

# «MAXIMA»

12 ГИПЕРТРОФИЙНЫХ ТРЕНИРОВОК В СТИЛЕ ФУЛЛ-БОДИ

Intermediate

23 days

12 workouts

~68 minutes

<https://atletiq.com/en/programms/1062>



### 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 the program

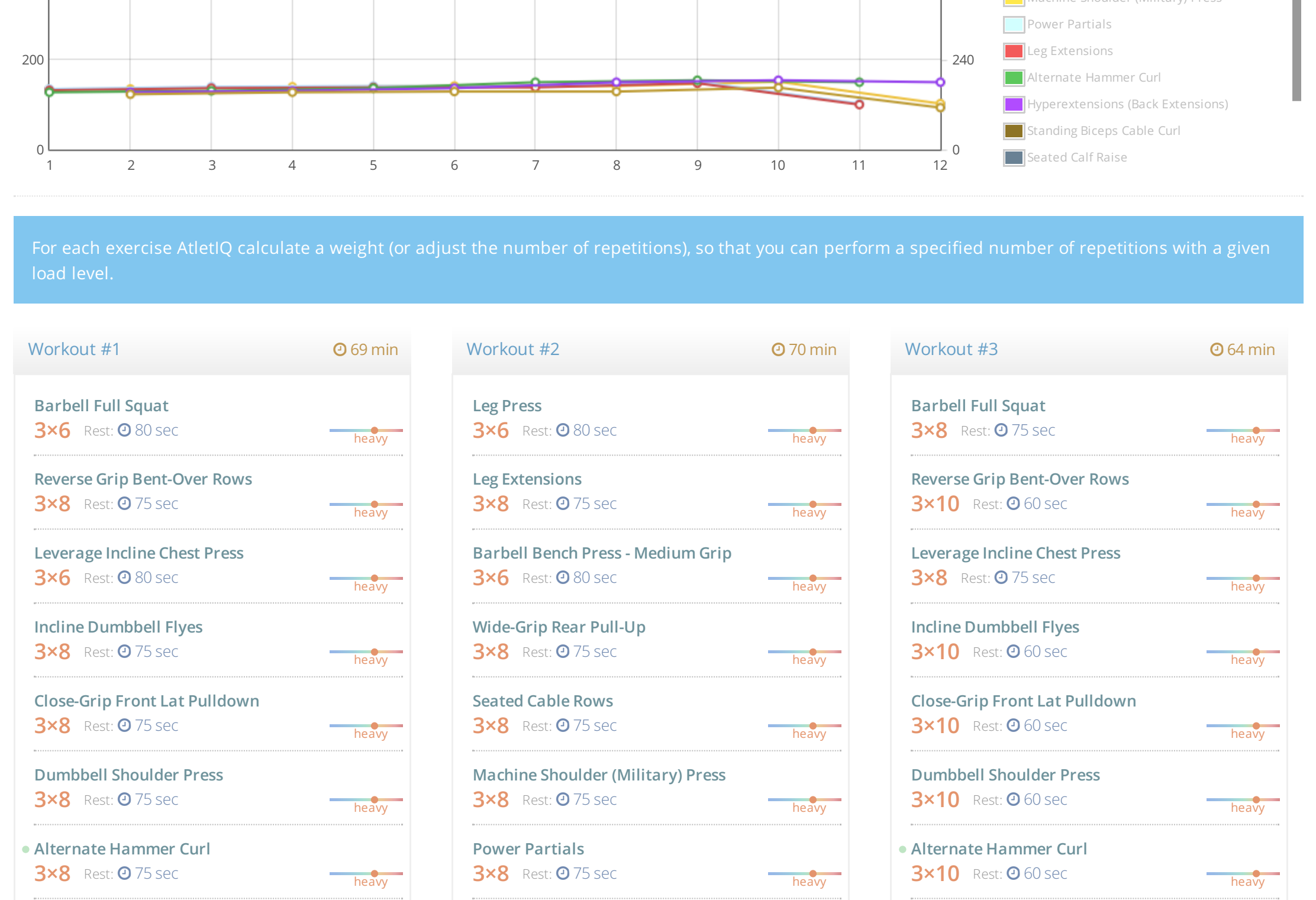
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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
<b>1 day</b>				
1	Barbell Full Squat	2-3	6-12	75-85 sec
2	Reverse Grip Bent-Over Rows	3	8-12	60-80 sec
3	Leverage Incline Chest Press	2-3	6-12	75-85 sec
4	Incline Dumbbell Flies	3	8-12	60-80 sec
5	Close-Grip Front Lat Pulldown	3	8-12	60-80 sec
6	Dumbbell Shoulder Press	3	8-12	60-80 sec
7	Alternate Hammer Curl (a)	3	8-12	60-80 sec
8	Lying Close-Grip Barbell Triceps Extension Behind The Head (a)	3	8-12	60-80 sec
9	Crunches	3	15	50 sec
10	Hyperextensions (Back Extensions)	3	15	50 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Leg Press	2-3	6-12	75-85 sec
2	Leg Extensions	3	8-12	60-80 sec
3	Barbell Bench Press - Medium Grip	2-3	6-12	75-85 sec
4	Wide-Grip Rear Pull-Up	3	8-12	60-80 sec
5	Seated Cable Rows	3	8-12	60-80 sec
6	Machine Shoulder (Military) Press	3	8-12	60-80 sec
7	Power Partials	3	8-12	60-80 sec
8	Standing Biceps Cable Curl (a)	3	8-12	60-80 sec
9	Triceps Pushdown (a)	3	8-12	60-80 sec
10	Seated Calf Raise	3	Max	50 sec
<b>4 day (rest)</b>				

