

SIMPLEX

ДОМАШНИЙ ТРЕНИНГ С ГАНТЕЛЯМИ

Intermediate **23** days **12** workouts **~46** minutes

<https://atletiq.com/en/programms/1190>

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

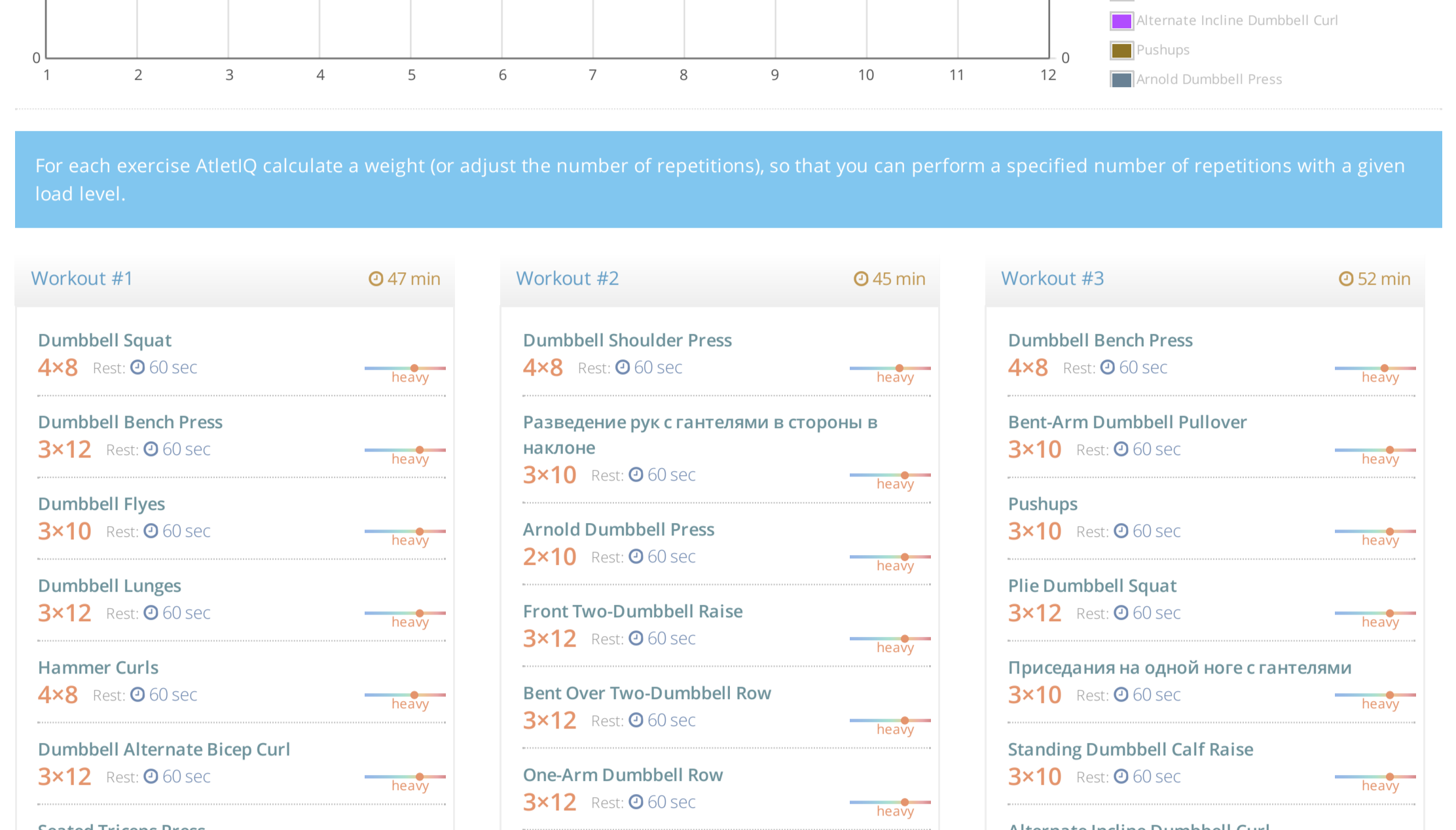
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Dumbbell Squat	4	8-12	⊙ 40-60 sec
2	Dumbbell Bench Press	3	8-12	⊙ 40-60 sec
3	Dumbbell Flies	3	10-15	⊙ 40-60 sec
4	Dumbbell Lunges	3	8-12	⊙ 40-60 sec
5	Hammer Curls	4	8-12	⊙ 40-60 sec
6	Dumbbell Alternate Bicep Curl	3	8-12	⊙ 40-60 sec
7	Seated Triceps Press	3	8-12	⊙ 40-60 sec
2 day (rest)				
3 day				
1	Dumbbell Shoulder Press	4	8-12	⊙ 40-60 sec
2	Разведение рук с гантелями в стороны в наклоне	3	10-15	⊙ 40-60 sec
3	Arnold Dumbbell Press	2	10-12	⊙ 40-60 sec
4	Front Two-Dumbbell Raise	3	8-12	⊙ 40-60 sec
5	Bent Over Two-Dumbbell Row	3	8-12	⊙ 40-60 sec
6	One-Arm Dumbbell Row	3	8-12	⊙ 40-60 sec
7	Dumbbell Shrug	3	10-15	⊙ 40-60 sec
4 day (rest)				
5 day				
1	Dumbbell Bench Press	4	8-12	⊙ 40-60 sec
2	Bent-Arm Dumbbell Pullover	3	10-15	⊙ 40-60 sec
3	Pushups	3	10-15	⊙ 40-60 sec
4	Plie Dumbbell Squat	3	8-12	⊙ 40-60 sec
5	Приседания на одной ноге с гантелями	3	10-15	⊙ 40-60 sec
6	Standing Dumbbell Calf Raise	3	10-15	⊙ 40-60 sec
7	Alternate Incline Dumbbell Curl	3	10-15	⊙ 40-60 sec
8	Tricep Dumbbell Kickback	3	8-12	⊙ 40-60 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 47 min

