16 workouts 31 day ~60 minutes Intermediate https://atletiq.com/en/programms/1210 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 «16 тренировок» Amount of training days: 16 Rest days: 15 Duration in days: 31 Exercise (superset) Sets Reps Rest between sets 1 day Incline Dumbbell Press 3 8-15 **②** 70-80 sec 1 Incline Dumbbell Flyes 2 3 8-15 **②** 70-80 sec 3 Cable Crossover 3 15-20 **②** 60-70 sec 10-15 4 **Decline Barbell Bench Press** 4 **②** 70-80 sec 5 **Power Partials** 3 15-20 **②** 60-70 sec 6 Reverse Machine Flyes 3 15-20 **②** 60-70 sec 7 **Dumbbell Shoulder Press** 4 10-15 **②** 70-80 sec 3 8 **Upright Barbell Row** 8-15 **②** 70-80 sec 2 day (rest) 3 day Leg Extensions 4 15-20 **②** 70-80 sec 1 2 Barbell Full Squat 5 6-10 **②** 70-90 sec Narrow Stance Leg Press 4 3 10-15 **②** 70-80 sec **Dumbbell Lunges** 3 4 15-20 **②** 60-70 sec 5 Front Barbell Squat 3 8-15 **②** 70-80 sec Lying Leg Curls 6 4 10-15 **②** 70-80 sec **Barbell Deadlift** 3 7 8-15 **②** 70-80 sec 8 **Standing Calf Raises** 4 10-15 **②** 70-80 sec 4 day (rest) 5 day Triceps Pushdown - Rope Attachment 3 **②** 70-80 sec 8-15 1 2 Close-Grip Barbell Bench Press 4 10-15 **②** 70-80 sec Lying Close-Grip Barbell Triceps Extension Behind The Head 3 3 8-15 **②** 70-80 sec

4 Crunches 4 5 Hanging Leg Raise 3 Burpee 6 4

1

2

3

4

5

6

7

8

800

700

600

500

300

200

100

Workout #1

Incline Dumbbell Press

Incline Dumbbell Flyes

3×8 Rest: **②** 70 sec

3×8 Rest: **②** 70 sec

3×20 Rest: **②** 60 sec

4×10 Rest: **②** 70 sec

3×20 Rest: **②** 60 sec

Reverse Machine Flyes

Dumbbell Shoulder Press

> 7.07 T **₹** 975 scores **₹** 700 kcal

Подтягивания широким хватом к груди

3×20 Rest: **②** 60 sec

4×10 Rest: **②** 70 sec

Upright Barbell Row

3×8 Rest: **②** 70 sec

4×9 Rest: @ 70 sec

3×8 Rest: **②** 70 sec

Seated Cable Rows

4×10 Rest: **②** 70 sec

Bent Over Barbell Row

4×10 Rest: **②** 70 sec

5×8 Rest: **②** 70 sec

5×8 Rest: **②** 70 sec

3×8 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

3×10 Rest: **②** 80 sec

4×15 Rest: **②** 80 sec

3×10 Rest: **②** 80 sec

4×15 Rest: **②** 80 sec

Hanging Leg Raise

3×10 Rest: **②** 80 sec

4×15 Rest: **②** 80 sec

Behind The Head

Crunches

Burpee

Workout #10

Leg Extensions

4×18 Rest: **②** 80 sec

Barbell Full Squat

5×6 Rest: **②** 90 sec

Narrow Stance Leg Press

4×12 Rest: **②** 80 sec

3×18 Rest: **②** 60 sec

Front Barbell Squat

3×12 Rest: **②** 80 sec

4×12 Rest: **②** 80 sec

3×12 Rest: **○** 80 sec

Standing Calf Raises

4×12 Rest: **②** 80 sec

Incline Dumbbell Press

Incline Dumbbell Flyes

3×15 Rest: **○** 70 sec

3×15 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

3×15 Rest: **②** 70 sec

Reverse Machine Flyes

Dumbbell Shoulder Press

3×15 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

Upright Barbell Row

3×15 Rest: **②** 70 sec

3×15 max Rest: **②** 70 sec

Wide-Grip Lat Pulldown **3×15** Rest: **②** 70 sec

Seated Cable Rows 4×10 Rest: **②** 70 sec

Bent Over Barbell Row 4×10 Rest: **②** 70 sec

Barbell Shrug

Barbell Curl

5×8 Rest: **②** 70 sec

5×8 Rest: **②** 70 sec

3×15 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

of each set.

break.

the the planned.

Find program

Advanced search

REDUCE THE RECOVERY TIME OF PHYSICAL

FROM A POWER TRAINING PROGRAM

CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK

Back in operation with 4 workouts!

■ 2 add-ons

Fitnes Goal

Complexity -- Show all -

Workout place

-- Show all --

these are not all application features.

