

Intermediate

29

days

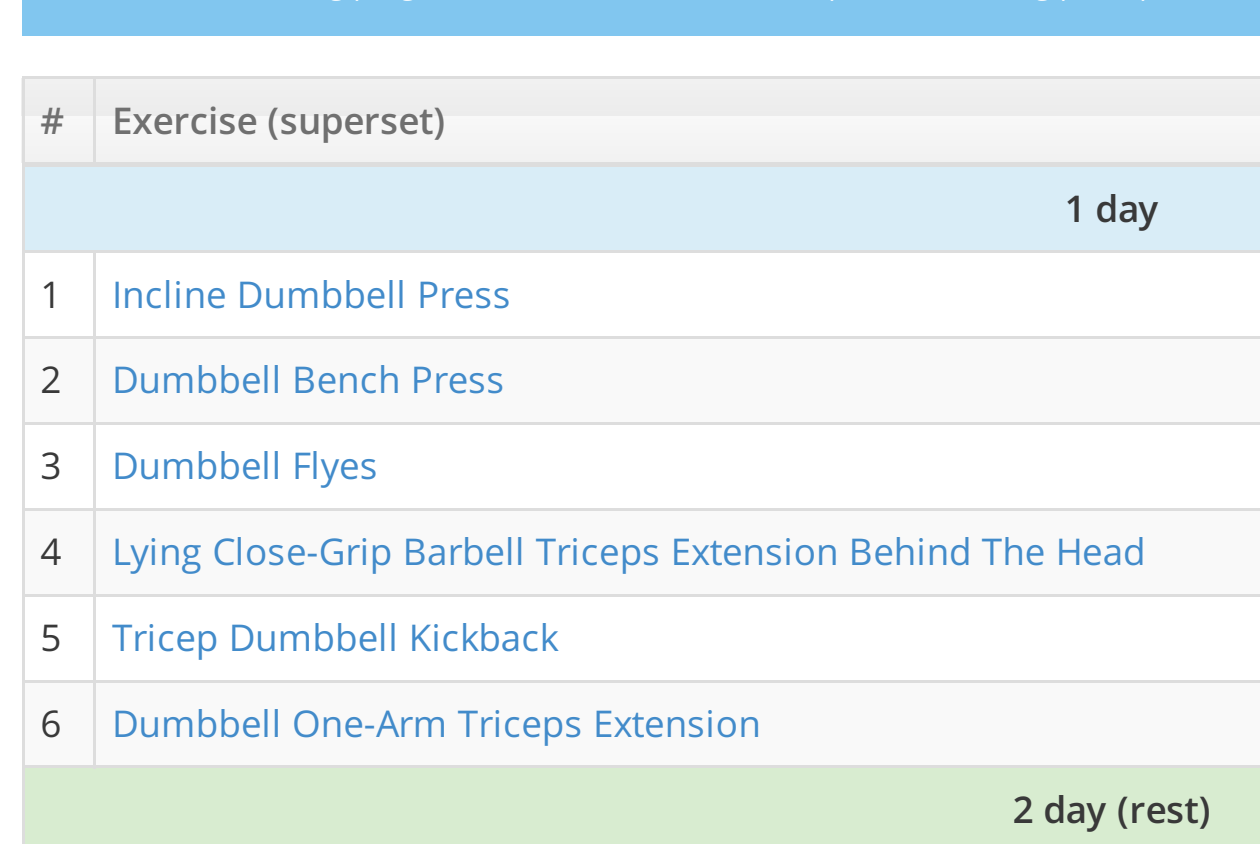
15

workouts

~51

minutes

<https://atletiq.com/en/programms/1191>



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 «15 тренировок»

Duration in days: 29 Amount of training days: 15 Rest days: 14

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	Incline Dumbbell Press	4	8-12	60-80 sec
2	Dumbbell Bench Press	4	8-12	60-80 sec
3	Dumbbell Flies	3	8-12	60-90 sec
4	Lying Close-Grip Barbell Triceps Extension Behind The Head	3	8-12	60-90 sec
5	Tricep Dumbbell Kickback	3	8-12	60-90 sec
6	Dumbbell One-Arm Triceps Extension	3	8-12	60-90 sec
2 day (rest)				
3 day				
1	One-Arm Dumbbell Row	5	6-12	60-80 sec
2	Bent Over Two-Dumbbell Row	5	6-12	60-80 sec
3	Bent-Arm Dumbbell Pullover	2	10-15	60-80 sec
4	Alternate Incline Dumbbell Curl	3	8-12	60-90 sec
5	Dumbbell Alternate Bicep Curl	3	8-12	60-90 sec
6	Alternate Hammer Curl	2	10-15	60-80 sec
4 day (rest)				
5 day				
1	Dumbbell Lunges	4	8-12	60-80 sec
2	Dumbbell Step Ups	3	8-12	60-90 sec
3	Dumbbell Squat	4	8-12	60-80 sec
4	Stiff-Legged Dumbbell Deadlift	4	8-12	60-80 sec
5	Standing Dumbbell Calf Raise	2	10-15	60-80 sec
6	Standing Palms-In Dumbbell Press	4	8-12	60-80 sec
7	Power Partials	4	8-12	60-80 sec
8	Разведение рук с гантелями в стороны в наклоне	3	8-12	60-90 sec
9	Dumbbell Shrug	4	8-12	60-80 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 41 min

