$29_{\text{days}}$ 15 workouts ~61 minutes Intermediate https://atletig.com/en/programms/1067 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 AtletlQ»: https://atletiq.com/app The content of of the program «15 тренировок» Duration in days: 29 Amount of training days: 15 Rest days: 14 Exercise (superset) Sets Reps Rest between sets 1 day Close-Grip Barbell Bench Press (a) 4-5 5-18 (+max) **②** 55-80 sec 1 2 Barbell Curl (a) 4-5 5-18 (+max) **②** 55-80 sec 3 Bent-Arm Barbell Pullover 4-5 5-18 (+max) **②** 55-80 sec Seated Cable Rows 4 4-5 5-18 (+max) **②** 55-80 sec 5 Lying Dumbbell Tricep Extension (b) 5-18 (+max) 4-5 **②** 55-80 sec 6 Cross Body Hammer Curl (b) 4-5 **②** 55-80 sec 5-18 (+max) Reverse Grip Triceps Pushdown 5-18 (+max) 7 4-5 **②** 55-80 sec 8 Preacher Curl 4-5 **②** 55-80 sec 5-18 (+max) 2 day (rest) 3 day Chin-Up 8 4 **②** 45-70 sec 1 2 4-5 Close-Grip EZ Bar Curl 5-18 (+max) **②** 55-80 sec **Dumbbell Flyes** 3 4-5 5-18 (+max) **②** 55-80 sec 5-18 (+max) 4 Incline Hammer Curls 4-5 **②** 55-80 sec 5 One-Arm Dumbbell Row 4-5 5-18 (+max) **②** 55-80 sec 6 Overhead Cable Curl 4-5 5-18 (+max) **②** 55-80 sec 4 day (rest) 5 day Dips - Triceps Version 8 4 1 **②** 45-70 sec Lying Close-Grip Barbell Triceps Extension Behind The Head **②** 55-80 sec 2 4-5 5-18 (+max) Weighted Bench Dip 3 4-5 5-18 (+max) **②** 55-80 sec Triceps Pushdown - Rope Attachment 5-18 (+max) 4-5 **②** 55-80 sec 4 Straight-Arm Pulldown 5 4-5 5-18 (+max) **②** 55-80 sec Tricep Dumbbell Kickback 6 4-5 5-18 (+max) **②** 55-80 sec Pushups (Close and Wide Hand Positions) 7 4-5 5-18 (+max) **②** 55-80 sec 6 day (rest) Training intensity for each exercise The total intensity Chin-Up 1000 Dips - Triceps Version 1388 Bent-Arm Barbell Pullover Seated Cable Rows 800 Dumbbell Flyes 1110 Weighted Bench Dip Pushups (Close and Wide Hand Positions) 600 Close-Grip Barbell Bench Press 833 One-Arm Dumbbell Row Lying Dumbbell Tricep Extension 400 Straight-Arm Pulldown 555 Close-Grip EZ Bar Curl Barbell Curl 200 278 Cross Body Hammer Curl Incline Hammer Curls Overhead Cable Curl Preacher Curl 10 12 Workout #1 Workout #2 **4**9 min Workout #3 **②** 63 min **②** 57 min Close-Grip Barbell Bench Press **Dips - Triceps Version** Chin-Up **8×4** Rest: **②** 45 sec **8×4** Rest: **②** 45 sec **3×6** Rest: **②** 60 sec heavy heavy heavy 1x8 max Tempo: Rest: 4/0/X/0 **②** 80 sec to failure Close-Grip EZ Bar Curl Lying Close-Grip Barbell Triceps Extension 3×6 Rest: **②** 60 sec **Behind The Head** heavy Barbell Curl **3×6** Rest: **②** 60 sec heavy