Hyperextensions (Back Extensions)

One Arm Dumbbell Preacher Curl

> 9.44 T **₹** 1082 scores **₹** 780 kcal

Workout #16

> 7.61 T 🗳 1028 scores 👱 740 kcal

Подтягивания широким хватом к груди

Power Partials

Decline Barbell Bench Press

Cable Crossover

3×15 Rest: **②** 70 sec

Workout #13

Lying Leg Curls

Barbell Deadlift

Dumbbell Lunges

Hyperextensions (Back Extensions)

One Arm Dumbbell Preacher Curl

Triceps Pushdown - Rope Attachment

Lying Close-Grip Barbell Triceps Extension

> 3.47 T **₹** 551 scores **₹** 400 kcal

Close-Grip Barbell Bench Press

> 8.25 T 🗳 1055 scores 👤 760 kcal

Barbell Shrug

Barbell Curl

Workout #7

Wide-Grip Lat Pulldown

Workout #4

Power Partials

Decline Barbell Bench Press

Cable Crossover

Подтягивания широким хватом к груди

Wide-Grip Lat Pulldown

Bent Over Barbell Row

Hyperextensions (Back Extensions)

One Arm Dumbbell Preacher Curl

Seated Cable Rows

Barbell Shrug

Barbell Curl

6 day (rest)

7 day

8 day (rest)

Training intensity for each exercise

8

Workout #2

Leg Extensions

4×15 Rest: **②** 70 sec

Barbell Full Squat

5×8 Rest: **②** 70 sec

Narrow Stance Leg Press

4×10 Rest: **②** 70 sec

3×20 Rest: **②** 60 sec

Front Barbell Squat

3×8 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

Lying Leg Curls

Barbell Deadlift

3×8 Rest: **②** 70 sec

Standing Calf Raises

4×10 Rest: **②** 70 sec

Incline Dumbbell Press

3×10 Rest: **②** 80 sec

Incline Dumbbell Flyes

3×10 Rest: **②** 80 sec

3×20 Rest: **②** 70 sec

4×15 Rest: **②** 80 sec

3×20 Rest: **②** 70 sec

Reverse Machine Flyes

Dumbbell Shoulder Press

3×20 Rest: **②** 70 sec

4×15 Rest: **②** 80 sec

Upright Barbell Row

3×10 Rest: **②** 80 sec

3×15 max Rest: **②** 80 sec

Wide-Grip Lat Pulldown

3×10 Rest: **②** 80 sec

Seated Cable Rows

4×15 Rest: **②** 80 sec

Bent Over Barbell Row

4×15 Rest: **②** 80 sec

5×10 Rest: **②** 80 sec

5×10 Rest: **②** 80 sec

3×10 Rest: **②** 80 sec

4×15 Rest: **②** 80 sec

3×12 Rest: **②** 80 sec

4×12 Rest: **②** 80 sec

3×12 Rest: **②** 80 sec

4×12 Rest: **②** 80 sec

Hanging Leg Raise

3×12 Rest: **②** 80 sec

4×8 Rest: **②** 80 sec

Behind The Head

Crunches

Burpee

Workout #14

Leg Extensions

4×20 Rest: **②** 70 sec

Barbell Full Squat

5×8 Rest: **②** 70 sec

Narrow Stance Leg Press

4×10 Rest: **②** 70 sec

3×15 Rest: **②** 70 sec

Front Barbell Squat

3×15 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

3×15 Rest: **②** 70 sec

Standing Calf Raises

4×10 Rest: **②** 70 sec

> 18.61 T **₹** 1031 scores **₹** 740 kcal

Directory of the exercises

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile

• The load in the programs is calculated relative to the maximum weight with which you can do the exercise for

• The application will compare your score with the planned load and adjust the level of your performance in the

is transferred after a workout to your personal account and are considered in the following training.

up or down so that you will always receive a predetermined level of load according to the program.

12

☐ ACTUAL WORKOUT#1

«NUCLEAR ARMS»

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

00:20

PERFORMED

SKIP

weight, **kg** / lbs

2.39 T

 $01:00_{\odot}$

#1

Dumbbell Bench Press

• This application requires access to the Internet. There is also the opportunity to train on the special training Form, data

• During training, you will carry out step by step application and assess the level of load obtained after the completion

• If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the

• Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match

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 -

Barbell Incline Bench Press

Medium-Grip

How to do?

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 © 2018 — AtletIQ.com

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back

should be arched, and your shoulder blades

2. Lay on the bench with your feet flat on the

1 repetition. This indicator is also calculated and adjusted automatically in the future.

• On training days, on which work is scheduled to failure, take care of the presence of helper

• Try to set the weights as close to the calculated considering the capabilities of your gym

Lying Leg Curls

Barbell Deadlift

Dumbbell Lunges

Hyperextensions (Back Extensions)

One Arm Dumbbell Preacher Curl

Triceps Pushdown - Rope Attachment

Lying Close-Grip Barbell Triceps Extension

> 3.34 T **₹** 541 scores **₹** 390 kcal

Close-Grip Barbell Bench Press

> 10.35 T **₹** 1036 scores **₹** 740 kcal

Barbell Shrug

Barbell Curl

Workout #11

Workout #8

> 8.25 T **4** 1031 scores **1** 740 kcal

Подтягивания широким хватом к груди

Power Partials

Decline Barbell Bench Press

Cable Crossover

Workout #5

> 16.49 T 🗳 941 scores 👱 680 kcal

Dumbbell Lunges

② 57 min

heavy

heavy

heavy

heavy

heavy

heavy

heavy

heavy

② 65 min

to failure

heavy

heavy

heavy

heavy

heavy

heavy

heavy

49 min

heavy

very hard

heavy

very hard

heavy

very hard

② 68 min

heavy

heavy

heavy

very hard

very hard

heavy

very hard

heavy

② 58 min

heavy

heavy

heavy

very hard

heavy

heavy

very hard

heavy

② 64 min

to failure

heavy

very hard

very hard

very hard

very hard

heavy

General recommendations on training with AtletIQ

application which is an interactive smart timer.