- Dumbbell Squat 4x8 Rest: 40 sec
- Dumbbell Bench Press 3x12 Rest: 40 sec
- Dumbbell Flies 3x10 Rest: 40 sec
- Dumbbell Lunges 3x12 Rest: 40 sec
- Hammer Curls 4x8 Rest: 40 sec
- Dumbbell Alternate Bicep Curl 3x12 Rest: 40 sec
- Seated Triceps Press 3x12 Rest: 40 sec

> 3.97 T 741 scores 530 kcal

Workout #2 45 min

- Dumbbell Shoulder Press 4x8 Rest: 50 sec
- Разведение рук с гантелями в стороны в наклоне 3x10 Rest: 60 sec
- Arnold Dumbbell Press 2x10 Rest: 60 sec
- Front Two-Dumbbell Raise 3x12 Rest: 60 sec
- Bent Over Two-Dumbbell Row 3x12 Rest: 60 sec
- One-Arm Dumbbell Row 3x12 Rest: 60 sec
- Dumbbell Shrug 3x10 Rest: 40 sec

> 3.46 T 702 scores 500 kcal

Workout #3 52 min

- Dumbbell Bench Press 4x8 Rest: 60 sec
- Bent-Arm Dumbbell Pullover 3x10 Rest: 60 sec
- Pushups 3x10 Rest: 60 sec
- Plie Dumbbell Squat 3x12 Rest: 60 sec
- Приседания на одной ноге с гантелями 3x10 Rest: 60 sec
- Standing Dumbbell Calf Raise 3x10 Rest: 60 sec
- Alternate Incline Dumbbell Curl 3x10 Rest: 60 sec
- Tricep Dumbbell Kickback 3x12 Rest: 60 sec

> 4.19 T 775 scores 560 kcal

Workout #4 43 min

- Dumbbell Squat 4x10 Rest: 40 sec
- Dumbbell Bench Press 3x8 Rest: 50 sec
- Dumbbell Flies 3x15 Rest: 50 sec
- Dumbbell Lunges 3x8 Rest: 50 sec
- Hammer Curls 4x10 Rest: 40 sec
- Dumbbell Alternate Bicep Curl 3x8 Rest: 50 sec
- Seated Triceps Press 3x8 Rest: 50 sec