«НАТУРАЛЬНЫЙ» ОБЪЕМ

РУКИ-БАЗУКИ

**ТРЕНИРОВОЧНАЯ** 

ПРОГРАММА

на з дня в неделю

1×8 max Tempo: Rest: **3×6** Rest: **②** 60 sec to failure heavy 4/0/X/0 **②** 80 sec 1x8 max Tempo: Rest: to failure 4/0/X/0 **②** 80 sec **Dumbbell Flyes** 3×6 Rest: **②** 60 sec Bent-Arm Barbell Pullover heavy 1×8 max Tempo: Rest: 3×6 Rest: **②** 60 sec to failure heavy 4/0/X/0 **②** 80 sec 1×8 max Tempo: Rest: to failure 4/0/X/0 **②** 80 sec **Incline Hammer Curls 3×6** Rest: **②** 60 sec heavy **Seated Cable Rows** 1×8 max Tempo: 3×6 Rest: **②** 60 sec heavy 4/0/X/0 **②** 80 sec to failure 1×8 max Tempo: to failure 4/0/X/0 **②** 80 sec One-Arm Dumbbell Row 3×6 Rest: **②** 60 sec Lying Dumbbell Tricep Extension heavy 1×8 max Tempo: Rest: 3×6 Rest: **○** 60 sec to failure 4/0/X/0 **②** 80 sec heavy 1×8 max Tempo: Rest: **Overhead Cable Curl** 3×6 Rest: **②** 60 sec Cross Body Hammer Curl 1×8 max Tempo: 3×6 Rest: **②** 60 sec heavy to failure 4/0/X/0 **②** 80 sec **1×8 max** Tempo: Rest: 4/0/X/0 **9** 80 sec to failure > 2.54 T 🎻 1052 scores 👤 760 kcal Reverse Grip Triceps Pushdown **3×6** Rest: **②** 60 sec heavy 1×8 max Tempo: Rest: to failure 4/0/X/0 **②** 80 sec **Preacher Curl** 

heavy

to failure

**②** 76 min

heavy

heavy

heavy

heavy

heavy

heavy

heavy

heavy

**②** 70 min

heavy

to failure

to failure

**②** 63 min

heavy

to failure

**②** 69 min

heavy

heavy

heavy

heavy

to failure

Workout #5

Chin-Up

**8×4** Rest: **②** 50 sec

**5×5** Rest: **②** 75 sec

**5×5** Rest: **②** 75 sec

**Incline Hammer Curls** 

One-Arm Dumbbell Row

**5×5** Rest: **②** 75 sec

**5×5** Rest: **②** 75 sec

Overhead Cable Curl

**5×5** Rest: **②** 75 sec

Workout #8

Chin-Up

**8×4** Rest: **②** 55 sec

Close-Grip EZ Bar Curl

4/0/X/0 **②** 75 sec

4/0/X/0 **②** 75 sec

> 2.8 T **₹** 1058 scores **₹** 760 kcal

3×8 Rest: **②** 80 sec

1×6 max Tempo:

**Dumbbell Flyes** 

3×8 Rest: **②** 80 sec

**Incline Hammer Curls** 

One-Arm Dumbbell Row

**1×6** max Tempo: Rest: 4/0/X/0 • 75 sec

**1×6** max Tempo: Rest: 4/0/X/0 • 75 sec

3×8 Rest: **②** 80 sec

1×6 max Tempo:

3×8 Rest: **②** 80 sec

Overhead Cable Curl **3×8** Rest: **②** 80 sec

Workout #11

**8×4** Rest: **②** 45 sec

Close-Grip EZ Bar Curl

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**Incline Hammer Curls** 

**3×10** Rest: **②** 55 sec

**Dumbbell Flyes** 

**1×18** max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

One-Arm Dumbbell Row

**1×18** max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

**3×10** Rest: **②** 55 sec

**Overhead Cable Curl** 

**3×10** Rest: **②** 55 sec

Workout #14

**8×4** Rest: **②** 70 sec

1×6 Rest: **②** 60 sec

**Dumbbell Flyes** 

**1×6** Rest: **②** 60 sec

2×10 Rest: @ 75 sec

**Incline Hammer Curls** 

1×6 Rest: **②** 60 sec

2×10 Rest: @ 75 sec

**1×15** max Rest: **①** 75 sec

One-Arm Dumbbell Row

**1×15** max Rest: **②** 75 sec

1×6 Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**Overhead Cable Curl** 

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×15** max Rest: **②** 75 sec