### 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** 69 min

- Barbell Full Squat 3x6 Rest: 75 sec heavy
- Reverse Grip Bent-Over Rows 3x8 Rest: 75 sec heavy
- Leverage Incline Chest Press 3x6 Rest: 80 sec heavy
- Incline Dumbbell Flies 3x8 Rest: 75 sec heavy
- Close-Grip Front Lat Pulldown 3x8 Rest: 75 sec heavy
- Dumbbell Shoulder Press 3x8 Rest: 75 sec heavy
- Alternate Hammer Curl 3x8 Rest: 75 sec heavy
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x8 Rest: 75 sec heavy
- Crunches 3x15 Rest: 50 sec very hard
- Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 5.12 T 996 scores 720 kcal

**Workout #2** 70 min

- Leg Press 3x6 Rest: 80 sec heavy
- Leg Extensions 3x8 Rest: 75 sec heavy
- Barbell Bench Press - Medium Grip 3x6 Rest: 80 sec heavy
- Wide-Grip Rear Pull-Up 3x8 Rest: 75 sec heavy
- Seated Cable Rows 3x8 Rest: 75 sec heavy
- Machine Shoulder (Military) Press 3x8 Rest: 75 sec heavy
- Power Partials 3x8 Rest: 75 sec heavy
- Standing Biceps Cable Curl 3x8 Rest: 75 sec heavy
- Triceps Pushdown 3x8 Rest: 75 sec heavy
- Seated Calf Raise 3x10 max Rest: 50 sec to failure

> 9.91 T 968 scores 700 kcal

**Workout #3** 64 min

- Barbell Full Squat 3x8 Rest: 75 sec heavy
- Reverse Grip Bent-Over Rows 3x10 Rest: 60 sec heavy
- Leverage Incline Chest Press 3x8 Rest: 75 sec heavy
- Incline Dumbbell Flies 3x10 Rest: 60 sec heavy
- Close-Grip Front Lat Pulldown 3x10 Rest: 60 sec heavy
- Dumbbell Shoulder Press 3x10 Rest: 60 sec heavy
- Alternate Hammer Curl 3x10 Rest: 60 sec heavy
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x10 Rest: 60 sec heavy
- Crunches 3x15 Rest: 50 sec very hard
- Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 6.27 T 1020 scores 730 kcal

