

Intermediate **23** days **12** workouts **~54** minutes

<https://atletiq.com/en/programms/1100>



**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

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## The content of the program

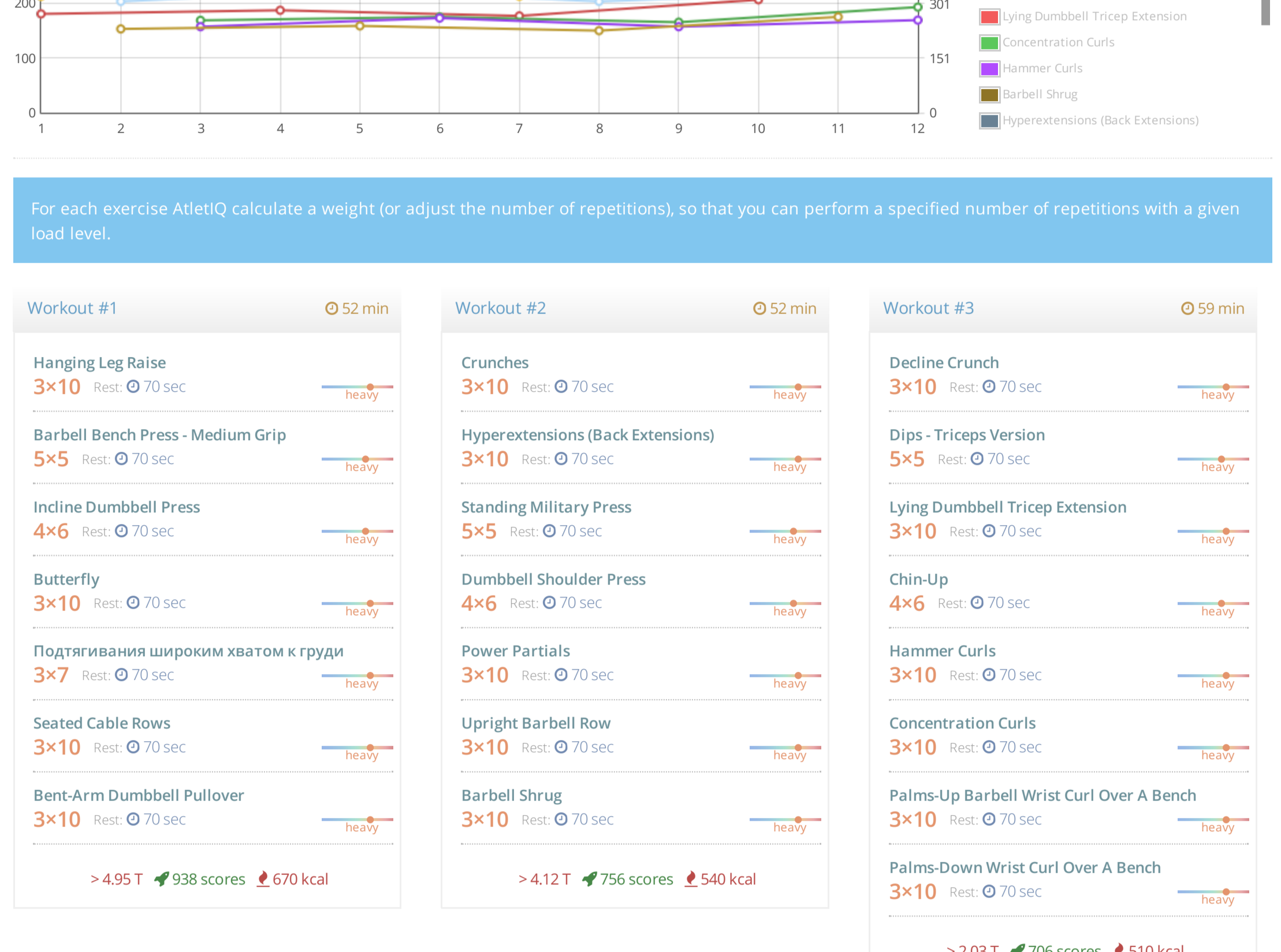
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Hanging Leg Raise	3	10-15	40-75 sec
2	Barbell Bench Press - Medium Grip	5	5-10	65-75 sec
3	Incline Dumbbell Press	4	6-12	65-80 sec
4	Butterfly	3	10-15	40-75 sec
5	Подтягивания широким хватом к груди	3	10-15	40-75 sec
6	Seated Cable Rows	3	10-15	40-75 sec
7	Bent-Arm Dumbbell Pullover	3	10-15	40-75 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Crunches	3	10-15	40-75 sec
2	Hyperextensions (Back Extensions)	3	10-15	40-75 sec
3	Standing Military Press	5	5-10	65-75 sec
4	Dumbbell Shoulder Press	4	6-12	65-80 sec
5	Power Partial	3	10-15	40-75 sec
6	Upright Barbell Row	3	10-15	40-75 sec
7	Barbell Shrug	3	10-15	40-75 sec
<b>4 day (rest)</b>				
<b>5 day</b>				
1	Decline Crunch	3	10-15	40-75 sec
2	Dips - Triceps Version	5	5-10	65-75 sec
3	Lying Dumbbell Tricep Extension	3	10-15	40-75 sec
4	Chin-Up	4	6-12	65-80 sec
5	Hammer Curls	3	10-15	40-75 sec
6	Concentration Curls	3	10-15	40-75 sec
7	Palms-Up Barbell Wrist Curl Over A Bench	3	10-15	40-75 sec
8	Palms-Down Wrist Curl Over A Bench	3	10-15	40-75 sec
<b>6 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** 52 min

