



 23_{days}

12_{workouts}



https://atletiq.com/en/programms/1068

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

04:48

Install App «Mobile Fitness Assistant AtletIQ»: <u>https://atletiq.com/app</u>

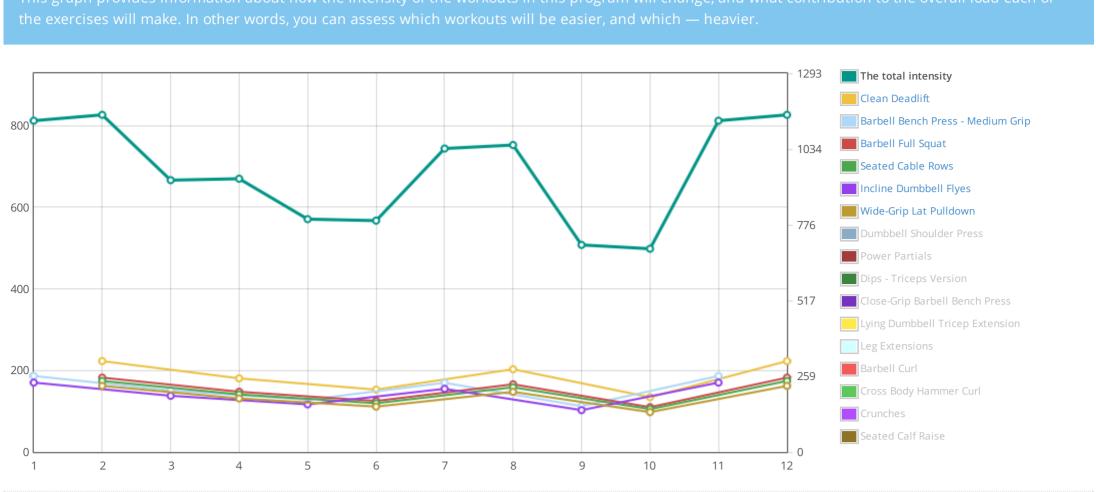
The content of of the program

«12 тренировок»

Duration in days: 23 Amount of training days: 12 Rest days: 11

workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.						
#	Exercise (superset)	Sets	Reps	② Rest between sets		
1 day						
1	Barbell Bench Press - Medium Grip	3-4	6-10	④ 45-90 sec		
2	Incline Dumbbell Flyes	3-4	6-10	❷ 45-90 sec		
3	Dips - Triceps Version	3-4	6-10	④ 45-90 sec		
ļ	Close-Grip Barbell Bench Press	3-4	6-10	② 45-90 sec		
5	Lying Dumbbell Tricep Extension	3-4	6-10	④ 45-90 sec		
5	Dumbbell Shoulder Press	3-4	6-10	❷ 45-90 sec		
7	Power Partials	3-4	6-10	❷ 45-90 sec		
3	Crunches	3	20	② 50 sec		
2 day (rest)						
3 day						
	Wide-Grip Lat Pulldown	3-4	6-10	④ 45-90 sec		
) -	Seated Cable Rows	3-4	6-10	④ 45-90 sec		
3	Clean Deadlift	3-4	6-10	④ 45-90 sec		
ļ	Barbell Curl	3-4	6-10	④ 45-90 sec		
	Cross Body Hammer Curl	3-4	6-10	④ 45-90 sec		
	Barbell Full Squat	3-4	6-10	④ 45-90 sec		
7	Leg Extensions	3-4	6-10	○ 45-90 sec		
3	Seated Calf Raise	3-4	6-10	④ 45-90 sec		
4 day (rest)						

