



Intermediate **23** days **12** workouts **~57** minutes  
<https://atletiq.com/en/programms/1063>

**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
<b>1 day</b>				
1	Standing Military Press	3	6-10	60-65 sec
2	Upright Barbell Row	3	8-10	60-70 sec
3	Dumbbell Shoulder Press	3	8-10	60-70 sec
4	Front Two-Dumbbell Raise	3	8-10	60-70 sec
5	Standing Low-Pulley Deltoid Raise	3	8-10	60-70 sec
6	Close-Grip Barbell Bench Press	3	8-10	60-70 sec
7	Dips - Triceps Version	3	8-10	60-70 sec
8	Triceps Pushdown	3	8-10	60-70 sec
9	Crunches	3	15	45-55 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Clean Deadlift	3	6-10	60-65 sec
2	Reverse Grip Bent-Over Rows	3	8-10	60-70 sec
3	Seated Cable Rows	3	8-10	60-70 sec
4	Wide-Grip Lat Pulldown	3	8-10	60-70 sec
5	Dumbbell Raise	3	8-10	60-70 sec
6	Straight-Arm Pulldown	3	8-10	60-70 sec
7	Dumbbell Shrug	3	8-10	60-70 sec
8	Incline Hammer Curis	3	8-10	60-70 sec
9	Preacher Curl	3	8-10	60-70 sec
<b>4 day (rest)</b>				
<b>5 day</b>				
1	Barbell Bench Press - Medium Grip	3	6-10	60-65 sec
2	Incline Dumbbell Press	3	8-10	60-70 sec
3	Dumbbell Flies	3	8-10	60-70 sec
4	Cable Crossover	3	8-10	60-70 sec
5	Barbell Full Squat	3	6-10	60-65 sec
6	Leg Press	3	8-10	60-70 sec
7	Lying Leg Curis	3	8-10	60-70 sec
8	Leg Extensions	3	8-10	60-70 sec
<b>6 day (rest)</b>				

### Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will be easier, 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** 60 min

- Standing Military Press 3x6 Rest: 60 sec
- Upright Barbell Row 3x8 Rest: 70 sec
- Dumbbell Shoulder Press 3x8 Rest: 70 sec
- Front Two-Dumbbell Raise 3x8 Rest: 70 sec
- Standing Low-Pulley Deltoid Raise 3x8 Rest: 70 sec
- Close-Grip Barbell Bench Press 3x8 Rest: 70 sec
- Dips - Triceps Version 3x8 Rest: 70 sec
- Triceps Pushdown 3x8 Rest: 70 sec
- Crunches 3x15 Rest: 50 sec

> 3.9 T 825 scores 590 kcal

**Workout #2** 61 min

- Clean Deadlift 3x6 Rest: 60 sec
- Reverse Grip Bent-Over Rows 3x8 Rest: 70 sec
- Seated Cable Rows 3x8 Rest: 70 sec
- Wide-Grip Lat Pulldown 3x8 Rest: 70 sec
- Dumbbell Raise 3x8 Rest: 70 sec
- Straight-Arm Pulldown 3x8 Rest: 70 sec
- Dumbbell Shrug 3x8 Rest: 70 sec
- Incline Hammer Curis 3x8 Rest: 70 sec
- Preacher Curl 3x8 Rest: 70 sec

> 6.99 T 885 scores 640 kcal

**Workout #3** 54 min

- Barbell Bench Press - Medium Grip 3x6 Rest: 60 sec
- Incline Dumbbell Press 3x8 Rest: 70 sec
- Dumbbell Flies 3x8 Rest: 70 sec
- Cable Crossover 3x8 Rest: 70 sec
- Barbell Full Squat 3x6 Rest: 60 sec
- Leg Press 3x8 Rest: 70 sec
- Lying Leg Curis 3x8 Rest: 70 sec
- Leg Extensions 3x8 Rest: 70 sec

> 8.75 T 845 scores 610 kcal

**Workout #4** 61 min

- Standing Military Press 3x8 Rest: 65 sec
- Upright Barbell Row 3x10 Rest: 70 sec
- Dumbbell Shoulder Press 3x10 Rest: 70 sec
- Front Two-Dumbbell Raise 3x10 Rest: 70 sec
- Standing Low-Pulley Deltoid Raise 3x10 Rest: 70 sec
- Close-Grip Barbell Bench Press 3x10 Rest: 70 sec
- Dips - Triceps Version 3x10 Rest: 70 sec
- Triceps Pushdown 3x10 Rest: 70 sec
- Crunches 3x15 Rest: 55 sec