- Hanging Leg Raise 3x10 Rest: 70 sec
- Barbell Bench Press - Medium Grip 5x5 Rest: 70 sec
- Incline Dumbbell Press 4x6 Rest: 70 sec
- Butterfly 3x12 Rest: 70 sec
- Подтягивания широким хватом к груди 3x7 Rest: 70 sec
- Seated Cable Rows 3x10 Rest: 70 sec
- Bent-Arm Dumbbell Pullover 3x10 Rest: 70 sec

> 4.95 T 938 scores 670 kcal

**Workout #2** 52 min

- Crunches 3x10 Rest: 70 sec
- Hyperextensions (Back Extensions) 3x10 Rest: 70 sec
- Standing Military Press 5x5 Rest: 70 sec
- Dumbbell Shoulder Press 4x6 Rest: 70 sec
- Power Partial 3x10 Rest: 70 sec
- Upright Barbell Row 3x10 Rest: 70 sec
- Barbell Shrug 3x10 Rest: 70 sec

> 4.12 T 756 scores 540 kcal

**Workout #3** 59 min

- Decline Crunch 3x10 Rest: 70 sec
- Dips - Triceps Version 5x5 Rest: 70 sec
- Lying Dumbbell Tricep Extension 3x10 Rest: 70 sec
- Chin-Up 4x6 Rest: 70 sec
- Hammer Curls 3x10 Rest: 70 sec
- Concentration Curls 3x10 Rest: 70 sec
- Palms-Up Barbell Wrist Curl Over A Bench 3x10 Rest: 70 sec
- Palms-Down Wrist Curl Over A Bench 3x10 Rest: 70 sec

> 2.03 T 706 scores 510 kcal

**Workout #4** 51 min

- Hanging Leg Raise 3x12 Rest: 65 sec
- Barbell Bench Press - Medium Grip 5x8 Rest: 65 sec
- Incline Dumbbell Press 4x8 Rest: 70 sec
- Butterfly 3x12 Rest: 65 sec
- Подтягивания широким хватом к груди 3x12 Rest: 65 sec
- Seated Cable Rows 3x12 Rest: 65 sec
- Bent-Arm Dumbbell Pullover 3x12 Rest: 65 sec

> 6.23 T 985 scores 710 kcal

**Workout #5** 51 min

- Crunches 3x12 Rest: 65 sec
- Hyperextensions (Back Extensions) 3x12 Rest: 65 sec
- Standing Military Press 5x8 Rest: 70 sec
- Dumbbell Shoulder Press 4x8 Rest: 70 sec
- Power Partial 3x12 Rest: 65 sec
- Upright Barbell Row 3x12 Rest: 65 sec
- Barbell Shrug 3x12 Rest: 65 sec

