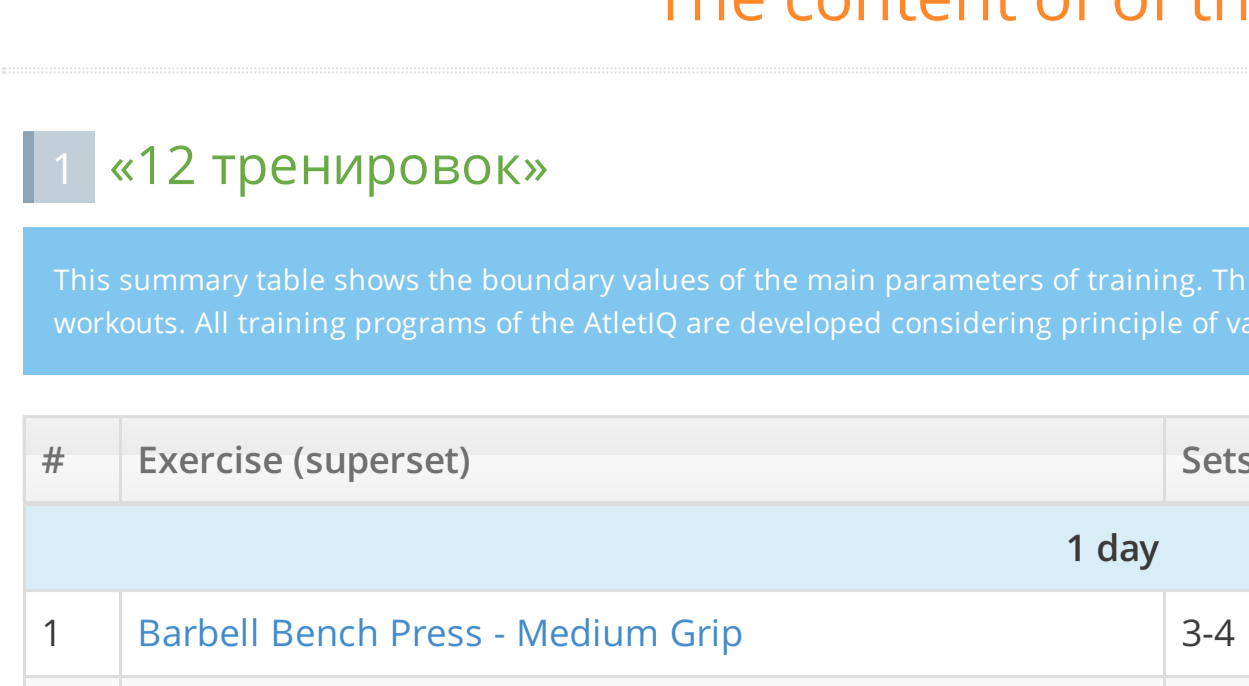




Intermediate 23 days 12 workouts ~58 minutes

<https://atletiq.com/en/programs/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

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	Barbell Bench Press - Medium Grip	3-4	6-10	45-90 sec
2	Incline Dumbbell Flies	3-4	6-10	45-90 sec
3	Dips - Triceps Version	3-4	6-10	45-90 sec
4	Close-Grip Barbell Bench Press	3-4	6-10	45-90 sec
5	Lying Dumbbell Tricep Extension	3-4	6-10	45-90 sec
6	Dumbbell Shoulder Press	3-4	6-10	45-90 sec
7	Power Partial	3-4	6-10	45-90 sec
8	Crunches	3	20	50 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Wide-Grip Lat Pulldown	3-4	6-10	45-90 sec
2	Seated Cable Rows	3-4	6-10	45-90 sec
3	Clean Deadlift	3-4	6-10	45-90 sec
4	Barbell Curl	3-4	6-10	45-90 sec
5	Cross Body Hammer Curl	3-4	6-10	45-90 sec
6	Barbell Full Squat	3-4	6-10	45-90 sec
7	Leg Extensions	3-4	6-10	45-90 sec
8	Seated Calf Raise	3-4	6-10	45-90 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** 62 min