Training intensity for each exercise



oad level.		ljust the number of repetitions), so that			
/orkout #1	2 62 min	Workout #2	2 64 min	Workout #3	@ 61 mi
Barbell Bench Press - Medium Grip 4×1 Rest: ② 70 sec	heavy	Wide-Grip Lat Pulldown 4×3 Rest: ① 70 sec	heavy	Barbell Bench Press - Medium Grip 3×1 Rest:	very har
ncline Dumbbell Flyes 4×6 Rest:	heavy	Seated Cable Rows 4×6 Rest: ⁽²⁾ 70 sec	heavy	Incline Dumbbell Flyes 3×8 Rest:	very har
Dips - Triceps Version 4×6 Rest: ② 70 sec	heavy	Clean Deadlift 4×6 Rest: ② 70 sec	heavy	Dips - Triceps Version 3×8 Rest:	very har
Close-Grip Barbell Bench Press		Barbell Curl 4×34 max Rest: ⁽²⁾ 70 sec		Close-Grip Barbell Bench Press 3×8 Rest: ⁽²⁾ 90 sec	
-ying Dumbbell Tricep Extension	heavy	Cross Body Hammer Curl	heavy	Lying Dumbbell Tricep Extension	very har
4×6 Rest: ② 70 sec Dumbbell Shoulder Press	heavy	4×6 Rest: ⊙ 70 sec Barbell Full Squat	heavy	3×8 Rest: ① 90 sec Dumbbell Shoulder Press	very har
4×6 Rest:	heavy	4×1 Rest: ⊙ 70 sec Leg Extensions	heavy	3×8 Rest: ⊙ 90 sec Power Partials	very har
4×6 Rest:	heavy	4×6 Rest: ② 70 sec Seated Calf Raise	heavy	3×8 Rest: ⊙ 90 sec Crunches	very har
3×20 Rest: ⊙ 50 sec	very hard	4×6 Rest: 70 sec	heavy	3×20 Rest: ⊙ 50 sec	very ha
> 2.5 T 🦿 973 scores		> 9.82 T		> 2.4 T 🛷 797 scores	
/orkout #4	0 63 min	Workout #5	2 55 min	Workout #6	2 55 mi
Wide-Grip Lat Pulldown 3×3 Rest:	very hard	Barbell Bench Press - Medium Grip 3×1 Rest: ⊙ 70 sec	heavy	Wide-Grip Lat Pulldown 3×3 Rest: ① 70 sec	heavy
Seated Cable Rows 3×8 Rest: ④ 90 sec	very hard	Incline Dumbbell Flyes 3×10 Rest: ⊙ 70 sec	heavy	Seated Cable Rows 3×10 Rest: ① 70 sec	heavy
Clean Deadlift 3×8 Rest: ② 90 sec	very hard	Dips - Triceps Version 3×10 Rest: ⊙ 70 sec	heavy	Clean Deadlift 3×10 Rest: ② 70 sec	heavy
Barbell Curl 3×38 ^{max} Rest:		Close-Grip Barbell Bench Press 3×10 Rest: ⊙ 70 sec		Barbell Curl 3×35 ^{max} Rest: 70 sec	
Cross Body Hammer Curl	very hard	Lying Dumbbell Tricep Extension	heavy	Cross Body Hammer Curl	heavy
3×8 Rest:	very hard	3×10 Rest: ⊙ 70 sec Dumbbell Shoulder Press	heavy	3×10 Rest: 70 sec Barbell Full Squat	heavy
3×1 Rest: ⁽²⁾ 90 sec	very hard	3×10 Rest: ⊙ 70 sec Power Partials	heavy	3×1 Rest: [⊙] 70 sec Leg Extensions	heavy
3×8 Rest: ④ 90 sec	very hard	3×10 Rest: ⊙ 70 sec	heavy	3×10 Rest: 2 70 sec	heavy
Seated Calf Raise 3×8 Rest: ④ 90 sec	very hard	Crunches 3×20 Rest: ⊙ 50 sec	very hard	Seated Calf Raise 3×10 Rest: ① 70 sec	heavy
> 9.4 T 🛷 805 scores		> 2.79 T 🧳 681 scores		> 10.82 T 🛷 676 scores	
/orkout #7	2 61 min	Workout #8	2 63 min	Workout #9	2 46 mi
Barbell Bench Press - Medium Grip 3×1 Rest:	very hard	Wide-Grip Lat Pulldown 3×4 Rest: ⊙ 90 sec	very hard	Barbell Bench Press - Medium Grip 3×1 Rest: ① 45 sec	heavy
ncline Dumbbell Flyes 3×6 Rest:	very hard	Seated Cable Rows 3×6 Rest: ○ 90 sec	very hard	Incline Dumbbell Flyes 3×8 Rest: ① 45 sec	heavy
		Clean Deadlift		Dips - Triceps Version 3×8 Rest: • 45 sec	heavy
	very hard	3×6 Rest: ④ 90 sec	very hard		
3×6 Rest: ④ 90 sec Close-Grip Barbell Bench Press		3×6 Rest: ○ 90 sec Barbell Curl 3×42 max Rest: ○ 90 sec		Close-Grip Barbell Bench Press 3×8 Rest: • 45 sec	heavy
Rest: ② 90 sec Close-Grip Barbell Bench Press S×6 Rest: ③ 90 sec ying Dumbbell Tricep Extension	very hard	Barbell Curl 3×42 ^{max} Rest: ② 90 sec Cross Body Hammer Curl	very hard	Close-Grip Barbell Bench Press 3×8 Rest: ① 45 sec Lying Dumbbell Tricep Extension	
Rest: ② 90 sec Close-Grip Barbell Bench Press Rest: ③ 90 sec Ying Dumbbell Tricep Extension Rest: ④ 90 sec Pumbbell Shoulder Press		Barbell Curl 3×42 max Rest: • 90 sec Cross Body Hammer Curl 3×6 Rest: • 90 sec Barbell Full Squat		Close-Grip Barbell Bench Press 3×8 Rest: ① 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: ① 45 sec Dumbbell Shoulder Press	
