

Intermediate31 day16 workouts~50 minutes

https://atletiq.com/en/programms/1099



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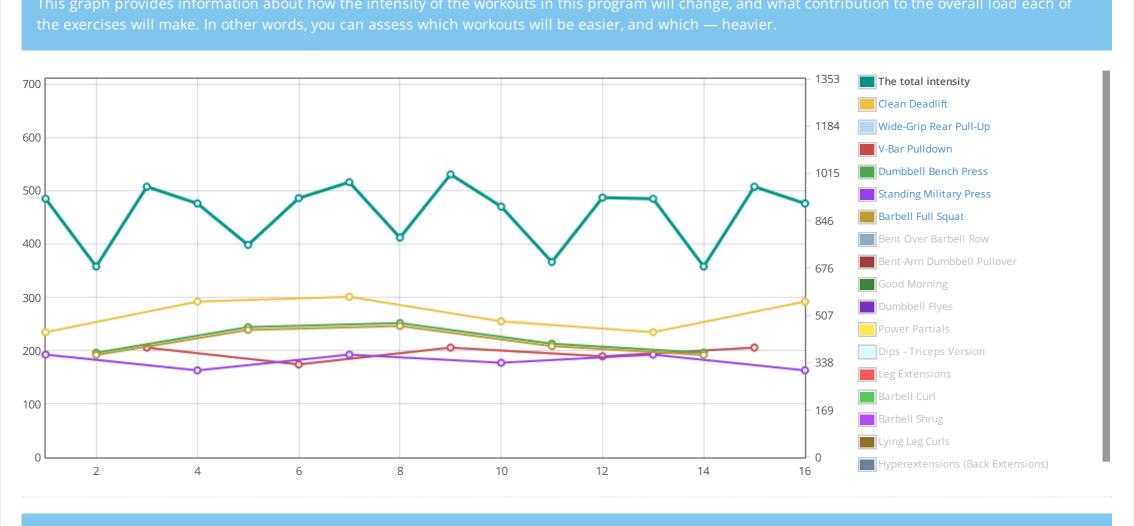
The content of of the program

1 «16 тренировок»

Duration in days: 31Amount of training days: 16Rest days: 15

ŧ	Exercise (superset)	Sets	Reps	O Rest between sets
1 day				
1	Decline Crunch	3	10-15	❷ 60-80 sec
2	Hyperextensions (Back Extensions)	3	10-15	❷ 60-80 sec
3	Clean Deadlift	5	4-10	❷ 70-80 sec
4	Barbell Shrug	3	10-15	❷ 60-80 sec
5	Good Morning	4	8-12	❷ 60-80 sec
6	Standing Military Press	4	8-12	❷ 60-80 sec
7	Power Partials	3	10-15	❷ 60-80 sec
2 day (rest)				
		3 day		
1	Barbell Full Squat	5	4-10	❷ 70-80 sec
2	Lying Leg Curls	3	10-15	❷ 60-80 sec
3	Leg Extensions	3	10-15	❷ 60-80 sec
4	Dumbbell Bench Press	5	4-10	④ 70-80 sec
5	Dumbbell Flyes	3	10-15	❷ 60-80 sec
		4 day (rest)		
		5 day		
1		3	10-15	❷ 60-80 sec
2	Wide-Grip Rear Pull-Up	4	8-12	❷ 60-80 sec
3	Bent Over Barbell Row	5	4-10	❷ 70-80 sec
4	V-Bar Pulldown	4	8-12	❷ 60-80 sec
5	Dips - Triceps Version	3	10-15	❷ 60-80 sec
6	Barbell Curl	3	10-15	❷ 60-80 sec
7	Bent-Arm Dumbbell Pullover	3	10-15	④ 60-80 sec

