 Intermediate

29 days

15 workouts

~61 minutes

<https://atletiq.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 AtletIQ»: <https://atletiq.com/app>

The content of of the program

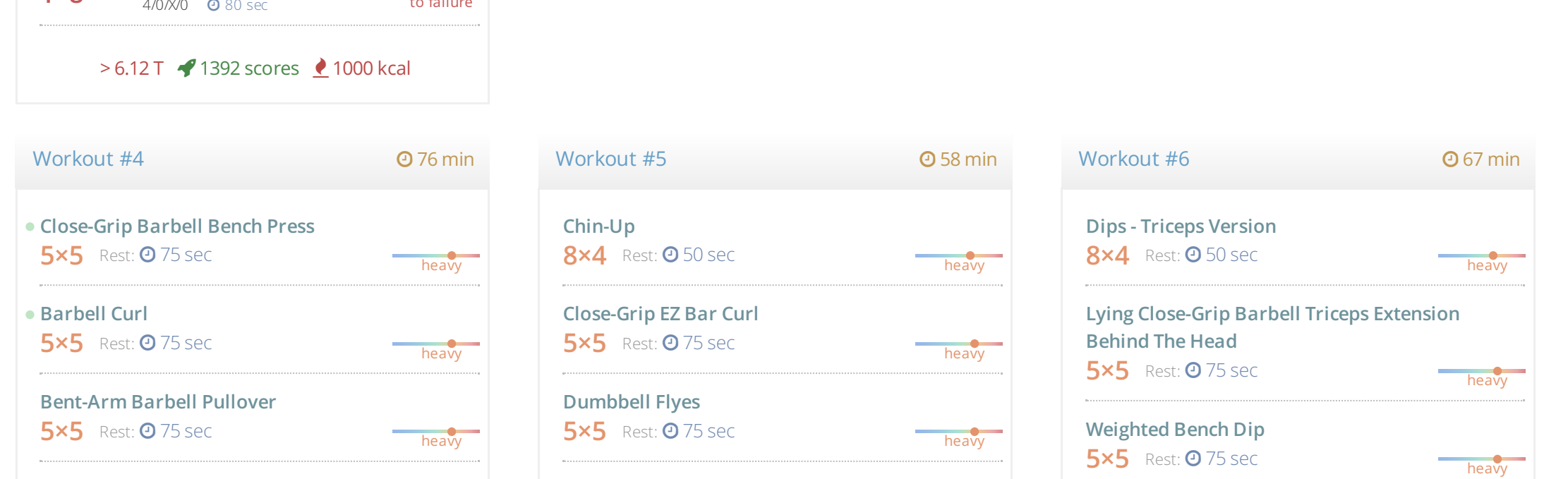
1 «15 тренировок» Duration in days: 29 Amount of training days: 15 Rest days: 14

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	Close-Grip Barbell Bench Press (a)	4-5	5-18 (+max)	55-80 sec
2	Barbell Curl (a)	4-5	5-18 (+max)	55-80 sec
3	Bent-Arm Barbell Pullover	4-5	5-18 (+max)	55-80 sec
4	Seated Cable Rows	4-5	5-18 (+max)	55-80 sec
5	Lying Dumbbell Tricep Extension (b)	4-5	5-18 (+max)	55-80 sec
6	Cross Body Hammer Curl (b)	4-5	5-18 (+max)	55-80 sec
7	Reverse Grip Triceps Pushdown	4-5	5-18 (+max)	55-80 sec
8	Preacher Curl	4-5	5-18 (+max)	55-80 sec
2 day (rest)				
3 day				
1	Chin-Up	8	4	45-70 sec
2	Close-Grip EZ Bar Curl	4-5	5-18 (+max)	55-80 sec
3	Dumbbell Flies	4-5	5-18 (+max)	55-80 sec
4	Incline Hammer Curls	4-5	5-18 (+max)	55-80 sec
5	One-Arm Dumbbell Row	4-5	5-18 (+max)	55-80 sec
6	Overhead Cable Curl	4-5	5-18 (+max)	55-80 sec
4 day (rest)				
5 day				
1	Dips - Triceps Version	8	4	45-70 sec
2	Lying Close-Grip Barbell Triceps Extension Behind The Head	4-5	5-18 (+max)	55-80 sec
3	Weighted Bench Dip	4-5	5-18 (+max)	55-80 sec
4	Triceps Pushdown - Rope Attachment	4-5	5-18 (+max)	55-80 sec
5	Straight-Arm Pulldown	4-5	5-18 (+max)	55-80 sec
6	Tricep Dumbbell Kickback	4-5	5-18 (+max)	55-80 sec
7	Pushups (Close and Wide Hand Positions)	4-5	5-18 (+max)	55-80 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 63 min