**Workout #4** 65 min

- Leg Press 3x8 Rest: 75 sec heavy
- Leg Extensions 3x10 Rest: 65 sec heavy
- Barbell Bench Press - Medium Grip 3x10 Rest: 75 sec heavy
- Wide-Grip Rear Pull-Up 3x10 Rest: 60 sec heavy
- Seated Cable Rows 3x10 Rest: 60 sec heavy
- Machine Shoulder (Military) Press 3x10 Rest: 60 sec heavy
- Power Partials 3x10 Rest: 60 sec heavy
- Standing Biceps Cable Curl 3x10 Rest: 60 sec heavy
- Triceps Pushdown 3x10 Rest: 60 sec heavy
- Seated Calf Raise 3x10 max Rest: 50 sec to failure

> 11.72 T 994 scores 710 kcal

**Workout #5** 66 min

- Barbell Full Squat 3x6 Rest: 75 sec heavy
- Reverse Grip Bent-Over Rows 3x8 Rest: 65 sec heavy
- Leverage Incline Chest Press 3x6 Rest: 75 sec heavy
- Incline Dumbbell Flies 3x8 Rest: 65 sec heavy
- Close-Grip Front Lat Pulldown 3x8 Rest: 65 sec heavy
- Dumbbell Shoulder Press 3x8 Rest: 65 sec heavy
- Alternate Hammer Curl 3x8 Rest: 65 sec heavy
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x8 Rest: 65 sec heavy
- Crunches 3x15 Rest: 50 sec very hard
- Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 5.21 T 1052 scores 760 kcal

**Workout #6** 66 min

- Leg Press 3x6 Rest: 75 sec heavy
- Leg Extensions 3x8 Rest: 65 sec heavy
- Barbell Bench Press - Medium Grip 3x8 Rest: 75 sec heavy
- Wide-Grip Rear Pull-Up 3x8 Rest: 75 sec heavy
- Seated Cable Rows 3x8 Rest: 75 sec heavy
- Machine Shoulder (Military) Press 3x8 Rest: 75 sec heavy
- Power Partials 3x8 Rest: 75 sec heavy
- Standing Biceps Cable Curl 3x8 Rest: 75 sec heavy
- Triceps Pushdown 3x8 Rest: 65 sec heavy
- Seated Calf Raise 3x10 max Rest: 50 sec to failure

> 10.01 T 1027 scores 740 kcal

**Workout #7** 72 min

- Barbell Full Squat 3x10 Rest: 85 sec very hard
- Reverse Grip Bent-Over Rows 3x12 Rest: 80 sec very hard
- Leverage Incline Chest Press 3x10 Rest: 85 sec very hard
- Incline Dumbbell Flies 3x12 Rest: 80 sec very hard
- Close-Grip Front Lat Pulldown 3x12 Rest: 80 sec very hard
- Dumbbell Shoulder Press 3x12 Rest: 80 sec very hard
- Alternate Hammer Curl 3x12 Rest: 80 sec very hard
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x12 Rest: 80 sec very hard
- Crunches 3x15 Rest: 50 sec very hard
- Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 7.45 T 1113 scores 800 kcal

**Workout #8** 73 min

- Leg Press 3x10 Rest: 85 sec very hard
- Leg Extensions 3x12 Rest: 80 sec very hard
- Barbell Bench Press - Medium Grip 3x10 Rest: 85 sec very hard
- Wide-Grip Rear Pull-Up 3x12 Rest: 80 sec very hard
- Seated Cable Rows 3x12 Rest: 80 sec very hard
- Machine Shoulder (Military) Press 3x12 Rest: 80 sec very hard
- Power Partials 3x12 Rest: 80 sec very hard
- Standing Biceps Cable Curl 3x12 Rest: 80 sec very hard
- Triceps Pushdown 3x12 Rest: 80 sec very hard
- Seated Calf Raise 3x10 max Rest: 50 sec to failure