> 3.55 T **₹** 935 scores **₹** 670 kcal

Directory of the exercises

**Bent-Arm Barbell Pullover** 

**Incline Hammer Curls** 

**Dips - Triceps Version** 

Lying Dumbbell Tricep Extension

**Preacher Curl** 

**Seated Cable Rows** 

Triceps Pushdown - Rope

**Attachment** 

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile

• The load in the programs is calculated relative to the maximum weight with which you can do the exercise for

• The application will compare your score with the planned load and adjust the level of your performance in the

is transferred after a workout to your personal account and are considered in the following training.

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

• Try to set the weights as close to the calculated considering the capabilities of your gym

**☐** ACTUAL WORKOUT #1

«NUCLEAR ARMS

VORKOUT PLAN

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

00:20

**PERFORMED** 

SKIP

Rarhall Shoulder Dress

weight, kg / lbs

01:00<sub>o</sub>

#1

₫ 4

**Dumbbell Bench Press** 

2.39 T

• This application requires access to the Internet. There is also the opportunity to train on the special training Form, data

• During training, you will carry out step by step application and assess the level of load obtained after the completion

• If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the

• Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match

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 -

54

Barbell Incline Bench Press

Medium-Grip

How to do?

**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 © 2018 — AtletIQ.com

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back

should be arched, and your shoulder blades

2. Lay on the bench with your feet flat on the

1 repetition. This indicator is also calculated and adjusted automatically in the future.

**1×15** max Rest: **①** 75 sec

2×10 Rest: @ 75 sec

**1×15** max Rest: **②** 75 sec

Close-Grip EZ Bar Curl

Chin-Up

Chin-Up

**Dumbbell Flyes** 

Close-Grip EZ Bar Curl

**3×6** Rest: **○** 60 sec

1x8 max Tempo:

Workout #4

Barbell Curl

4/0/X/0 **②** 80 sec

Close-Grip Barbell Bench Press

**5×5** Rest: **②** 75 sec

**5×5** Rest: **②** 75 sec

**5×5** Rest: **②** 75 sec

**Seated Cable Rows** 

**5×5** Rest: **②** 75 sec

**Preacher Curl** 

Workout #7

Barbell Curl

Cross Body Hammer Curl

Bent-Arm Barbell Pullover

Lying Dumbbell Tricep Extension

Reverse Grip Triceps Pushdown

Close-Grip Barbell Bench Press

**3×8** Rest: **②** 80 sec

1×6 max Tempo:

**3×8** Rest: **②** 80 sec

**3×8** Rest: **②** 80 sec

1×6 max Tempo:

**Seated Cable Rows** 

3×8 Rest: **②** 80 sec

**3×8** Rest: **②** 80 sec

3×8 Rest: **②** 80 sec

1×6 max Tempo:

3×8 Rest: **②** 80 sec

**3×8** Rest: **○** 80 sec

Preacher Curl

Workout #10

Barbell Curl

1×6 max Tempo: Rest:

1×6 max Tempo: Rest:

Close-Grip Barbell Bench Press

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**Seated Cable Rows** 

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**1×18** max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

Bent-Arm Barbell Pullover

1×18 max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

**1×18** max Rest: **①** 75 sec

Cross Body Hammer Curl

**1×18** max Rest: **②** 75 sec

**1x18** max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

• Close-Grip Barbell Bench Press

1×6 Rest: **②** 60 sec

2×10 Rest: @ 75 sec

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**Seated Cable Rows** 

**1×6** Rest: **②** 60 sec

2×10 Rest: @ 75 sec

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

1x15 max Rest: **②** 75 sec

Cross Body Hammer Curl

**1×15** max Rest: **②** 75 sec

Reverse Grip Triceps Pushdown

1×6 Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

1×6 Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**Preacher Curl** 

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×15** max Rest: **②** 75 sec