Incline Dumbbell Press 4x12 Rest: 60 sec heavy

Dumbbell Bench Press 4x12 Rest: 60 sec heavy

Dumbbell Flies 3x12 Rest: 60 sec very hard

Lying Close-Grip Barbell Triceps Extension Behind The Head 3x12 Rest: 60 sec very hard

Tricep Dumbbell Kickback 3x12 Rest: 60 sec very hard

Dumbbell One-Arm Triceps Extension 3x12 Rest: 60 sec very hard

> 3.85 T 657 scores 470 kcal

Workout #2 41 min

One-Arm Dumbbell Row 5x12 Rest: 60 sec heavy

Bent Over Two-Dumbbell Row 5x12 Rest: 60 sec heavy

Bent-Arm Dumbbell Pullover 2x15 Rest: 60 sec heavy

Alternate Incline Dumbbell Curl 3x12 Rest: 60 sec very hard

Dumbbell Alternate Bicep Curl 3x12 Rest: 60 sec very hard

Alternate Hammer Curl 2x15 Rest: 60 sec heavy

> 3.77 T 709 scores 510 kcal

Workout #3 63 min

Dumbbell Lunges 4x12 Rest: 60 sec heavy

Dumbbell Step Ups 3x12 Rest: 60 sec very hard

Dumbbell Squat 4x12 Rest: 60 sec heavy

Stiff-Legged Dumbbell Deadlift 4x12 Rest: 60 sec heavy

Standing Dumbbell Calf Raise 2x15 Rest: 60 sec heavy

Standing Palms-In Dumbbell Press 4x12 Rest: 60 sec heavy

Power Partials 4x12 Rest: 60 sec heavy

Разведение рук с гантелями в стороны в наклоне 3x12 Rest: 60 sec very hard

Dumbbell Shrug 4x12 Rest: 60 sec heavy

> 7.04 T 1139 scores 820 kcal

Workout #4 46 min

Incline Dumbbell Press 4x10 Rest: 60 sec very hard

Dumbbell Bench Press 4x10 Rest: 60 sec very hard

Dumbbell Flies 3x12 Rest: 60 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head 3x12 Rest: 70 sec heavy

Tricep Dumbbell Kickback 3x12 Rest: 70 sec heavy

Dumbbell One-Arm Triceps Extension 3x12 Rest: 70 sec heavy

> 3.57 T 644 scores 460 kcal

Workout #5 47 min

One-Arm Dumbbell Row 5x10 Rest: 60 sec very hard

Bent Over Two-Dumbbell Row 5x10 Rest: 60 sec very hard

Bent-Arm Dumbbell Pullover 2x10 Rest: 60 sec very hard

Alternate Incline Dumbbell Curl 3x12 Rest: 70 sec heavy

Dumbbell Alternate Bicep Curl 3x12 Rest: 70 sec heavy

Alternate Hammer Curl 2x10 Rest: 60 sec very hard

> 3.36 T 696 scores 500 kcal

Workout #6 72 min

Dumbbell Lunges 4x10 Rest: 70 sec very hard

Dumbbell Step Ups 3x12 Rest: 70 sec heavy

Dumbbell Squat 4x10 Rest: 60 sec very hard

Stiff-Legged Dumbbell Deadlift 4x10 Rest: 60 sec very hard

Standing Dumbbell Calf Raise 2x10 Rest: 60 sec very hard

Standing Palms-In Dumbbell Press 4x10 Rest: 60 sec very hard

Power Partials 4x10 Rest: 60 sec very hard

Разведение рук с гантелями в стороны в наклоне 3x12 Rest: 70 sec heavy

Dumbbell Shrug 4x10 Rest: 60 sec very hard

> 6.13 T 1121 scores 810 kcal

Workout #7 48 min

Incline Dumbbell Press 4x10 Rest: 70 sec heavy

Dumbbell Bench Press 4x10 Rest: 70 sec heavy

Dumbbell Flies 3x10 Rest: 60 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head 3x10 Rest: 90 sec heavy