 3×6 Rest: ① 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ① 90 sec Aying Dumbbell Tricep Extension 3×6 Rest: ① 90 sec Dumbbell Shoulder Press 3×6 Rest: ① 90 sec 	very hard	Barbell Curl 3×42 ^{max} Rest: ① 90 sec Cross Body Hammer Curl 3×6 Rest: ① 90 sec	very hard	Close-Grip Barbell Bench Press 3×8 Rest: ① 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: ① 45 sec	heavy
X 6 Rest: ② 90 sec Close-Grip Barbell Bench Press X 6 Rest: ③ 90 sec Aumbbell Tricep Extension X 6 Rest: ④ 90 sec Dumbbell Shoulder Press X 6 Rest: ④ 90 sec Power Partials X 6 Rest: ④ 90 sec	very hard	Barbell Curl 3×42 max Rest: • 90 sec Cross Body Hammer Curl 3×6 Rest: • 90 sec Barbell Full Squat 3×1 Rest: • 90 sec Leg Extensions 3×6 Rest: • 90 sec	very hard	Close-Grip Barbell Bench Press 3×8 Rest: • 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: • 45 sec Dumbbell Shoulder Press 3×8 Rest: • 45 sec Power Partials 3×8 Rest: • 45 sec	heavy
3×6 Rest: ① 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ① 90 sec Lying Dumbbell Tricep Extension 3×6 Rest: ① 90 sec Dumbbell Shoulder Press 3×6 Rest: ① 90 sec Power Partials 3×6 Rest: ① 90 sec Prover Partials 3×6 Rest: ① 90 sec	very hard very hard	Barbell Curl 3×42 max Rest: • 90 sec Cross Body Hammer Curl 3×6 Rest: • 90 sec Barbell Full Squat 3×1 Rest: • 90 sec Leg Extensions	very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: • 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: • 45 sec Dumbbell Shoulder Press 3×8 Rest: • 45 sec Power Partials	heavy heavy heavy heavy
 3×6 Rest: ⁽¹⁾ 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ⁽²⁾ 90 sec Aying Dumbbell Tricep Extension 3×6 Rest: ⁽²⁾ 90 sec Dumbbell Shoulder Press 3×6 Rest: ⁽²⁾ 90 sec Power Partials 3×6 Rest: ⁽²⁾ 90 sec Crunches 	very hard very hard very hard	Barbell Curl 3×42 ^{max} Rest: • 90 sec Cross Body Hammer Curl 3×6 Rest: • 90 sec Barbell Full Squat 3×1 Rest: • 90 sec Leg Extensions 3×6 Rest: • 90 sec Seated Calf Raise	very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: • 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: • 45 sec Dumbbell Shoulder Press 3×8 Rest: • 45 sec Power Partials 3×8 Rest: • 45 sec Crunches	heavy heavy heavy
3×6 Rest: ④ 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ④ 90 sec -ying Dumbbell Tricep Extension 3×6 Rest: ④ 90 sec Dumbbell Shoulder Press 3×6 Rest: ④ 90 sec Power Partials 3×6 Rest: ④ 90 sec Crunches 3×20 Rest: ④ 50 sec > 1.97 T \$97 scores	very hard very hard very hard	Barbell Curl 3×42^{max} Rest: \bigcirc 90 sec Cross Body Hammer Curl 3×6 Rest: \bigcirc 90 sec Barbell Full Squat 3×1 Rest: \bigcirc 90 sec Leg Extensions 3×6 Rest: \bigcirc 90 sec Seated Calf Raise 3×6 Rest: \bigcirc 90 sec	very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: • 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: • 45 sec Dumbbell Shoulder Press 3×8 Rest: • 45 sec Power Partials 3×8 Rest: • 45 sec Crunches 3×20 Rest: • 50 sec	heavy heavy heavy
3×6 Rest: ④ 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ④ 90 sec Lying Dumbbell Tricep Extension 3×6 Rest: ④ 90 sec Dumbbell Shoulder Press 3×6 Rest: ④ 90 sec Power Partials 3×6 Rest: ④ 90 sec	very hard very hard very hard very hard	Barbell Curl $3 \times 42 \text{ max}$ Rest: \textcircled{O} 90 sec Cross Body Hammer Curl 3×6 Rest: \textcircled{O} 90 sec Barbell Full Squat 3×1 Rest: \textcircled{O} 90 sec Leg Extensions 3×6 Rest: \textcircled{O} 90 sec Seated Calf Raise 3×6 Rest: \textcircled{O} 90 sec 2×6 Rest: \textcircled{O} 90 sec	very hard very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: ④ 45 SeC Lying Dumbbell Tricep Extension 3×8 Rest: ④ 45 SeC Dumbbell Shoulder Press 3×8 Rest: ④ 45 SeC Power Partials 3×8 Rest: ④ 45 SeC Crunches 3×20 Rest: ④ 50 SeC > 2.24 T € 607 scores	heavy heavy very ha