> 3.74 T 775 scores 560 kcal

Workout #5 42 min

- Dumbbell Shoulder Press 4x10 Rest: 50 sec
- Разведение рук с гантелями в стороны в наклоне 3x15 Rest: 50 sec
- Arnold Dumbbell Press 2x10 Rest: 60 sec
- Front Two-Dumbbell Raise 3x8 Rest: 60 sec
- Bent Over Two-Dumbbell Row 3x8 Rest: 60 sec
- One-Arm Dumbbell Row 3x8 Rest: 60 sec
- Dumbbell Shrug 3x15 Rest: 50 sec

> 3.32 T 733 scores 530 kcal

Workout #6 49 min

- Dumbbell Bench Press 4x10 Rest: 50 sec
- Bent-Arm Dumbbell Pullover 3x15 Rest: 50 sec
- Pushups 3x15 Rest: 50 sec
- Plie Dumbbell Squat 3x8 Rest: 50 sec
- Приседания на одной ноге с гантелями 3x15 Rest: 50 sec
- Standing Dumbbell Calf Raise 3x15 Rest: 50 sec
- Alternate Incline Dumbbell Curl 3x15 Rest: 50 sec
- Tricep Dumbbell Kickback 3x8 Rest: 50 sec

> 4.62 T 808 scores 580 kcal

Workout #7 40 min

- Dumbbell Squat 4x12 Rest: 40 sec
- Dumbbell Bench Press 3x10 Rest: 40 sec
- Dumbbell Flies 3x12 Rest: 40 sec
- Dumbbell Lunges 3x10 Rest: 40 sec
- Hammer Curls 4x12 Rest: 40 sec
- Dumbbell Alternate Bicep Curl 3x10 Rest: 40 sec
- Seated Triceps Press 3x10 Rest: 40 sec

> 4.22 T 776 scores 560 kcal

Workout #8 38 min

- Dumbbell Shoulder Press 4x12 Rest: 40 sec
- Разведение рук с гантелями в стороны в наклоне 3x12 Rest: 40 sec
- Arnold Dumbbell Press 2x12 Rest: 40 sec
- Front Two-Dumbbell Raise 3x10 Rest: 40 sec
- Bent Over Two-Dumbbell Row 3x10 Rest: 40 sec
- One-Arm Dumbbell Row 3x10 Rest: 40 sec
- Dumbbell Shrug 3x12 Rest: 40 sec

> 3.56 T 730 scores 520 kcal

Workout #9 44 min

- Dumbbell Bench Press 4x12 Rest: 40 sec
- Bent-Arm Dumbbell Pullover 3x12 Rest: 40 sec
- Pushups 3x15 Rest: 40 sec
- Plie Dumbbell Squat 3x10 Rest: 40 sec
- Приседания на одной ноге с гантелями 3x12 Rest: 40 sec
- Standing Dumbbell Calf Raise 3x12 Rest: 40 sec
- Alternate Incline Dumbbell Curl 3x12 Rest: 40 sec
- Tricep Dumbbell Kickback 3x10 Rest: 40 sec

> 4.55 T 791 scores 570 kcal

Workout #10 47 min

- Dumbbell Squat 4x10 Rest: 40 sec
- Dumbbell Bench Press 3x12 Rest: 40 sec
- Dumbbell Flies 3x15 Rest: 40 sec
- Dumbbell Lunges 3x12 Rest: 40 sec
- Hammer Curls 4x10 Rest: 40 sec
- Dumbbell Alternate Bicep Curl 3x12 Rest: 40 sec
- Seated Triceps Press 3x12 Rest: 40 sec

> 4.44 T 788 scores 570 kcal

Workout #11 46 min

- Dumbbell Shoulder Press 4x10 Rest: 60 sec
- Разведение рук с гантелями в стороны в наклоне 3x15 Rest: 60 sec
- Arnold Dumbbell Press 2x12 Rest: 60 sec
- Front Two-Dumbbell Raise 3x12 Rest: 60 sec
- Bent Over Two-Dumbbell Row 3x12 Rest: 60 sec
- One-Arm Dumbbell Row 3x12 Rest: 60 sec
- Dumbbell Shrug 3x15 Rest: 60 sec