Training intensity for each exercise



load level.	
Workout #1	2 56 min
Decline Crunch3×10Rest: 2 75 sec	very hard
Hyperextensions (Back Extensions)	
3×10 Rest: ⊙ 75 sec	very hard
Clean Deadlift	
5×4 Rest: ② 80 sec	heavy
Barbell Shrug 3×10 Rest: 0 75 sec	
	very hard
Good Morning 4×8 Rest: ⁽²⁾ 75 sec	very hard
Standing Military Press	
4×8 Rest: ⊙ 75 sec	very hard
Power Partials	
3×10 Rest: ⊙ 75 sec	very hard
> 4.67 T 🛷 924 scores 👱 660 kg	al
Workout #4	⊙ 54 min
Decline Crunch 3×15 Rest: ⊙ 70 sec	
	very hard
Hyperextensions (Back Extensions) 3×15 Rest: 0 70 sec	very hard
Clean Deadlift	
5×6 Rest: ① 70 sec	heavy
Barbell Shrug	
3×15 Rest: ⊙ 70 sec	very hard
Good Morning 4×10 Rest: ② 70 sec	
	heavy
Standing Military Press 4×10 Rest: 2 70 sec	heavy
Power Partials	
3×15 Rest: 0 70 sec	very hard
> 6.05 T 🛷 907 scores 👱 650 kg	al
Workout #7	2 57 min
Decline Crunch	
3×12 Rest: ◎ 80 sec	very hard
Hyperextensions (Back Extensions) 3×12 Rest: 2 80 sec	
	very hard
Clean Deadlift 5×8 Rest: ⁽²⁾ 70 sec	very hard
Barbell Shrug	
3×12 Rest: ⊙ 80 sec	very hard
Good Morning	
4×8 Rest: 2 80 sec	
	very hard
Standing Military Press	
Standing Military Press 4×8 Rest: ⁽²⁾ 80 sec	very hard
Standing Military Press	

Workout #2	2 42 min
Barbell Full Squat 5×4 Rest: ② 80 sec	heavy
Lying Leg Curls 3×10 Rest: [⊙] 75 sec	very hard
Leg Extensions 3×10 Rest: [⊙] 75 sec	very hard
Dumbbell Bench Press 5×4 Rest: ⊙ 80 sec	heavy
Dumbbell Flyes 3×10 Rest: ⁽²⁾ 75 sec	very hard
> 5.13 T 📌 682 scores 🔥 490	kcal

Workout #3	2 56 min
3×7 Rest: ⊙ 75 sec	very hard
Wide-Grip Rear Pull-Up 4×8 Rest: 0 75 sec	very hard
Bent Over Barbell Row 5×4 Rest: 2 80 sec	heavy
V-Bar Pulldown 4×8 Rest: ⊙ 75 sec	very hard
Dips - Triceps Version 3×10 Rest:	very hard
Barbell Curl 3×10 Rest: ⁽²⁾ 75 sec	very hard
Bent-Arm Dumbbell Pullover 3×10 Rest: ⁽²⁾ 75 sec	very hard

Workout #10	@ 51 min
Decline Crunch 3×15 Rest: ① 60 sec	
Hyperextensions (Back Extensions)	very hard
3×15 Rest: [⊙] 60 sec Clean Deadlift	very hard
5×10 Rest: 1 80 sec	heavy
Barbell Shrug 3×15 Rest: ● 60 sec	very hard
Good Morning 4×12 Rest: ⊙ 60 sec	very hard
Standing Military Press 4×12 Rest: [⊙] 60 sec	very hard
Power Partials 3×15 Rest: [⊙] 60 sec	very hard

