

UPGRADE

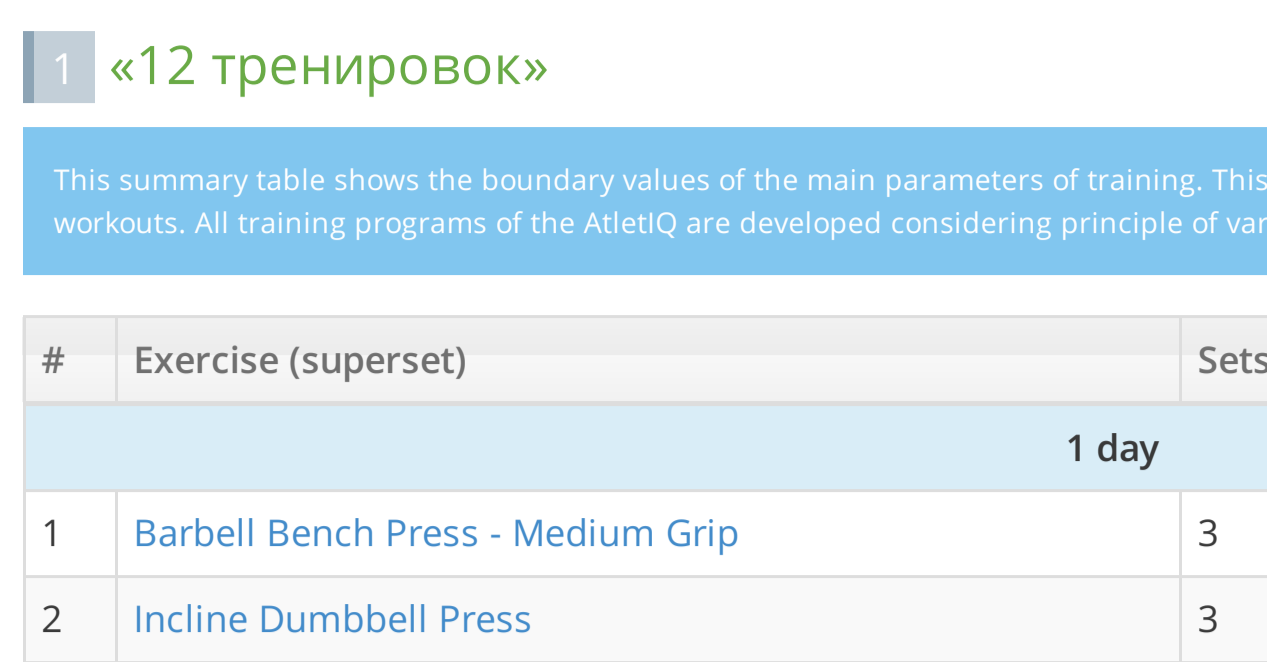
СПЛИТ ДЛЯ ЭКТОМОРФА

Intermediate **23** days **12** workouts **~56** minutes

<https://atletiq.com/en/programms/1069>

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»