Close-Grip Barbell Bench Press

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Barbell Curl

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Bent-Arm Barbell Pullover

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Seated Cable Rows

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Lying Dumbbell Tricep Extension

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Cross Body Hammer Curl

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Reverse Grip Triceps Pushdown

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Preacher Curl

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

> 6.12 T 1392 scores 1000 kcal

Workout #2 49 min

Chin-Up

8×4 Rest: 45 sec

Close-Grip EZ Bar Curl

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Dumbbell Flies

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Incline Hammer Curls

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

One-Arm Dumbbell Row

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Overhead Cable Curl

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

> 2.54 T 1052 scores 760 kcal

Workout #3 57 min

Dips - Triceps Version

8×4 Rest: 45 sec

Lying Close-Grip Barbell Triceps Extension Behind The Head

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Weighted Bench Dip

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Triceps Pushdown - Rope Attachment

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Straight-Arm Pulldown

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Tricep Dumbbell Kickback

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

Pushups (Close and Wide Hand Positions)

3×6 Rest: 60 sec

1×8 max Rest: 80 sec

> 2.43 T 1056 scores 760 kcal

Workout #4 76 min

Close-Grip Barbell Bench Press

5×5 Rest: 75 sec

Barbell Curl

5×5 Rest: 75 sec

Bent-Arm Barbell Pullover

5×5 Rest: 75 sec

Seated Cable Rows

5×5 Rest: 75 sec

Lying Dumbbell Tricep Extension

5×5 Rest: 75 sec

Cross Body Hammer Curl

5×5 Rest: 75 sec

Reverse Grip Triceps Pushdown

5×5 Rest: 75 sec

Preacher Curl

5×5 Rest: 75 sec

> 5.99 T 1251 scores 900 kcal

Workout #5 58 min

Chin-Up

8×4 Rest: 50 sec

Close-Grip EZ Bar Curl

5×5 Rest: 75 sec

1×18 max Rest: 75 sec

Dumbbell Flies

5×5 Rest: 75 sec

Incline Hammer Curls

5×5 Rest: 75 sec

One-Arm Dumbbell Row

5×5 Rest: 75 sec

Overhead Cable Curl

5×5 Rest: 75 sec

> 2.48 T 990 scores 710 kcal

Workout #6 67 min

Dips - Triceps Version

8×4 Rest: 50 sec

Lying Close-Grip Barbell Triceps Extension Behind The Head

5×5 Rest: 75 sec

Weighted Bench Dip

5×5 Rest: 75 sec

Triceps Pushdown - Rope Attachment

5×5 Rest: 75 sec

Straight-Arm Pulldown

5×5 Rest: 75 sec

Tricep Dumbbell Kickback

5×5 Rest: 75 sec

Pushups (Close and Wide Hand Positions)

5×5 Rest: 75 sec

> 2.38 T 983 scores 710 kcal

Workout #7 70 min

Close-Grip Barbell Bench Press

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Barbell Curl

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Bent-Arm Barbell Pullover

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Seated Cable Rows

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Lying Dumbbell Tricep Extension

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Cross Body Hammer Curl

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Reverse Grip Triceps Pushdown