3×6 Rest: ④ 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ④ 90 sec -ying Dumbbell Tricep Extension 3×6 Rest: ④ 90 sec Dumbbell Shoulder Press 3×6 Rest: ④ 90 sec Power Partials 3×6 Rest: ④ 90 sec Power Partials 3×6 Rest: ④ 90 sec Crunches 3×20 Rest: ④ 50 sec > 1.97 T ◀ 897 scores Vorkout #10 Vide-Grip Lat Pulldown 3×3 Rest: ④ 45 sec Seated Cable Rows	very hard very hard very hard very hard very hard	Barbell Curl 3×42 ^{max} Rest: ⊙ 90 sec Cross Body Hammer Curl 3×6 Rest: ⊙ 90 sec Barbell Full Squat 3×1 Rest: ⊙ 90 sec Leg Extensions 3×6 Rest: ⊙ 90 sec Seated Calf Raise 3×6 Rest: ⊙ 90 sec >7.69 T	very hard very hard very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: ⊙ 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: ⊙ 45 sec Dumbbell Shoulder Press 3×8 Rest: ⊙ 45 sec Power Partials 3×8 Rest: ⊙ 45 sec Crunches 3×20 Rest: ⊙ 50 sec > 2.24 T € 607 scores Workout #12 Wide-Grip Lat Pulldown	heavy heavy very hat
3×6 Rest: ④ 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ④ 90 sec cying Dumbbell Tricep Extension 3×6 Rest: ④ 90 sec Dumbbell Shoulder Press 3×6 Rest: ④ 90 sec Power Partials 3×6 Rest: ④ 90 sec Power Partials 3×6 Rest: ④ 90 sec Crunches 3×20 Rest: ④ 90 sec > 1.97 T ◀ 897 scores /orkout #10 Vide-Grip Lat Pulldown 3×3 Rest: ④ 45 sec Seated Cable Rows 3×8 Rest: ④ 45 sec Clean Deadlift	very hard very hard very hard very hard	Barbell Curl 3×42 max Rest: ● 90 sec Cross Body Hammer Curl 3×6 Rest: ● 90 sec Barbell Full Squat 3×1 Rest: ● 90 sec Leg Extensions 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec > 7.69 T	very hard very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: ④ 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: ④ 45 sec Dumbbell Shoulder Press 3×8 Rest: ④ 45 sec Power Partials 3×8 Rest: ④ 45 sec Crunches 3×20 Rest: ④ 50 sec > 2.24T € 607 scores Workout #12 Wide-Grip Lat Pulldown 4×3 Rest: ④ 70 sec Seated Cable Rows 4×6 Rest: ④ 70 sec Clean Deadlift	heavy heavy very ha
Vorkout #10 Vide-Grip Lat Pulldown 3×3 Rest: • 45 sec Seated Cable Rows 3×8 Rest: • 45 sec Clean Deadlift 3×8 Rest: • 45 sec Barbell Curl	very hard very hard very hard very hard very hard	Barbell Curl 3×42 max Rest: ● 90 sec Cross Body Hammer Curl 3×6 Rest: ● 90 sec Barbell Full Squat 3×1 Rest: ● 90 sec Leg Extensions 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec >7.69 T	very hard very hard very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: ④ 45 SeC Lying Dumbbell Tricep Extension 3×8 Rest: ④ 45 SeC Dumbbell Shoulder Press 3×8 Rest: ④ 45 SeC Power Partials 3×8 Rest: ④ 45 SeC Crunches 3×20 Rest: ④ 50 SeC > 2.24 T € 607 scores Workout #12 Wide-Grip Lat Pulldown 4×3 Rest: ④ 70 SeC Seated Cable Rows 4×6 Rest: ④ 70 SeC Clean Deadlift 4×6 Rest: ④ 70 SeC Barbell Curl	heavy heavy heavy
3×6 Rest: ● 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ● 90 sec Lying Dumbbell Tricep Extension 3×6 Rest: ● 90 sec Dumbbell Shoulder Press 3×6 Rest: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Crunches 3×20 Rest: ● 90 sec > 1.97 T ♥ 897 scores /orkout #10 Vide-Grip Lat Pulldown 3×3 Rest: ● 45 sec Geated Cable Rows 3×8 Rest: ● 45 sec Clean Deadlift 3×8 Rest: ● 45 sec Clean Deadlift 3×8 Rest: ● 45 sec	very hard very hard very hard very hard	Barbell Curl 3×42 max Rest: ● 90 sec Cross Body Hammer Curl 3×6 Rest: ● 90 sec Barbell Full Squat 3×1 Rest: ● 90 sec Leg Extensions 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec >7.69 T	very hard very hard very hard very hard	Close-Grip Barbell Bench Press 3×8 Rest: ④ 45 Sec Lying Dumbbell Tricep Extension 3×8 Rest: ④ 45 Sec Dumbbell Shoulder Press 3×8 Rest: ④ 45 Sec Power Partials 3×8 Rest: ④ 45 Sec Crunches 3×20 Rest: ④ 50 Sec > 2.24 T € 607 scores Workout #12 Wide-Grip Lat Pulldown 4×3 Rest: ④ 70 Sec Seated Cable Rows 4×6 Rest: ④ 70 Sec	heavy heavy very har of 64 mi heavy heavy heavy