> 8.53 T **₹** 1102 scores **₹** 790 kcal

**Barbell Curl** 

**Close-Grip Barbell Bench Press** 

**Cross Body Hammer Curl** 

**Lying Close-Grip Barbell Triceps** 

**Extension Behind The Head** 

**Overhead Cable Curl** 

**Reverse Grip Triceps Pushdown** 

**Tricep Dumbbell Kickback** 

General recommendations on training with AtletIQ

application which is an interactive smart timer.

of each set.

break.

the the planned.

Find program

Advanced search

REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK

Back in operation with 4 workouts!

2 add-ons

FROM A POWER TRAINING PROGRAM

Fitnes Goal

Complexity

-- Show all -

Workout place

-- Show all -

-- Show all

these are not all application features.

**1×15** max Rest: **②** 75 sec

**1×15** max Rest: **②** 75 sec

Lying Dumbbell Tricep Extension

**1×15** max Rest: **②** 75 sec

Bent-Arm Barbell Pullover

**1×15** max Rest: **②** 75 sec

1×15 max Rest: @ 75 sec

> 9.43 T **₹** 1017 scores **₹** 730 kcal

Reverse Grip Triceps Pushdown

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

Preacher Curl

Workout #13

Barbell Curl

Lying Dumbbell Tricep Extension

1×6 max Tempo: Rest:

1×6 max Tempo: Rest:

Cross Body Hammer Curl

1×6 max Tempo: Rest:

Bent-Arm Barbell Pullover

4/0/X/0 **②** 75 sec

> 6.75 T **₹** 1332 scores **₹** 960 kcal

Reverse Grip Triceps Pushdown

Lying Dumbbell Tricep Extension

> 5.99 T **₹** 1251 scores **₹** 900 kcal

Rest: 4/0/X/0 **②** 75 sec

> 6.12 T **₹** 1392 scores **₹** 1000 kcal

1×8 max Tempo: Rest: to failure 4/0/X/0 @ 80 sec Pushups (Close and Wide Hand Positions) 3×6 Rest: **②** 60 sec 1×8 max Tempo: Rest: to failure 4/0/X/0 **②** 80 sec > 2.43 T **₹** 1056 scores **₹** 760 kcal Workout #6 **②** 67 min Dips - Triceps Version **8×4** Rest: **②** 50 sec Lying Close-Grip Barbell Triceps Extension **Behind The Head 5×5** Rest: **②** 75 sec Weighted Bench Dip **5×5** Rest: **②** 75 sec Triceps Pushdown - Rope Attachment **5×5** Rest: **②** 75 sec Straight-Arm Pulldown **5×5** Rest: **②** 75 sec Tricep Dumbbell Kickback **5×5** Rest: **②** 75 sec Pushups (Close and Wide Hand Positions) **5×5** Rest: **②** 75 sec > 2.38 T **₹** 983 scores **₹** 710 kcal Workout #9 **②** 63 min Dips - Triceps Version **8×4** Rest: **©** 55 sec Lying Close-Grip Barbell Triceps Extension **Behind The Head** 3×8 Rest: **②** 80 sec 1×6 max Tempo: Rest: to failure 4/0/X/0 **②** 75 sec Weighted Bench Dip 3×8 Rest: **②** 80 sec **1×6** max Tempo: Rest: 4/0/X/0 • 75 sec to failure Triceps Pushdown - Rope Attachment **3×8** Rest: **②** 80 sec **1×6** max Tempo: Rest: 4/0/X/0 • 75 sec to failure Straight-Arm Pulldown 3×8 Rest: **②** 80 sec **1×6** max Tempo: Rest: 4/0/X/0 **9** 75 sec to failure Tricep Dumbbell Kickback 3×8 Rest: **②** 80 sec 1×6 max Tempo: Rest: to failure 4/0/X/0 **②** 75 sec Pushups (Close and Wide Hand Positions) 3×8 Rest: **②** 80 sec

