial	3	9-12	60-75 sec
5	Barbell Curl	3	9-12	60-75 sec
6	Standing One-Arm Cable Curl	3	9-12	60-75 sec
7	Hyperextensions (Back Extensions)	2-3	15	40-55 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 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.

Workout #1 53 min

Dumbbell Squat 3x10 Rest: 65 sec heavy

Stiff-Legged Dumbbell Deadlift 3x10 Rest: 65 sec heavy

Seated Cable Rows 3x10 Rest: 65 sec heavy

Dumbbell Bench Press 3x10 Rest: 65 sec heavy

Incline Dumbbell Flies 3x10 Rest: 65 sec heavy

Dumbbell Bicep Curl 3x10 Rest: 65 sec heavy

Triceps Pushdown 3x15 Rest: 55 sec very hard

Crunches 3x15 Rest: 55 sec very hard

> 4.86 T 696 scores 500 kcal

Workout #2 46 min

Barbell Bench Press - Medium Grip 3x9 Rest: 65 sec heavy

Butterfly 3x9 Rest: 65 sec heavy

Barbell Full Squat 3x9 Rest: 65 sec heavy

Lying Leg Curls 3x9 Rest: 65 sec heavy

Tricep Dumbbell Kickback 3x9 Rest: 65 sec heavy

Triceps Pushdown 3x9 Rest: 65 sec heavy

Crunches 3x15 Rest: 55 sec very hard

> 5.98 T 525 scores 380 kcal

Workout #3 46 min

Clean Deadlift 3x9 Rest: 65 sec heavy

Seated Cable Rows 3x9 Rest: 65 sec heavy

Standing Military Press 3x9 Rest: 65 sec heavy

Power Partial 3x9 Rest: 65 sec heavy

Barbell Curl 3x9 Rest: 65 sec heavy

Standing One-Arm Cable Curl 3x9 Rest: 65 sec heavy

Hyperextensions (Back Extensions) 3x15 Rest: 55 sec very hard

> 4.52 T 632 scores 450 kcal

Workout #4 51 min

Dumbbell Squat 3x12 Rest: 60 sec heavy

Stiff-Legged Dumbbell Deadlift 3x12 Rest: 60 sec heavy

Seated Cable Rows 3x12 Rest: 60 sec heavy

Dumbbell Bench Press 3x12 Rest: 60 sec heavy

Incline Dumbbell Flies 3x12 Rest: 60 sec heavy

Dumbbell Bicep Curl 3x12 Rest: 60 sec heavy

Triceps Pushdown 3x12 Rest: 60 sec heavy

Crunches 3x15 Rest: 50 sec very hard

> 5.63 T 747 scores 540 kcal

Workout #5 45 min

Barbell Bench Press - Medium Grip 3x12 Rest: 60 sec very hard

Butterfly 3x12 Rest: 60 sec very hard

Barbell Full Squat 3x12 Rest: 60 sec very hard

Lying Leg Curls 3x12 Rest: 60 sec very hard

Tricep Dumbbell Kickback 3x12 Rest: 60 sec very hard

Triceps Pushdown 3x12 Rest: 60 sec very hard

Crunches 3x15 Rest: 50 sec very hard

> 7.81 T 639 scores 460 kcal

Workout #6 45 min

Clean Deadlift 3x12 Rest: 60 sec very hard

Seated Cable Rows 3x12 Rest: 60 sec very hard

Standing Military Press 3x12 Rest: 60 sec very hard

Power Partial 3x12 Rest: 60 sec very hard

Barbell Curl 3x12 Rest: 60 sec very hard

Standing One-Arm Cable Curl 3x12 Rest: 60 sec very hard

Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 5.87 T 769 scores 550 kcal

Workout #7 56 min

Dumbbell Squat 3x8 Rest: 75 sec heavy

Stiff-Legged Dumbbell Deadlift 3x8 Rest: 75 sec heavy

Seated Cable Rows 3x8 Rest: 75 sec heavy

Dumbbell Bench Press 3x8 Rest: 75 sec heavy

Incline Dumbbell Flies 3x8 Rest: 75 sec heavy

Dumbbell Bicep Curl 3x8 Rest: 75 sec heavy

Triceps Pushdown 3x8 Rest: 75 sec heavy

Crunches 3x15 Rest: 45 sec very hard

> 4.38 T 639 scores 600 kcal

Workout #8 48 min

Barbell Bench Press - Medium Grip 3x10 Rest: 70 sec heavy

Butterfly 3x10 Rest: 70 sec heavy

Barbell Full Squat 3x10 Rest: 70 sec heavy

Lying Leg Curls 3x10 Rest: 70 sec heavy

Tricep Dumbbell Kickback 3x10 Rest: 70 sec heavy

Triceps Pushdown 3x10 Rest: 70 sec heavy

Crunches 3x15 Rest: 45 sec very hard

> 6.62 T 565 scores 410 kcal

Workout #9 48 min

Clean Deadlift 3x10 Rest: 70 sec heavy

Seated Cable Rows 3x10 Rest: 70 sec heavy

Standing Military Press 3x10 Rest: 70 sec heavy

Power Partial 3x10 Rest: 70 sec heavy

Barbell Curl 3x10 Rest: 70 sec heavy

Standing One-Arm Cable Curl 3x10 Rest: 70 sec heavy

Hyperextensions (Back Extensions) 3x15 Rest: 45 sec very hard

> 4.94 T 680 scores 490 kcal

Workout #10 54 min

Dumbbell Squat 3x12 Rest: 70 sec very hard

Stiff-Legged Dumbbell Deadlift 3x12 Rest: 70 sec very hard

Seated Cable Rows 3x12 Rest: 70 sec very hard

Dumbbell Bench Press 3x12 Rest: 70 sec very hard

Incline Dumbbell Flies 3x12 Rest: 70 sec very hard

Dumbbell Bicep Curl 3x12 Rest: 70 sec very hard

Triceps Pushdown 3x12 Rest: 70 sec very hard

Crunches 2x15 Rest: 40 sec very hard

> 5.92 T 815 scores 590 kcal

Workout #11 48 min

Barbell Bench Press - Medium Grip 3x12 Rest: 75 sec very hard

Butterfly 3x12 Rest: 75 sec very hard

Barbell Full Squat 3x12 Rest: 75 sec very hard

Lying Leg Curls 3x12 Rest: 75 sec very hard

Tricep Dumbbell Kickback 3x12 Rest: 75 sec very hard

Triceps Pushdown 3x12 Rest: 75 sec very hard

Crunches 2x15 Rest: 40 sec very hard

> 7.94 T 643 scores 460 kcal

Workout #12 48 min

Clean Deadlift 3x12 Rest: 75 sec very hard

Seated Cable Rows 3x12 Rest: 75 sec very hard

Standing Military Press 3x12 Rest: 75 sec very hard

Power Partial 3x12 Rest: 75 sec very hard

Barbell Curl 3x12 Rest: 75 sec very hard

Standing One-Arm Cable Curl 3x12 Rest: 75 sec very hard

Hyperextensions (Back Extensions) 2x15 Rest: 40 sec very hard

> 5.9 T 775 scores 560 kcal

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 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 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 / Building / 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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