3×6 Rest: ● 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ● 90 sec 2ying Dumbbell Tricep Extension 3×6 Rest: ● 90 sec Dumbbell Shoulder Press 3×6 Rest: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Crunches 3×20 Rest: ● 90 sec 2 runches 3×20 Rest: ● 90 sec 2 runches 3×8 Rest: ● 45 sec 3×8 Rest: ● 45 sec 2 clean Deadlift 3×8 Rest: ● 45 sec 3 clean Deadlift 3×3 1 max Rest: ● 45 sec 3 cross Body Hammer Curl 3×8 Rest: ● 45 sec	very hard very hard very hard very hard very hard	Barbell Curl 3×42 max Rest: ● 90 sec Cross Body Hammer Curl 3×6 Rest: ● 90 sec Barbell Full Squat 3×1 Rest: ● 90 sec Leg Extensions 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec >7.69 T	very hard very hard very hard very hard 0 62 min heavy heavy	Close-Grip Barbell Bench Press 3×8 Rest: ④ 45 Sec Lying Dumbbell Tricep Extension 3×8 Rest: ④ 45 Sec Dumbbell Shoulder Press 3×8 Rest: ④ 45 Sec Power Partials 3×8 Rest: ④ 45 Sec Crunches 3×20 Rest: ④ 50 Sec > 2.24T	heavy heavy very ha O 64 m heavy heavy heavy
3×6 Rest: ● 90 sec Close-Grip Barbell Bench Press 3×6 Rest: ● 90 sec -ying Dumbbell Tricep Extension 3×6 Rest: ● 90 sec Dumbbell Shoulder Press 3×6 Rest: ● 90 sec Dumbbell Shoulder Press 3×6 Rest: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Crunches 3×20 Rest: ● 90 sec A sect: ● 90 sec Power Partials 3×6 Rest: ● 90 sec Crunches 3×20 Rest: ● 90 sec A sect: ● 90 sec Power Partials S×20 Rest: ● 90 sec Power Partials S×20 Rest: ● 90 sec Power Partials S×20 Rest: ● 90 sec Power Partials S×20 Rest: ● 90 sec Power Partials S×20 Rest: ● 45 sec Seated Cable Rows S×8 Rest: ● 45 sec Clean Deadlift S×8 Rest: ● 45 sec Seated Cable Rows S×8 Rest: ● 45 sec Seated Cable Rows<	very hard very hard very hard very hard very hard	Barbell Curl 3×42 max Rest: ● 90 sec Cross Body Hammer Curl 3×6 Rest: ● 90 sec Barbell Full Squat 3×1 Rest: ● 90 sec Leg Extensions 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec > 7.69 T	very hard very hard very hard very hard 0 62 min heavy heavy heavy	Close-Grip Barbell Bench Press 3×8 Rest: @ 45 sec Lying Dumbbell Tricep Extension 3×8 Rest: @ 45 sec Dumbbell Shoulder Press 3×8 Rest: @ 45 sec Power Partials 3×8 Rest: @ 45 sec Crunches 3×20 Rest: @ 50 sec > 2.24 T	heavy heavy very har 0 64 mi heavy heavy heavy heavy
3×6 Rest: ● 90 Sec Close-Grip Barbell Bench Press 3×6 Rest: ● 90 Sec Cying Dumbbell Tricep Extension 3×6 Rest: ● 90 Sec Dumbbell Shoulder Press 3×6 Rest: ● 90 Sec Power Partials 3×6 Rest: ● 90 Sec Power Partials 3×6 Rest: ● 90 Sec Crunches 3×20 Rest: ● 90 Sec 2 1.97 T	very hard very hard very hard very hard very hard	Barbell Curl 3×42 max Rest: ● 90 sec Cross Body Hammer Curl 3×6 Rest: ● 90 sec Barbell Full Squat 3×1 Rest: ● 90 sec Leg Extensions 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec Seated Calf Raise 3×6 Rest: ● 90 sec >7.69 T	very hard very hard very hard very hard very hard 0 62 min heavy heavy heavy	Close-Grip Barbell Bench Press 3×8 Rest: ④ 45 Sec Lying Dumbbell Tricep Extension 3×8 Rest: ④ 45 Sec Dumbbell Shoulder Press 3×8 Rest: ④ 45 Sec Power Partials 3×8 Rest: ④ 45 Sec Crunches 3×20 Rest: ④ 50 Sec >2.24 T € 607 scores Workout #12 Wide-Grip Lat Pulldown 4×3 Rest: ④ 70 Sec Seated Cable Rows 4×6 Rest: ④ 70 Sec Clean Deadlift 4×6 Rest: ④ 70 Sec Barbell Curl 4×3 max Rest: ④ 70 Sec Cross Body Hammer Curl 4×6 Rest: ④ 70 Sec	heavy heavy very ha