> 13.6 T 1095 scores 790 kcal

**Workout #9** 69 min

- Barbell Full Squat 3x8 Rest: 80 sec very hard
- Reverse Grip Bent-Over Rows 3x8 Rest: 80 sec very hard
- Leverage Incline Chest Press 3x8 Rest: 80 sec very hard
- Incline Dumbbell Flies 3x8 Rest: 80 sec very hard
- Close-Grip Front Lat Pulldown 3x8 Rest: 80 sec very hard
- Dumbbell Shoulder Press 3x8 Rest: 80 sec very hard
- Alternate Hammer Curl 3x8 Rest: 80 sec very hard
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x8 Rest: 80 sec very hard
- Crunches 3x15 Rest: 50 sec very hard
- Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 5.77 T 1153 scores 830 kcal

**Workout #10** 70 min

- Leg Press 3x8 Rest: 75 sec very hard
- Leg Extensions 3x8 Rest: 75 sec very hard
- Barbell Bench Press - Medium Grip 3x8 Rest: 75 sec very hard
- Wide-Grip Rear Pull-Up 3x8 Rest: 75 sec very hard
- Seated Cable Rows 3x8 Rest: 75 sec very hard
- Machine Shoulder (Military) Press 3x8 Rest: 75 sec very hard
- Power Partials 3x8 Rest: 75 sec very hard
- Standing Biceps Cable Curl 3x8 Rest: 75 sec very hard
- Triceps Pushdown 3x8 Rest: 75 sec very hard
- Seated Calf Raise 3x10 max Rest: 50 sec to failure

> 11.03 T 1135 scores 820 kcal

**Workout #11** 66 min

- Barbell Full Squat 2x12 Rest: 80 sec very hard
- Reverse Grip Bent-Over Rows 3x12 Rest: 80 sec very hard
- Leverage Incline Chest Press 2x12 Rest: 80 sec very hard
- Incline Dumbbell Flies 3x12 Rest: 70 sec very hard
- Close-Grip Front Lat Pulldown 3x12 Rest: 70 sec very hard
- Dumbbell Shoulder Press 3x12 Rest: 70 sec very hard
- Alternate Hammer Curl 3x12 Rest: 70 sec very hard
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x12 Rest: 70 sec very hard
- Crunches 3x15 Rest: 50 sec very hard
- Hyperextensions (Back Extensions) 3x15 Rest: 50 sec very hard

> 6.83 T 1036 scores 740 kcal

**Workout #12** 67 min

- Leg Press 2x12 Rest: 80 sec very hard
- Leg Extensions 3x12 Rest: 70 sec very hard
- Barbell Bench Press - Medium Grip 2x12 Rest: 80 sec very hard
- Wide-Grip Rear Pull-Up 3x12 Rest: 70 sec very hard
- Seated Cable Rows 3x12 Rest: 70 sec very hard
- Machine Shoulder (Military) Press 3x12 Rest: 70 sec very hard
- Power Partials 3x12 Rest: 70 sec very hard
- Standing Biceps Cable Curl 3x12 Rest: 70 sec very hard
- Triceps Pushdown 3x12 Rest: 70 sec very hard
- Seated Calf Raise 3x10 max Rest: 50 sec to failure

> 12.44 T 1020 scores 730 kcal

## Directory of the exercises

**Alternate Hammer Curl**

**Barbell Bench Press - Medium Grip**

**Barbell Full Squat**

**Close-Grip Front Lat Pulldown**

**Crunches**

**Dumbbell Shoulder Press**

**Hyperextensions (Back Extensions)**

**Incline Dumbbell Flies**

**Leg Extensions**

**Leg Press**

**Leverage Incline Chest Press**

**Lying Close-Grip Barbell Triceps Extension Behind The Head**

**Machine Shoulder (Military) Press**

**Power Partials**

**Reverse Grip Bent-Over Rows**

**Seated Cable Rows**

**Seated Calf Raise**

**Standing Biceps Cable Curl**

**Triceps Pushdown**

**Wide-Grip Rear Pull-Up**

## 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 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 / 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.

[All like program for coaches](#)  
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