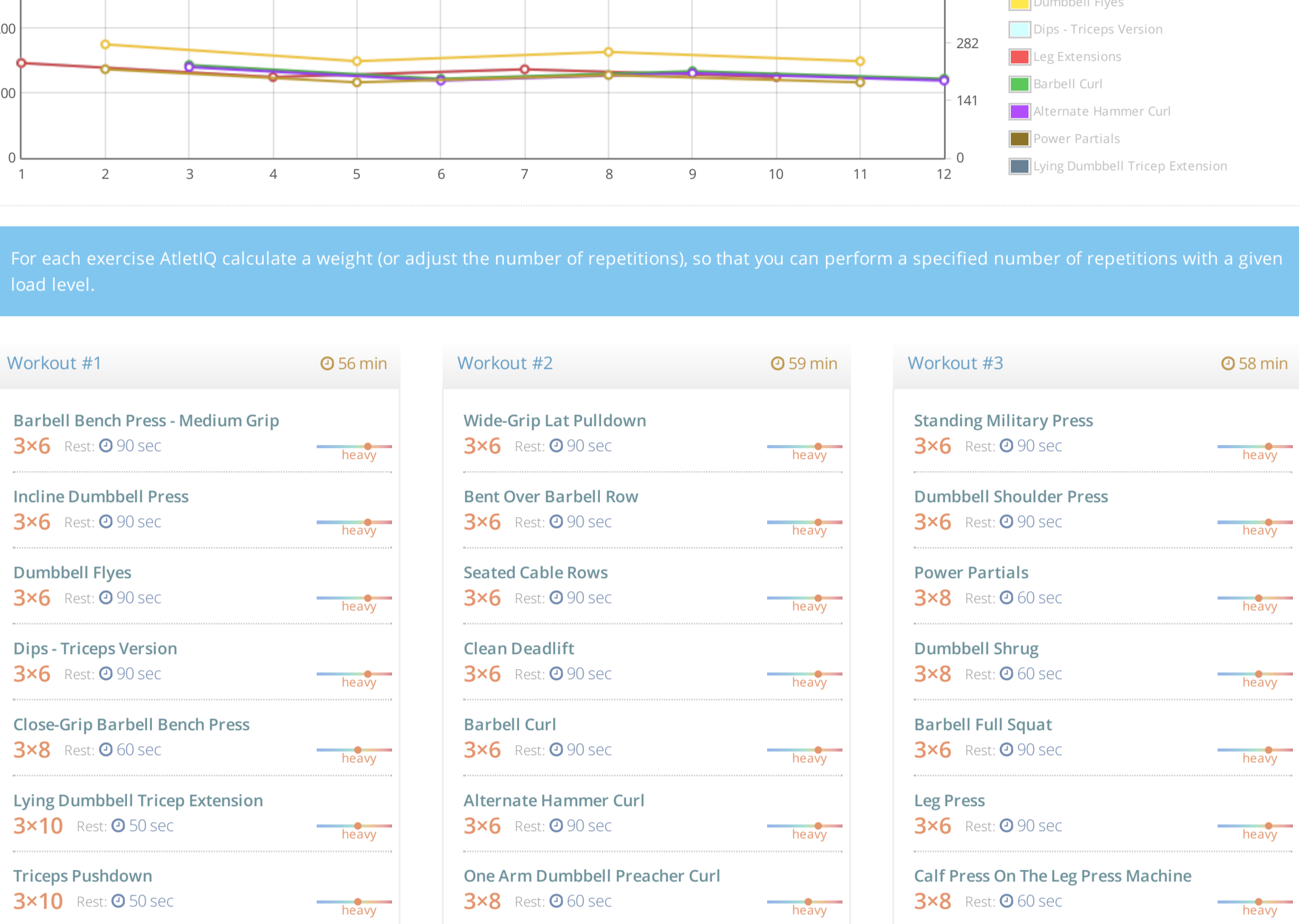
Duration in days: 23 Amount of training days: 12 Rest days: 11

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
1 day				
1	Barbell Bench Press - Medium Grip	3	6-10	70-90 sec
2	Incline Dumbbell Press	3	6-10	70-90 sec
3	Dumbbell Flies	3	6-10	70-90 sec
4	Dips - Triceps Version	3	6-10	70-90 sec
5	Close-Grip Barbell Bench Press	3	8-12	45-70 sec
6	Lying Dumbbell Tricep Extension	3	10-12	45-70 sec
7	Triceps Pushdown	3	10-12	45-70 sec
8	Crunches	3	20	55 sec
2 day (rest)				
3 day				
1	Wide-Grip Lat Pulldown	3	6-10	70-90 sec
2	Bent Over Barbell Row	3	6-10	70-90 sec
3	Seated Cable Rows	3	6-10	70-90 sec
4	Clean Deadlift	3	6-10	70-90 sec
5	Barbell Curl	3	6-10	70-90 sec
6	Alternate Hammer Curl	3	6-10	70-90 sec
7	One Arm Dumbbell Preacher Curl	3	8-12	45-70 sec
8	Standing Dumbbell Reverse Curl	3	10-12	45-70 sec
4 day (rest)				
5 day				
1	Standing Military Press	3	6-10	70-90 sec
2	Dumbbell Shoulder Press	3	6-10	70-90 sec
3	Power Partial	3	8-12	45-70 sec
4	Dumbbell Shrug	3	8-12	45-70 sec
5	Barbell Full Squat	3	6-10	70-90 sec
6	Leg Press	3	6-10	70-90 sec
7	Calf Press On The Leg Press Machine	3	8-12	45-70 sec
8	Leg Extensions	3	6-10	70-90 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 56 min