Barbell Bench Press - Medium Grip heavy

Incline Dumbbell Flies heavy

Dips - Triceps Version heavy

Close-Grip Barbell Bench Press heavy

Lying Dumbbell Tricep Extension heavy

Dumbbell Shoulder Press heavy

Power Partial heavy

Crunches very hard

>2.5 T 973 scores

**Workout #2** 64 min

Wide-Grip Lat Pulldown heavy

Seated Cable Rows heavy

Clean Deadlift heavy

Barbell Curl heavy

Cross Body Hammer Curl heavy

Barbell Full Squat heavy

Leg Extensions heavy

Seated Calf Raise heavy

>9.82 T 996 scores

**Workout #3** 61 min

Barbell Bench Press - Medium Grip very hard

Incline Dumbbell Flies very hard

Dips - Triceps Version very hard

Close-Grip Barbell Bench Press very hard

Lying Dumbbell Tricep Extension very hard

Dumbbell Shoulder Press very hard

Power Partial very hard

Crunches very hard

>2.4 T 797 scores

**Workout #4** 63 min

Wide-Grip Lat Pulldown very hard

Seated Cable Rows very hard

Clean Deadlift very hard

Barbell Curl very hard

Cross Body Hammer Curl very hard

Barbell Full Squat very hard

Leg Extensions very hard

Seated Calf Raise very hard

>9.4 T 805 scores

**Workout #5** 55 min

Barbell Bench Press - Medium Grip heavy

Incline Dumbbell Flies heavy

Dips - Triceps Version heavy

Close-Grip Barbell Bench Press heavy

Lying Dumbbell Tricep Extension heavy

Dumbbell Shoulder Press heavy

Power Partial heavy

Crunches very hard

>2.79 T 681 scores

**Workout #6** 55 min

Wide-Grip Lat Pulldown heavy

Seated Cable Rows heavy

Clean Deadlift heavy

Barbell Curl heavy

Cross Body Hammer Curl heavy

Barbell Full Squat heavy

Leg Extensions heavy

Seated Calf Raise heavy

>10.82 T 676 scores

**Workout #7** 61 min

Barbell Bench Press - Medium Grip very hard

Incline Dumbbell Flies very hard

Dips - Triceps Version very hard

Close-Grip Barbell Bench Press very hard

Lying Dumbbell Tricep Extension very hard

Dumbbell Shoulder Press very hard

Power Partial very hard

Crunches very hard

>1.97 T 897 scores

**Workout #8** 63 min

Wide-Grip Lat Pulldown very hard

Seated Cable Rows very hard

Clean Deadlift very hard

Barbell Curl very hard

Cross Body Hammer Curl very hard

Barbell Full Squat very hard

Leg Extensions very hard

Seated Calf Raise very hard

>7.69 T 890 scores

**Workout #9** 46 min

Barbell Bench Press - Medium Grip heavy

Incline Dumbbell Flies heavy

Dips - Triceps Version heavy

Close-Grip Barbell Bench Press heavy

Lying Dumbbell Tricep Extension heavy

Dumbbell Shoulder Press heavy

Power Partial heavy

Crunches very hard

>2.24 T 607 scores

**Workout #10** 45 min

Wide-Grip Lat Pulldown heavy

Seated Cable Rows heavy

Clean Deadlift heavy

Barbell Curl heavy

Cross Body Hammer Curl heavy

Barbell Full Squat heavy

Leg Extensions heavy

Seated Calf Raise heavy

>8.86 T 598 scores

**Workout #11** 62 min

Barbell Bench Press - Medium Grip heavy

Incline Dumbbell Flies heavy

Dips - Triceps Version heavy

Close-Grip Barbell Bench Press heavy

Lying Dumbbell Tricep Extension heavy

Dumbbell Shoulder Press heavy

Power Partial heavy

Crunches very hard

>2.5 T 973 scores

**Workout #12** 64 min

Wide-Grip Lat Pulldown heavy

Seated Cable Rows heavy

Clean Deadlift heavy

Barbell Curl heavy

Cross Body Hammer Curl heavy

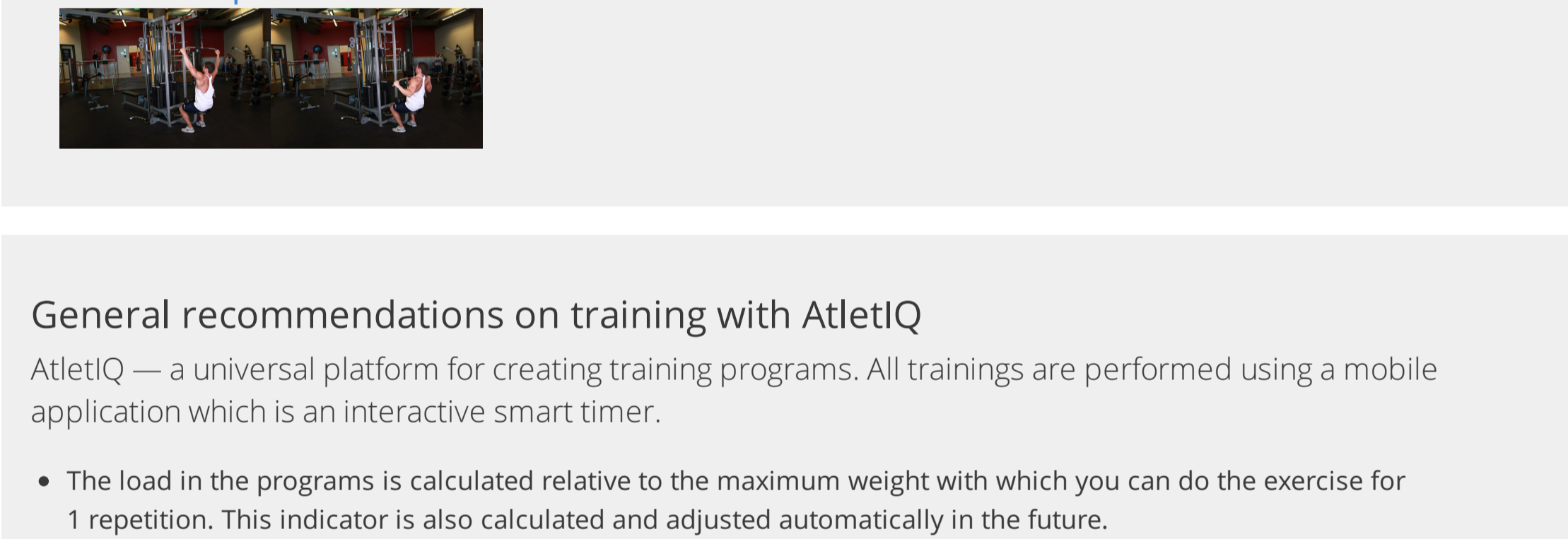
Barbell Full Squat heavy

Leg Extensions heavy

Seated Calf Raise heavy

>9.82 T 996 scores

## 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 page of the exercise, if they are specified. Otherwise, the load level will not match the planned.

### How to use mobile assistant?

Universal program 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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