Tricep Dumbbell Kickback 3x10 Rest: 90 sec heavy

Dumbbell One-Arm Triceps Extension 3x10 Rest: 90 sec heavy

> 3.35 T 605 scores 430 kcal

Workout #8 46 min

One-Arm Dumbbell Row 5x10 Rest: 70 sec heavy

Bent Over Two-Dumbbell Row 5x10 Rest: 70 sec heavy

Bent-Arm Dumbbell Pullover 2x10 Rest: 70 sec heavy

Alternate Incline Dumbbell Curl 3x10 Rest: 90 sec heavy

Dumbbell Alternate Bicep Curl 3x10 Rest: 90 sec heavy

Alternate Hammer Curl 2x10 Rest: 70 sec heavy

> 3.26 T 658 scores 470 kcal

Workout #9 70 min

Dumbbell Lunges 4x10 Rest: 70 sec heavy

Dumbbell Step Ups 3x10 Rest: 90 sec heavy

Dumbbell Squat 4x10 Rest: 70 sec heavy

Stiff-Legged Dumbbell Deadlift 4x10 Rest: 70 sec heavy

Standing Dumbbell Calf Raise 2x12 Rest: 60 sec heavy

Standing Palms-In Dumbbell Press 4x10 Rest: 70 sec heavy

Power Partials 4x10 Rest: 70 sec heavy

Разведение рук с гантелями в стороны в наклоне 3x10 Rest: 90 sec heavy

Dumbbell Shrug 4x10 Rest: 70 sec heavy

> 6.12 T 1051 scores 760 kcal

Workout #10 41 min

Incline Dumbbell Press 4x8 Rest: 60 sec very hard

Dumbbell Bench Press 4x8 Rest: 60 sec very hard

Dumbbell Flies 3x8 Rest: 60 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head 3x8 Rest: 60 sec heavy

Tricep Dumbbell Kickback 3x8 Rest: 60 sec heavy

Dumbbell One-Arm Triceps Extension 3x8 Rest: 60 sec heavy

> 2.88 T 705 scores 510 kcal

Workout #11 41 min

One-Arm Dumbbell Row 5x8 Rest: 60 sec heavy

Bent Over Two-Dumbbell Row 5x8 Rest: 60 sec heavy

Bent-Arm Dumbbell Pullover 2x10 Rest: 60 sec very hard

Alternate Incline Dumbbell Curl 3x8 Rest: 60 sec heavy

Dumbbell Alternate Bicep Curl 3x8 Rest: 60 sec heavy

Alternate Hammer Curl 2x10 Rest: 60 sec very hard

> 2.78 T 718 scores 520 kcal

Workout #12 62 min

Dumbbell Lunges 4x8 Rest: 60 sec very hard

Dumbbell Step Ups 3x8 Rest: 60 sec heavy

Dumbbell Squat 4x8 Rest: 60 sec very hard

Stiff-Legged Dumbbell Deadlift 4x8 Rest: 60 sec very hard

Standing Dumbbell Calf Raise 2x10 Rest: 60 sec very hard

Standing Palms-In Dumbbell Press 4x8 Rest: 60 sec very hard

Power Partials 4x8 Rest: 60 sec very hard

Разведение рук с гантелями в стороны в наклоне 3x8 Rest: 60 sec heavy

Dumbbell Shrug 4x8 Rest: 60 sec very hard

> 5.32 T 1252 scores 900 kcal

Workout #13 41 min

Incline Dumbbell Press 4x12 Rest: 60 sec heavy

Dumbbell Bench Press 4x12 Rest: 60 sec heavy

Dumbbell Flies 3x12 Rest: 60 sec very hard

Lying Close-Grip Barbell Triceps Extension Behind The Head 3x12 Rest: 60 sec very hard

Tricep Dumbbell Kickback 3x12 Rest: 60 sec very hard

Dumbbell One-Arm Triceps Extension 3x12 Rest: 60 sec very hard

> 3.85 T 657 scores 470 kcal

Workout #14 41 min

One-Arm Dumbbell Row 5x6 Rest: 60 sec heavy

Bent Over Two-Dumbbell Row 5x6 Rest: 60 sec heavy

Bent-Arm Dumbbell Pullover 2x10 Rest: 60 sec heavy

Alternate Incline Dumbbell Curl 3x12 Rest: 60 sec very hard

Dumbbell Alternate Bicep Curl 3x12 Rest: 60 sec very hard

Alternate Hammer Curl 2x10 Rest: 60 sec heavy

> 2.75 T 698 scores 500 kcal

Workout #15 63 min

Dumbbell Lunges 4x12 Rest: 60 sec heavy

Dumbbell Step Ups 3x12 Rest: 60 sec very hard

Dumbbell Squat 4x12 Rest: 60 sec heavy

Stiff-Legged Dumbbell Deadlift 4x12 Rest: 60 sec heavy

Standing Dumbbell Calf Raise 2x15 Rest: 60 sec heavy

Standing Palms-In Dumbbell Press 4x12 Rest: 60 sec heavy

Power Partials 4x12 Rest: 60 sec heavy

Разведение рук с гантелями в стороны в наклоне 3x12 Rest: 60 sec very hard

Dumbbell Shrug 4x12 Rest: 60 sec heavy

> 7.04 T 1139 scores 820 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 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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