Barbell Bench Press - Medium Grip 3x6 Rest: 90 sec heavy

Incline Dumbbell Press 3x6 Rest: 90 sec heavy

Dumbbell Flies 3x6 Rest: 90 sec heavy

Dips - Triceps Version 3x6 Rest: 90 sec heavy

Close-Grip Barbell Bench Press 3x6 Rest: 60 sec heavy

Lying Dumbbell Tricep Extension 3x10 Rest: 50 sec heavy

Triceps Pushdown 3x10 Rest: 50 sec heavy

Crunches 3x20 Rest: 55 sec very hard

> 3.98 T 791 scores 570 kcal

Workout #2 59 min

Wide-Grip Lat Pulldown 3x6 Rest: 90 sec heavy

Bent Over Barbell Row 3x6 Rest: 90 sec heavy

Seated Cable Rows 3x6 Rest: 90 sec heavy

Clean Deadlift 3x6 Rest: 90 sec heavy

Barbell Curl 3x6 Rest: 90 sec heavy

Alternate Hammer Curl 3x6 Rest: 90 sec heavy

One Arm Dumbbell Preacher Curl 3x8 Rest: 60 sec heavy

Standing Dumbbell Reverse Curl 3x10 Rest: 50 sec heavy

> 4.77 T 886 scores 640 kcal

Workout #3 58 min

Standing Military Press 3x6 Rest: 90 sec heavy

Dumbbell Shoulder Press 3x8 Rest: 90 sec heavy

Power Partial 3x8 Rest: 90 sec heavy

Dumbbell Shrug 3x8 Rest: 60 sec heavy

Barbell Full Squat 3x6 Rest: 90 sec heavy

Leg Press 3x6 Rest: 90 sec heavy

Calf Press On The Leg Press Machine 3x8 Rest: 60 sec heavy

Leg Extensions 3x6 Rest: 90 sec heavy

> 9.11 T 820 scores 590 kcal

Workout #4 55 min

Barbell Bench Press - Medium Grip 3x8 Rest: 80 sec heavy

Incline Dumbbell Press 3x8 Rest: 80 sec heavy

Dumbbell Flies 3x8 Rest: 80 sec heavy

Dips - Triceps Version 3x8 Rest: 80 sec heavy

Close-Grip Barbell Bench Press 3x12 Rest: 45 sec heavy

Lying Dumbbell Tricep Extension 3x12 Rest: 55 sec heavy

Triceps Pushdown 3x12 Rest: 55 sec heavy

Crunches 3x20 Rest: 55 sec very hard

> 4.96 T 747 scores 540 kcal

Workout #5 57 min

Wide-Grip Lat Pulldown 3x8 Rest: 80 sec heavy

Bent Over Barbell Row 3x8 Rest: 80 sec heavy

Seated Cable Rows 3x8 Rest: 80 sec heavy

Clean Deadlift 3x8 Rest: 80 sec heavy

Barbell Curl 3x8 Rest: 80 sec heavy

Alternate Hammer Curl 3x8 Rest: 80 sec heavy

One Arm Dumbbell Preacher Curl 3x12 Rest: 55 sec heavy

Standing Dumbbell Reverse Curl 3x12 Rest: 55 sec heavy

> 5.87 T 793 scores 570 kcal

Workout #6 56 min

Standing Military Press 3x8 Rest: 75 sec heavy

Dumbbell Shoulder Press 3x8 Rest: 80 sec heavy

Power Partial 3x8 Rest: 55 sec heavy

Dumbbell Shrug 3x12 Rest: 55 sec heavy

Barbell Full Squat 3x8 Rest: 80 sec heavy

Leg Press 3x8 Rest: 80 sec heavy

Calf Press On The Leg Press Machine 3x8 Rest: 55 sec heavy

Leg Extensions 3x8 Rest: 80 sec heavy

> 11.68 T 755 scores 540 kcal

Workout #7 56 min

Barbell Bench Press - Medium Grip 3x10 Rest: 75 sec very hard

Incline Dumbbell Press 3x10 Rest: 75 sec very hard

Dumbbell Flies 3x10 Rest: 75 sec very hard