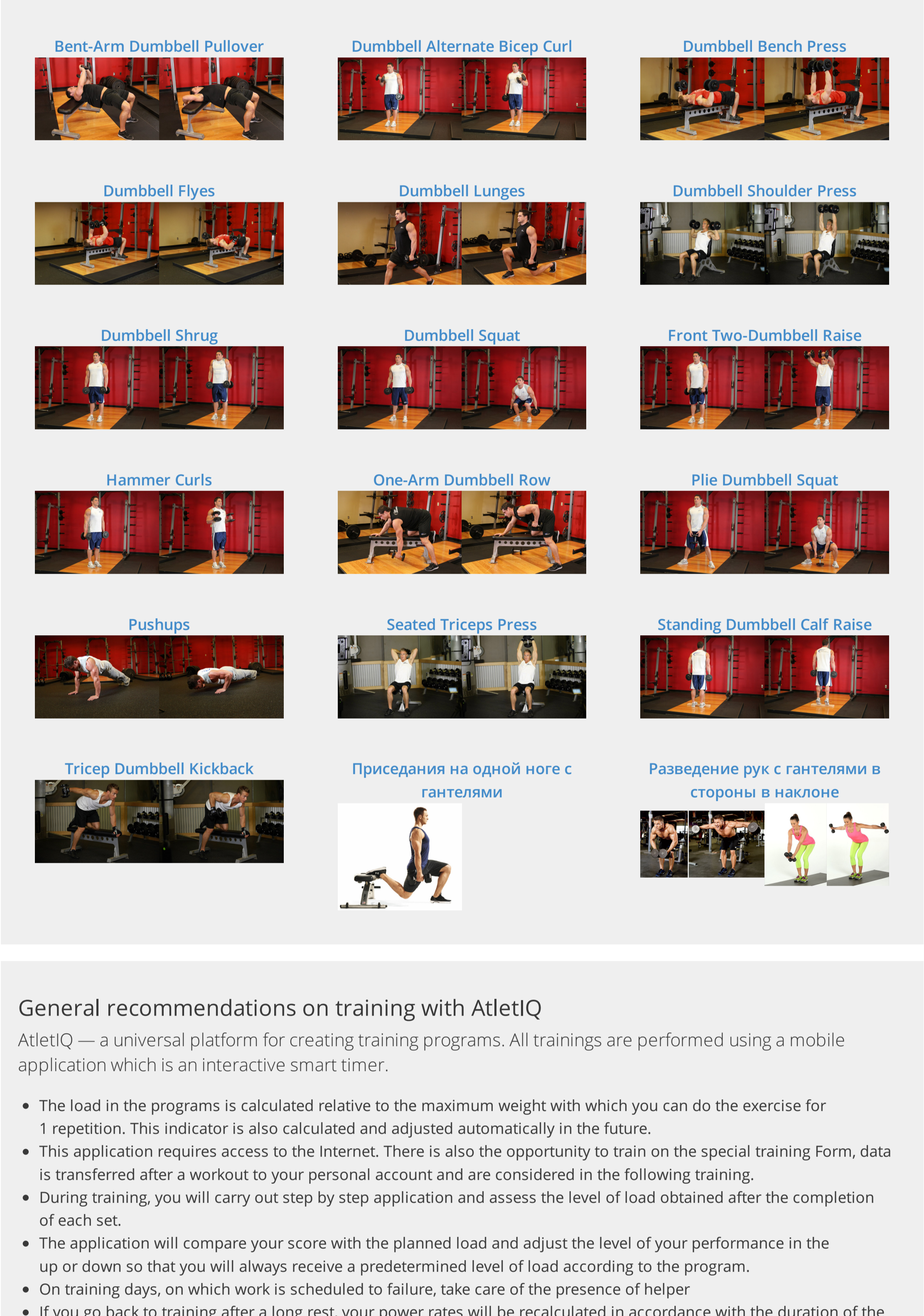
> 3.85 T 739 scores 530 kcal

Workout #12 53 min

- Dumbbell Bench Press 4x10 Rest: 60 sec
- Bent-Arm Dumbbell Pullover 3x15 Rest: 60 sec
- Pushups 3x15 Rest: 60 sec
- Plie Dumbbell Squat 3x12 Rest: 60 sec
- Приседания на одной ноге с гантелями 3x15 Rest: 60 sec
- Standing Dumbbell Calf Raise 3x15 Rest: 60 sec
- Alternate Incline Dumbbell Curl 3x15 Rest: 60 sec
- Tricep Dumbbell Kickback 3x12 Rest: 60 sec

> 4.97 T 814 scores 590 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 planned will not match the followed.

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 / Building / 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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