> 4.94 T 795 scores 570 kcal

**Workout #6** 57 min

- Decline Crunch 3x12 Rest: 65 sec
- Dips - Triceps Version 5x8 Rest: 65 sec
- Lying Dumbbell Tricep Extension 3x12 Rest: 65 sec
- Chin-Up 4x8 Rest: 70 sec
- Hammer Curls 3x12 Rest: 65 sec
- Concentration Curls 3x12 Rest: 65 sec
- Palms-Up Barbell Wrist Curl Over A Bench 3x12 Rest: 65 sec
- Palms-Down Wrist Curl Over A Bench 3x12 Rest: 65 sec

> 2.29 T 740 scores 530 kcal

**Workout #7** 51 min

- Hanging Leg Raise 3x15 Rest: 75 sec
- Barbell Bench Press - Medium Grip 5x5 Rest: 70 sec
- Incline Dumbbell Press 4x12 Rest: 65 sec
- Butterfly 3x15 Rest: 65 sec
- Подтягивания широким хватом к груди 3x15 Rest: 65 sec
- Seated Cable Rows 3x15 Rest: 65 sec
- Bent-Arm Dumbbell Pullover 3x15 Rest: 65 sec

> 6.34 T 991 scores 710 kcal

**Workout #8** 51 min

- Crunches 3x15 Rest: 65 sec
- Hyperextensions (Back Extensions) 3x15 Rest: 65 sec
- Standing Military Press 5x5 Rest: 70 sec
- Dumbbell Shoulder Press 4x12 Rest: 75 sec
- Power Partial 3x15 Rest: 65 sec
- Upright Barbell Row 3x15 Rest: 65 sec
- Barbell Shrug 3x15 Rest: 65 sec

> 5.34 T 793 scores 570 kcal

**Workout #9** 58 min

- Decline Crunch 3x15 Rest: 65 sec
- Dips - Triceps Version 5x5 Rest: 70 sec
- Lying Dumbbell Tricep Extension 3x15 Rest: 65 sec
- Chin-Up 4x12 Rest: 65 sec
- Hammer Curls 3x15 Rest: 65 sec
- Concentration Curls 3x15 Rest: 65 sec
- Palms-Up Barbell Wrist Curl Over A Bench 3x15 Rest: 65 sec
- Palms-Down Wrist Curl Over A Bench 3x15 Rest: 65 sec

> 2.75 T 741 scores 530 kcal

**Workout #10** 54 min

- Hanging Leg Raise 3x12 Rest: 75 sec
- Barbell Bench Press - Medium Grip 5x10 Rest: 75 sec
- Incline Dumbbell Press 4x6 Rest: 75 sec
- Butterfly 3x12 Rest: 75 sec
- Подтягивания широким хватом к груди 3x12 Rest: 75 sec
- Seated Cable Rows 3x12 Rest: 75 sec
- Bent-Arm Dumbbell Pullover 3x12 Rest: 75 sec

> 6.62 T 1029 scores 740 kcal

**Workout #11** 54 min

- Crunches 3x12 Rest: 75 sec
- Hyperextensions (Back Extensions) 3x12 Rest: 75 sec
- Standing Military Press 5x10 Rest: 75 sec
- Dumbbell Shoulder Press 4x6 Rest: 75 sec
- Power Partial 3x12 Rest: 75 sec
- Upright Barbell Row 3x12 Rest: 75 sec
- Barbell Shrug 3x12 Rest: 75 sec

> 5.17 T 828 scores 600 kcal

**Workout #12** 61 min

- Decline Crunch 3x12 Rest: 75 sec
- Dips - Triceps Version 5x10 Rest: 75 sec
- Lying Dumbbell Tricep Extension 3x12 Rest: 75 sec
- Chin-Up 4x6 Rest: 75 sec
- Hammer Curls 3x12 Rest: 75 sec
- Concentration Curls 3x12 Rest: 75 sec
- Palms-Up Barbell Wrist Curl Over A Bench 3x12 Rest: 75 sec
- Palms-Down Wrist Curl Over A Bench 3x12 Rest: 75 sec

> 2.36 T 775 scores 560 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 indicators 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.



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