Dips - Triceps Version 3x10 Rest: 75 sec very hard

Close-Grip Barbell Bench Press 3x8 Rest: 70 sec very hard

Lying Dumbbell Tricep Extension 3x10 Rest: 75 sec very hard

Triceps Pushdown 3x10 Rest: 75 sec very hard

Crunches 3x20 Rest: 55 sec very hard

> 5.04 T 812 scores 580 kcal

Workout #8 57 min

Wide-Grip Lat Pulldown 3x10 Rest: 75 sec very hard

Bent Over Barbell Row 3x10 Rest: 75 sec very hard

Seated Cable Rows 3x10 Rest: 75 sec very hard

Clean Deadlift 3x10 Rest: 75 sec very hard

Barbell Curl 3x10 Rest: 75 sec very hard

Alternate Hammer Curl 3x10 Rest: 75 sec very hard

One Arm Dumbbell Preacher Curl 3x8 Rest: 70 sec very hard

Standing Dumbbell Reverse Curl 3x10 Rest: 70 sec very hard

> 6.95 T 870 scores 630 kcal

Workout #9 56 min

Standing Military Press 3x10 Rest: 75 sec very hard

Dumbbell Shoulder Press 3x10 Rest: 75 sec very hard

Power Partial 3x8 Rest: 90 sec very hard

Dumbbell Shrug 3x8 Rest: 80 sec very hard

Barbell Full Squat 3x10 Rest: 75 sec very hard

Leg Press 3x8 Rest: 75 sec very hard

Calf Press On The Leg Press Machine 3x8 Rest: 70 sec very hard

Leg Extensions 3x10 Rest: 75 sec very hard

> 11.93 T 841 scores 600 kcal

Workout #10 51 min

Barbell Bench Press - Medium Grip 3x8 Rest: 70 sec heavy

Incline Dumbbell Press 3x8 Rest: 70 sec heavy

Dumbbell Flies 3x8 Rest: 70 sec heavy

Dips - Triceps Version 3x8 Rest: 70 sec heavy

Close-Grip Barbell Bench Press 3x12 Rest: 45 sec heavy

Lying Dumbbell Tricep Extension 3x12 Rest: 45 sec heavy

Triceps Pushdown 3x12 Rest: 45 sec heavy

Crunches 3x20 Rest: 55 sec very hard

> 4.96 T 747 scores 540 kcal

Workout #11 53 min

Wide-Grip Lat Pulldown 3x8 Rest: 70 sec heavy

Bent Over Barbell Row 3x8 Rest: 70 sec heavy

Seated Cable Rows 3x8 Rest: 70 sec heavy

Clean Deadlift 3x8 Rest: 70 sec heavy

Barbell Curl 3x8 Rest: 70 sec heavy

Alternate Hammer Curl 3x8 Rest: 70 sec heavy

One Arm Dumbbell Preacher Curl 3x12 Rest: 45 sec heavy

Standing Dumbbell Reverse Curl 3x12 Rest: 45 sec heavy

> 5.87 T 793 scores 570 kcal

Workout #12 52 min

Standing Military Press 3x8 Rest: 70 sec heavy

Dumbbell Shoulder Press 3x8 Rest: 70 sec heavy

Power Partial 3x12 Rest: 45 sec heavy

Dumbbell Shrug 3x12 Rest: 45 sec heavy

Barbell Full Squat 3x8 Rest: 70 sec heavy

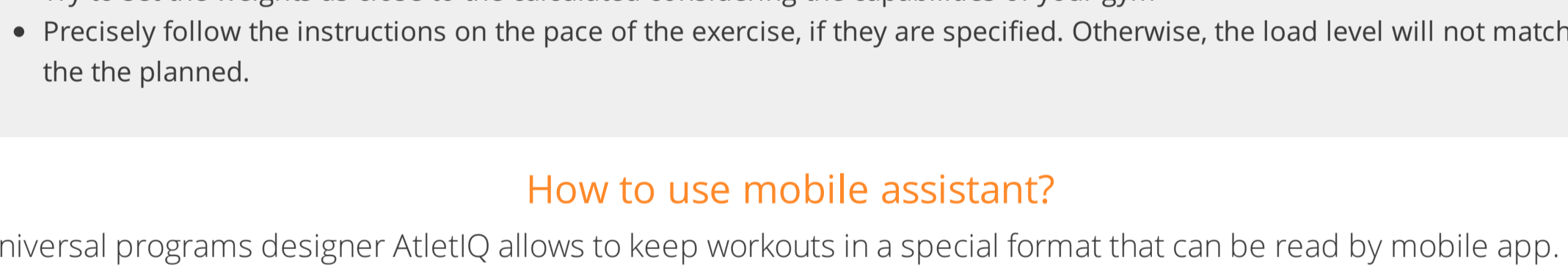
Leg Press 3x8 Rest: 70 sec heavy

Calf Press On The Leg Press Machine 3x8 Rest: 70 sec heavy

Leg Extensions 3x8 Rest: 70 sec heavy

> 11.68 T 755 scores 540 kcal

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 level 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 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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