1×8 max Tempo: Rest:

Weighted Bench Dip

**3×6** Rest: **○** 60 sec

1x8 max Tempo:

**3×6** Rest: **②** 60 sec

1x8 max Tempo: Rest:

Straight-Arm Pulldown

Tricep Dumbbell Kickback

3×6 Rest: **②** 60 sec

1×8 max Tempo:

**3×6** Rest: **○** 60 sec

**②** 58 min

heavy

heavy

heavy

heavy

heavy

heavy

**②** 55 min

heavy

heavy

to failure

heavy

to failure

to failure

heavy

to failure

heavy

to failure

**②** 49 min

heavy

heavy

to failure

**②** 56 min

very hard

heavy

heavy

to failure

1×6 max Tempo: Rest:

Workout #12

Dips - Triceps Version

**8×4** Rest: **②** 45 sec

**Behind The Head** 

**3×10** Rest: **②** 55 sec

Weighted Bench Dip

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**1×18** max Rest: **②** 75 sec

**1×18** max Rest: **②** 75 sec

1x18 max Rest: **①** 75 sec

Straight-Arm Pulldown

**1×18** max Rest: **②** 75 sec

Tricep Dumbbell Kickback

1x18 max Rest: **②** 75 sec

**1x18** max Rest: **①** 75 sec

Pushups (Close and Wide Hand Positions)

> 3.72 T **₹** 839 scores **£** 600 kcal

Lying Close-Grip Barbell Triceps Extension

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

**3×10** Rest: **②** 55 sec

Workout #15

Dips - Triceps Version

**8×4** Rest: **②** 70 sec

**Behind The Head** 

1×6 Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

Weighted Bench Dip

**1×6** Rest: **②** 60 sec

2×10 Rest: @ 75 sec

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×15** max Rest: **②** 75 sec

Straight-Arm Pulldown

1×6 Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×6** Rest: **②** 60 sec

2×10 Rest: **②** 75 sec

**1×15** max Rest: **②** 75 sec

**1×15** max Rest: **①** 75 sec

Tricep Dumbbell Kickback

**1×15** max Rest: **②** 75 sec

Pushups (Close and Wide Hand Positions)

> 3.39 T **₹** 916 scores **£** 660 kcal

Chin-Up

Close-Grip EZ Bar Curl

**Dumbbell Flyes** 

One-Arm Dumbbell Row

**Pushups (Close and Wide Hand** 

Positions)

Straight-Arm Pulldown

Weighted Bench Dip

**YOUR FRIENDS** 

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

71532 scores Last Activity: Mar 14

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14

Вадим\_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Last Activity: Feb 10

REMOVE FROM FRIENDS

Advanced 4

Advanced 1

Amateur 6

Amateur 3

**1×15** max Rest: **②** 75 sec

Triceps Pushdown - Rope Attachment

**1×15** max Rest: **②** 75 sec

Triceps Pushdown - Rope Attachment

4/0/X/0 **②** 75 sec

> 2.7 T **₹** 1051 scores **₹** 760 kcal

Lying Close-Grip Barbell Triceps Extension

4/0/X/0 **②** 80 sec

4/0/X/0 ② 80 sec

Triceps Pushdown - Rope Attachment

4/0/X/0 **②** 80 sec

4/0/X/0 **②** 80 sec

Rest:

Rest:

to failure

heavy

to failure

heavy

to failure

heavy

to failure

heavy

to failure

**②** 57 min

heavy

heavy

to failure

**②** 65 min

very hard

heavy

heavy

to failure

heavy

heavy

to failure