Workout #7	@ 61 min
Barbell Bench Press - Medium Grip	
3×1 Rest: ② 90 sec	very hard
Incline Dumbbell Flyes	
3×6 Rest: ② 90 sec	very hard
Dips - Triceps Version	
3×6 Rest: ○ 90 sec	very hard
Close-Grip Barbell Bench Press	
3×6 Rest: 2 90 sec	very hard
Lying Dumbbell Tricep Extension	
3×6 Rest: 2 90 sec	very hard
Dumbbell Shoulder Press	
3×6 Rest: 0 90 sec	very hard
Power Partials 3×6 Rest: 0 90 sec	
	very hard
Crunches 3×20 Rest: ^O 50 sec	
	very hard
> 1.97 T 🛛 🛷 897 scores	
Workout #10	2 45 min
	2 45 min
Wide-Grip Lat Pulldown	2 45 min
	● 45 minheavy
Wide-Grip Lat Pulldown 3×3 Rest: • 45 sec Seated Cable Rows	
Wide-Grip Lat Pulldown 3×3 Rest: [⊙] 45 sec	
Wide-Grip Lat Pulldown 3×3 Rest: • 45 sec Seated Cable Rows	heavy
 Wide-Grip Lat Pulldown 3×3 Rest: ● 45 sec Seated Cable Rows 3×8 Rest: ● 45 sec 	heavy
Wide-Grip Lat Pulldown 3×3 Rest: ● 45 sec Seated Cable Rows 3×8 Rest: ● 45 sec Clean Deadlift	heavy heavy
 Wide-Grip Lat Pulldown 3×3 Rest: ● 45 sec Seated Cable Rows 3×8 Rest: ● 45 sec Clean Deadlift 3×8 Rest: ● 45 sec 	heavy
Wide-Grip Lat Pulldown 3×3 Rest: ⊙ 45 sec Seated Cable Rows 3×8 Rest: ⊙ 45 sec Clean Deadlift 3×8 Rest: ⊙ 45 sec Barbell Curl	heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec	heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec Cross Body Hammer Curl 3×8 Rest: @ 45 sec	heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec Cross Body Hammer Curl	heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec Cross Body Hammer Curl 3×8 Rest: @ 45 sec Barbell Full Squat 3×1 Rest: @ 45 sec	heavy heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec Cross Body Hammer Curl 3×8 Rest: @ 45 sec Barbell Full Squat	heavy heavy heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec Cross Body Hammer Curl 3×8 Rest: @ 45 sec Barbell Full Squat 3×1 Rest: @ 45 sec Leg Extensions 3×8 Rest: @ 45 sec	heavy heavy heavy heavy
Wide-Grip Lat Pulldown 3×3 Rest: @ 45 sec Seated Cable Rows 3×8 Rest: @ 45 sec Clean Deadlift 3×8 Rest: @ 45 sec Barbell Curl 3×31 max Rest: @ 45 sec Cross Body Hammer Curl 3×8 Rest: @ 45 sec Barbell Full Squat 3×1 Rest: @ 45 sec Leg Extensions	heavy heavy heavy heavy heavy