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Preacher Curl

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

> 6.75 T 1332 scores 960 kcal

Workout #8 55 min

Chin-Up

8×4 Rest: 55 sec

Close-Grip EZ Bar Curl

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Dumbbell Flies

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Incline Hammer Curls

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

One-Arm Dumbbell Row

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Overhead Cable Curl

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

> 2.8 T 1058 scores 760 kcal

Workout #9 63 min

Dips - Triceps Version

8×4 Rest: 55 sec

Lying Close-Grip Barbell Triceps Extension Behind The Head

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Weighted Bench Dip

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Triceps Pushdown - Rope Attachment

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Straight-Arm Pulldown

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Tricep Dumbbell Kickback

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

Pushups (Close and Wide Hand Positions)

3×8 Rest: 80 sec

1×6 max Rest: 75 sec

> 2.7 T 1051 scores 760 kcal

Workout #10 63 min

Close-Grip Barbell Bench Press

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Barbell Curl

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Bent-Arm Barbell Pullover

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Seated Cable Rows

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Lying Dumbbell Tricep Extension

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Cross Body Hammer Curl

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Reverse Grip Triceps Pushdown

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Preacher Curl

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

> 9.43 T 1017 scores 730 kcal

Workout #11 49 min

Chin-Up

8×4 Rest: 45 sec

Close-Grip EZ Bar Curl

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Dumbbell Flies

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Incline Hammer Curls

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

One-Arm Dumbbell Row

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Overhead Cable Curl

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

> 3.86 T 854 scores 610 kcal

Workout #12 57 min

Dips - Triceps Version

8×4 Rest: 45 sec

Lying Close-Grip Barbell Triceps Extension Behind The Head

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Weighted Bench Dip

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Triceps Pushdown - Rope Attachment

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Straight-Arm Pulldown

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Tricep Dumbbell Kickback

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

Pushups (Close and Wide Hand Positions)

3×10 Rest: 55 sec

1×18 max Rest: 75 sec

> 3.72 T 839 scores 600 kcal

Workout #13 69 min

Close-Grip Barbell Bench Press

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Barbell Curl

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Bent-Arm Barbell Pullover

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Seated Cable Rows

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Lying Dumbbell Tricep Extension

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Cross Body Hammer Curl

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Reverse Grip Triceps Pushdown

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Preacher Curl

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

> 8.53 T 1102 scores 790 kcal

Workout #14 56 min

Chin-Up

8×4 Rest: 70 sec

Close-Grip EZ Bar Curl

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Dumbbell Flies

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Incline Hammer Curls

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

One-Arm Dumbbell Row

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Overhead Cable Curl

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

> 3.55 T 935 scores 670 kcal

Workout #15 65 min

Dips - Triceps Version

8×4 Rest: 70 sec

Lying Close-Grip Barbell Triceps Extension Behind The Head

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Weighted Bench Dip

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Triceps Pushdown - Rope Attachment

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Straight-Arm Pulldown

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Tricep Dumbbell Kickback

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

Pushups (Close and Wide Hand Positions)

1×6 Rest: 60 sec

2×10 Rest: 75 sec

1×15 max Rest: 75 sec

> 3.39 T 916 scores 660 kcal

Directory of the exercises

Barbell Curl

Bent-Arm Barbell Pullover

Chin-Up

Close-Grip Barbell Bench Press

Incline Hammer Curls

Close-Grip EZ Bar Curl

Cross Body Hammer Curl

Dips - Triceps Version

Dumbbell Flies

Lying Close-Grip Barbell Triceps Extension Behind The Head

Lying Dumbbell Tricep Extension

One-Arm Dumbbell Row

Overhead Cable Curl

Preacher Curl

Pushups (Close and Wide Hand Positions)

Reverse Grip Triceps Pushdown

Seated Cable Rows

Straight-Arm Pulldown

Tricep Dumbbell Kickback

Triceps Pushdown - Rope Attachment

Weighted Bench Dip

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 works 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 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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