



 $23_{\text{days}}$ 

12<sub>workouts</sub>



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>

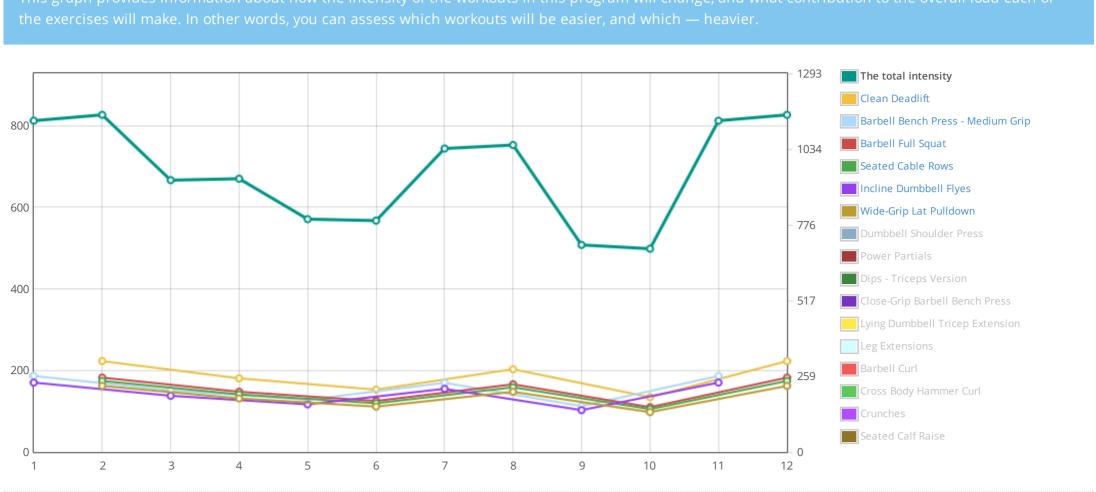
# The content of of the program

## «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	<b>④</b> 45-90 sec		
2	Incline Dumbbell Flyes	3-4	6-10	❷ 45-90 sec		
3	Dips - Triceps Version	3-4	6-10	<b>④</b> 45-90 sec		
ļ	Close-Grip Barbell Bench Press	3-4	6-10	<b>②</b> 45-90 sec		
5	Lying Dumbbell Tricep Extension	3-4	6-10	<b>④</b> 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	<b>②</b> 50 sec		
2 day (rest)						
3 day						
	Wide-Grip Lat Pulldown	3-4	6-10	<b>④</b> 45-90 sec		
) -	Seated Cable Rows	3-4	6-10	<b>④</b> 45-90 sec		
3	Clean Deadlift	3-4	6-10	<b>④</b> 45-90 sec		
ļ	Barbell Curl	3-4	6-10	<b>④</b> 45-90 sec		
	Cross Body Hammer Curl	3-4	6-10	<b>④</b> 45-90 sec		
	Barbell Full Squat	3-4	6-10	<b>④</b> 45-90 sec		
7	Leg Extensions	3-4	6-10	<b>○</b> 45-90 sec		
3	Seated Calf Raise	3-4	6-10	<b>④</b> 45-90 sec		
4 day (rest)						

#### Training intensity for each exercise



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

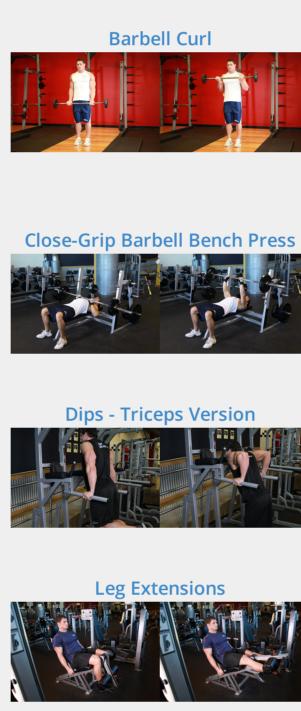
**Barbell Bench Press - Medium** Grip

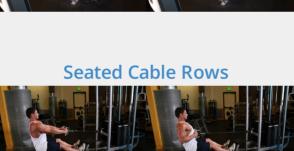
CI	lean Dead	llift























## General recommendations on training with AtletIQ

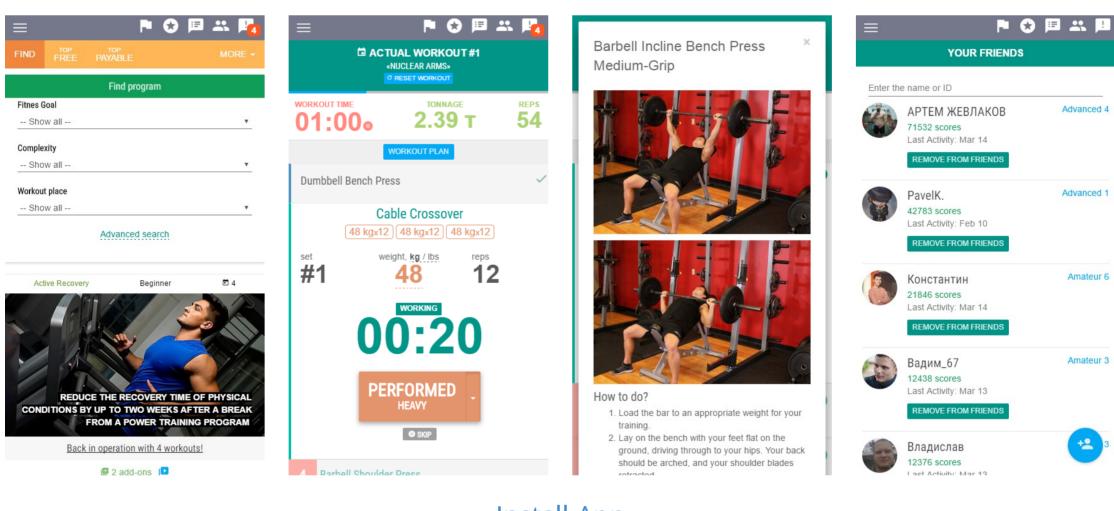
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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