> 7.23 T 🛛 896 scores 👲 640 kcal

> 6.11 T 🛛 983 scores 👲 710 kcal

Workout #13	2 56 min
Decline Crunch	
3×10 Rest: ⊙ 75 sec	very hard
Hyperextensions (Back Extensions)	
3×10 Rest: ⊙ 75 sec	very hard
Clean Deadlift	
5×4 Rest: 2 80 sec	heavy
Barbell Shrug	
3×10 Rest: ⊙ 75 sec	very hard
Good Morning	
4×8 Rest: ① 75 sec	very hard
Standing Military Press	
4×8 Rest: ④ 75 sec	very hard
Power Partials	
3×10 Rest: ⊙ 75 sec	very hard
> 4.67 T 🛷 924 scores <u> 660 k</u>	cal
Workout #16	2 54 min
	2 54 min
Workout #16 Decline Crunch 3×15 Rest: • 70 sec	● 54 minvery hard
Decline Crunch 3×15 Rest: ② 70 sec	
Decline Crunch	
Decline Crunch 3×15 Rest: © 70 sec Hyperextensions (Back Extensions)	very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec	very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift	very hard very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec	very hard very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec Barbell Shrug	very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec Barbell Shrug 3×15 Rest: • 70 sec	very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec Barbell Shrug 3×15 Rest: • 70 sec Good Morning	very hard very hard heavy very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec Barbell Shrug 3×15 Rest: • 70 sec Good Morning 4×10 Rest: • 70 sec	very hard very hard heavy very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec Barbell Shrug 3×15 Rest: • 70 sec Good Morning 4×10 Rest: • 70 sec Standing Military Press	very hard very hard heavy very hard
Decline Crunch 3×15 Rest: • 70 sec Hyperextensions (Back Extensions) 3×15 Rest: • 70 sec Clean Deadlift 5×6 Rest: • 70 sec Barbell Shrug 3×15 Rest: • 70 sec Good Morning 4×10 Rest: • 70 sec Standing Military Press 4×10 Rest: • 70 sec	very hard very hard heavy very hard

Workout #5 **2** 40 min **Barbell Full Squat 5×6** Rest: **○** 70 sec heavy Lying Leg Curls **3×15** Rest: **⊘** 70 sec very hard Leg Extensions **3×15** Rest: **○** 70 sec very hard **Dumbbell Bench Press 5×6** Rest: **2** 70 sec heavy Dumbbell Flyes **3×15** Rest: **⊘** 70 sec very hard > 6.91 T 🛷 759 scores 👱 550 kcal

Workout #8	2 41 min
Barbell Full Squat 5×8 Rest:	very hard
Lying Leg Curls 3×12 Rest:	very hard
Leg Extensions 3×12 Rest:	very hard
Dumbbell Bench Press 5×8 Rest: • 70 sec	very hard
Dumbbell Flyes 3×12 Rest:	very hard
> 7.03 T 🗳 785 scores 👤 560 k	cal

Workout #11	2 40 min
Barbell Full Squat 5×10 Rest: ⊙ 80 sec	heavy
Lying Leg Curls 3×15 Rest:	very hard
Leg Extensions 3×15 Rest:	very hard
Dumbbell Bench Press 5×10 Rest: 2 80 sec	heavy
Dumbbell Flyes 3×15 Rest:	very hard
> 8.21 T 🛷 698 scores 👲 500 kg	cal

Workout #14	2 42 min
Barbell Full Squat 5×4 Rest:	heavy
Lying Leg Curls <mark>3×10</mark> Rest: ⊙ 75 sec	very hard
Leg Extensions 3×10 Rest: 0 75 sec	very hard
Dumbbell Bench Press 5×4 Rest:	heavy
Dumbbell Flyes 3×10 Rest: 0 75 sec	very hard
> 5.13 T 🛷 682 scores 🔌 490) kcal

> 3.77 T 🛷 967 scores 👱 700 kcal

Workout #6	2 54 min
3×15 Rest: ⊙ 70 sec	very hard
Wide-Grip Rear Pull-Up 4×10 Rest: 2 70 sec	heavy
Bent Over Barbell Row 5×6 Rest: ⁽¹⁾ 70 sec	heavy
V-Bar Pulldown 4×10 Rest: ⊙ 70 sec	heavy
Dips - Triceps Version 3×15 Rest: ⁽²⁾ 70 sec	very hard
Barbell Curl 3×15 Rest: ⁽²⁾ 70 sec	very hard
Bent-Arm Dumbbell Pullover 3×15 Rest: ① 70 sec	very hard

> 4.77 T 🗳 926 scores 👱 670 kcal

Workout #9	④ 57 min
3×12 Rest:	very hard
Wide-Grip Rear Pull-Up 4×8 Rest:	very hard
Bent Over Barbell Row5×8Rest: ● 70 sec	very hard
V-Bar Pulldown 4×8 Rest:	very hard
Dips - Triceps Version 3×12 Rest:	very hard
Barbell Curl 3×12 Rest:	very hard
Bent-Arm Dumbbell Pullover 3×12 Rest: ⊙ 80 sec	very hard