> 4.81 T 909 scores 650 kcal

**Workout #5** 62 min

- Clean Deadlift 3x8 Rest: 65 sec
- Reverse Grip Bent-Over Rows 3x10 Rest: 70 sec
- Seated Cable Rows 3x10 Rest: 70 sec
- Wide-Grip Lat Pulldown 3x10 Rest: 70 sec
- Dumbbell Raise 3x10 Rest: 70 sec
- Straight-Arm Pulldown 3x10 Rest: 70 sec
- Dumbbell Shrug 3x10 Rest: 70 sec
- Incline Hammer Curis 3x10 Rest: 70 sec
- Preacher Curl 3x10 Rest: 70 sec

> 8.66 T 973 scores 700 kcal

**Workout #6** 55 min

- Barbell Bench Press - Medium Grip 3x8 Rest: 65 sec
- Incline Dumbbell Press 3x10 Rest: 70 sec
- Dumbbell Flies 3x10 Rest: 70 sec
- Cable Crossover 3x10 Rest: 70 sec
- Barbell Full Squat 3x8 Rest: 65 sec
- Leg Press 3x8 Rest: 70 sec
- Lying Leg Curis 3x10 Rest: 70 sec
- Leg Extensions 3x10 Rest: 70 sec

> 10.82 T 931 scores 670 kcal

**Workout #7** 57 min

- Standing Military Press 3x6 Rest: 60 sec
- Upright Barbell Row 3x8 Rest: 60 sec
- Dumbbell Shoulder Press 3x8 Rest: 60 sec
- Front Two-Dumbbell Raise 3x8 Rest: 60 sec
- Standing Low-Pulley Deltoid Raise 3x8 Rest: 60 sec
- Close-Grip Barbell Bench Press 3x8 Rest: 60 sec
- Dips - Triceps Version 3x8 Rest: 60 sec
- Triceps Pushdown 3x8 Rest: 60 sec
- Crunches 3x15 Rest: 45 sec

> 3.91 T 834 scores 600 kcal

**Workout #8** 57 min

- Clean Deadlift 3x6 Rest: 60 sec
- Reverse Grip Bent-Over Rows 3x8 Rest: 60 sec
- Seated Cable Rows 3x8 Rest: 60 sec
- Wide-Grip Lat Pulldown 3x8 Rest: 60 sec
- Dumbbell Raise 3x8 Rest: 60 sec
- Straight-Arm Pulldown 3x8 Rest: 60 sec
- Dumbbell Shrug 3x8 Rest: 60 sec
- Incline Hammer Curis 3x8 Rest: 60 sec
- Preacher Curl 3x8 Rest: 60 sec

> 7.04 T 897 scores 640 kcal

**Workout #9** 51 min

- Barbell Bench Press - Medium Grip 3x6 Rest: 60 sec
- Incline Dumbbell Press 3x8 Rest: 60 sec
- Dumbbell Flies 3x8 Rest: 60 sec
- Cable Crossover 3x8 Rest: 60 sec
- Barbell Full Squat 3x6 Rest: 60 sec
- Leg Press 3x8 Rest: 60 sec
- Lying Leg Curis 3x8 Rest: 60 sec
- Leg Extensions 3x8 Rest: 60 sec

> 8.79 T 864 scores 620 kcal

**Workout #10** 57 min

- Standing Military Press 3x10 Rest: 60 sec
- Upright Barbell Row 3x10 Rest: 70 sec
- Dumbbell Shoulder Press 3x10 Rest: 70 sec
- Front Two-Dumbbell Raise 3x10 Rest: 70 sec
- Standing Low-Pulley Deltoid Raise 3x10 Rest: 70 sec
- Close-Grip Barbell Bench Press 3x10 Rest: 60 sec
- Dips - Triceps Version 3x10 Rest: 70 sec
- Triceps Pushdown 3x10 Rest: 70 sec
- Crunches 3x15 Rest: 50 sec

> 4.94 T 897 scores 640 kcal

**Workout #11** 58 min

- Clean Deadlift 3x10 Rest: 60 sec
- Reverse Grip Bent-Over Rows 3x10 Rest: 60 sec
- Seated Cable Rows 3x10 Rest: 60 sec
- Wide-Grip Lat Pulldown 3x10 Rest: 60 sec
- Dumbbell Raise 3x10 Rest: 60 sec
- Straight-Arm Pulldown 3x10 Rest: 60 sec
- Dumbbell Shrug 3x10 Rest: 60 sec
- Incline Hammer Curis 3x10 Rest: 60 sec
- Preacher Curl 3x10 Rest: 60 sec

> 8.9 T 959 scores 690 kcal

**Workout #12** 51 min

- Barbell Bench Press - Medium Grip 3x6 Rest: 60 sec
- Incline Dumbbell Press 3x10 Rest: 60 sec
- Dumbbell Flies 3x10 Rest: 60 sec
- Cable Crossover 3x10 Rest: 60 sec
- Barbell Full Squat 3x10 Rest: 60 sec
- Leg Press 3x10 Rest: 60 sec
- Lying Leg Curis 3x10 Rest: 60 sec
- Leg Extensions 3x10 Rest: 60 sec

> 11.3 T 907 scores 650 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 / 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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