Directory of the exercises

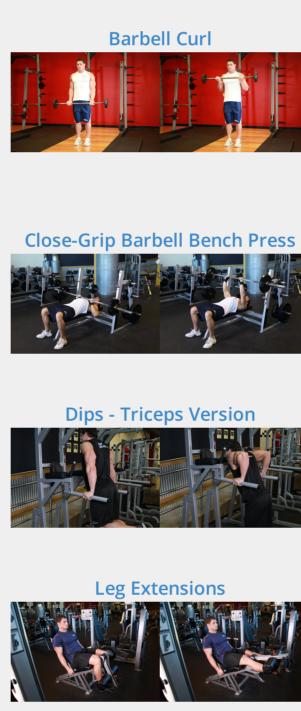
Barbell Bench Press - Medium Grip

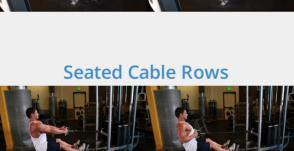
CI	lean Dead	llift























General recommendations on training with AtletIQ

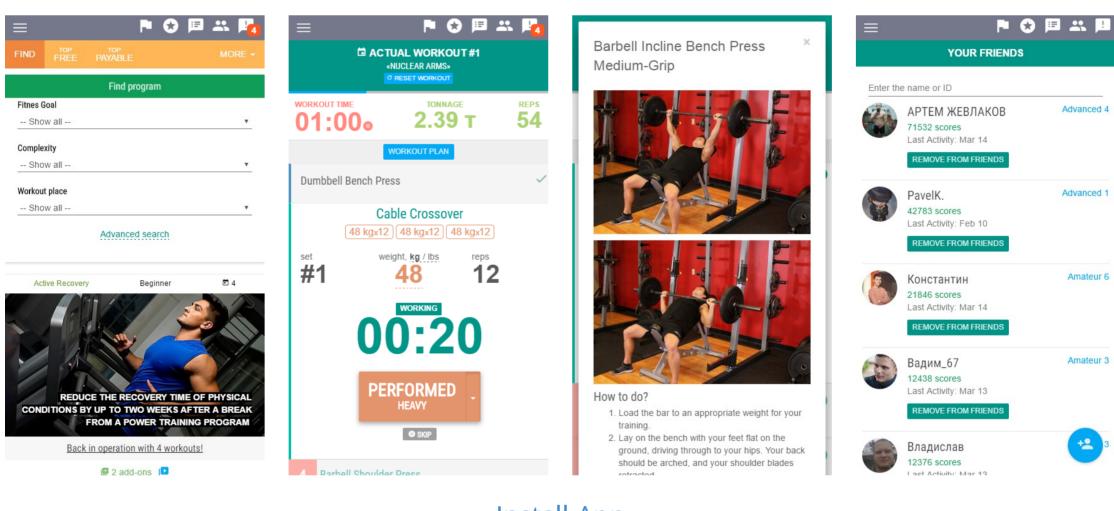
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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 © 2018 — AtletIQ.com