> 4.83 T 📌 1011 scores 👲 730 kcal

Workout #12	@ 51 min
3×15 Rest: ◎ 60 sec	very hard
Wide-Grip Rear Pull-Up 4×12 Rest: ② 60 sec	very hard
Bent Over Barbell Row 5×10 Rest: ② 80 sec	heavy
V-Bar Pulldown 4×12 Rest:	very hard
Dips - Triceps Version 3×15 Rest: ② 60 sec	very hard
Barbell Curl 3×15 Rest:	very hard
Bent-Arm Dumbbell Pullover 3×15 Rest: ② 60 sec	very hard
> 5.75 T 🛷 927 scores 🔥 670) kcal

Workout #15	② 56 min
3×7 Rest: 0 75 sec	very hard
Wide-Grip Rear Pull-Up 4×8 Rest: ① 75 sec	very hard
Bent Over Barbell Row 5×4 Rest: ① 80 sec	heavy
V-Bar Pulldown 4×8 Rest:	very hard
Dips - Triceps Version 3×10 Rest: ⁽²⁾ 75 sec	very hard
Barbell Curl 3×10 Rest: ⁽²⁾ 75 sec	very hard
Bent-Arm Dumbbell Pullover 3×10 Rest: 2 75 sec	very hard
> 3.77 T 🛷 967 scores 👱 70	00 kcal

Directory of the exercises

General recommendations on training with AtletIQ

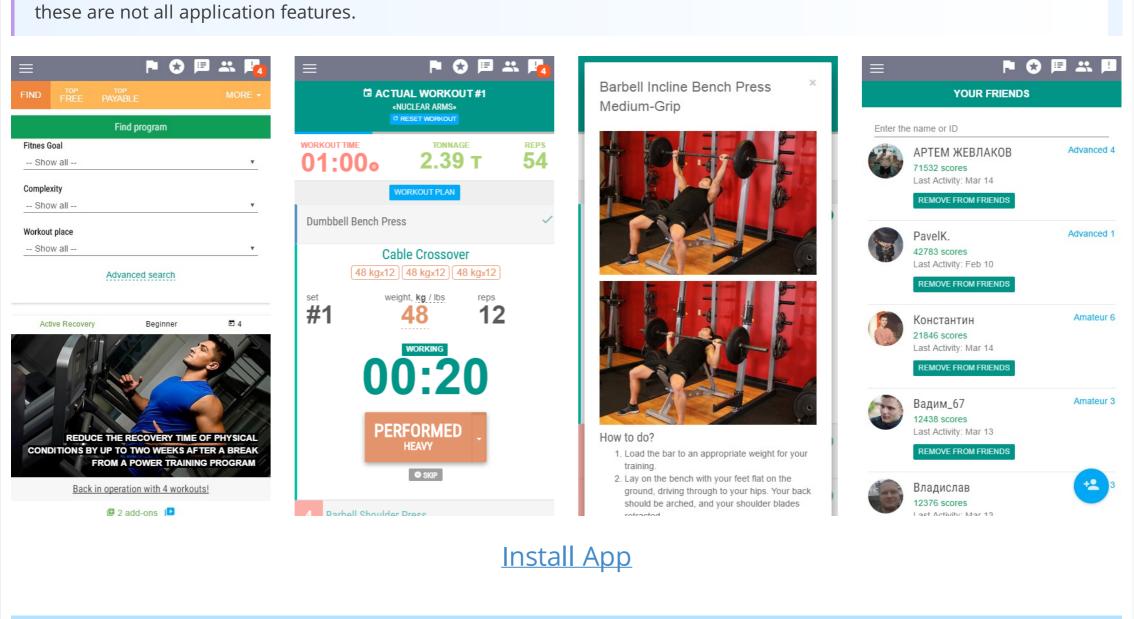
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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 -



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. <u>Affiliate program for coaches</u>

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Workout routines