10

12

14

② 62 min

heavy

heavy

heavy

heavy

heavy

heavy

heavy

heavy

② 61 min

heavy

heavy

heavy

very hard

heavy

very hard

heavy

② 69 min

to failure

very hard

very hard

heavy

heavy

heavy

very hard

49 min

very hard

heavy

very hard

very hard

heavy

② 63 min

very hard

very hard

very hard

heavy

very hard

heavy

very hard

Dumbbell Lunges

3×20 Rest: **②** 70 sec

Front Barbell Squat

3×10 Rest: **②** 80 sec

4×15 Rest: **②** 80 sec

3×10 Rest: **②** 80 sec

Standing Calf Raises

4×15 Rest: **○** 80 sec

Incline Dumbbell Press

3×12 Rest: **②** 80 sec

Incline Dumbbell Flyes

3×12 Rest: **②** 80 sec

3×18 Rest: **②** 60 sec

4×12 Rest: **②** 80 sec

3×18 Rest: **②** 60 sec

Reverse Machine Flyes

Dumbbell Shoulder Press

3×18 Rest: **○** 60 sec

4×12 Rest: **②** 80 sec

Upright Barbell Row

3×12 Rest: **②** 80 sec

3×20 max Rest: **②** 80 sec

Wide-Grip Lat Pulldown

3×12 Rest: **②** 80 sec

Seated Cable Rows

4×12 Rest: **②** 80 sec

Bent Over Barbell Row

4×12 Rest: **○** 80 sec

5×6 Rest: **②** 90 sec

5×6 Rest: **②** 90 sec

3×12 Rest: **○** 80 sec

4×12 Rest: **②** 80 sec

3×15 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

Behind The Head

Crunches

Burpee

3×15 Rest: **②** 70 sec

4×10 Rest: **②** 70 sec

3×15 Rest: **○** 70 sec

4×8 Rest: **②** 70 sec

Hanging Leg Raise

Hyperextensions (Back Extensions)

One Arm Dumbbell Preacher Curl

Triceps Pushdown - Rope Attachment

Lying Close-Grip Barbell Triceps Extension

> 3.38 T **₹** 546 scores **₹** 390 kcal

Close-Grip Barbell Bench Press

> 8.95 T **₹** 1049 scores **₹** 750 kcal

Barbell Shrug

Barbell Curl

Workout #15

Workout #12

>8T **₹** 1056 scores **₹** 760 kcal

Подтягивания широким хватом к груди

Power Partials

Decline Barbell Bench Press

Cable Crossover

Workout #9

> 20.47 T 🗳 984 scores 👤 710 kcal

Lying Leg Curls

Barbell Deadlift

3-4

3

4

4

5

5

3

4

1293

1149

1005

862

718

575

431

The total intensity

Barbell Full Squat

Decline Barbell Bench Press

Bent Over Barbell Row

Narrow Stance Leg Press

Dumbbell Shoulder Press

Incline Dumbbell Press

Dumbbell Lunges

Close-Grip Barbell Bench Press

heavy

heavy

heavy

heavy

heavy

very hard

heavy

very hard

heavy

heavy

very hard

heavy

very hard

② 60 min

very hard

very hard

very hard

very hard

very hard

heavy

very hard

② 71 min

to failure

very hard

heavy

heavy

heavy

heavy

very hard

heavy

46 min

heavy

very hard

heavy

very hard

heavy

very hard

Advanced 4

Advanced 1

Amateur 6

Amateur 3

YOUR FRIENDS

АРТЕМ ЖЕВЛАКОВ

PavelK.

42783 scores

Константин 21846 scores Last Activity: Mar 14

Вадим_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Last Activity: Feb 10

REMOVE FROM FRIENDS

REMOVE FROM FRIENDS

Seated Cable Rows

Подтягивания широким хватом к груди

10-15 8-15

② 70-80 sec **②** 70-80 sec **②** 70-80 sec

«КЛИНИНГОВАЯ» ПРОГРАММА СПЛИТ-ТРЕНИРОВОК

PERFECT

БУДЬ PERFECTИОНИСТОМ СТРЕМИСЬ К СОЗДАНИЮ КРАСИВОГО РЕЛЬЕФА

 70-80 sec 70-80 sec 70-80 sec 70-80 sec 70-90 sec 70-90 sec

10-15 12-20 (+max) 8-15 10-15 10-15 6-10 6-10 8-15 **②** 70-80 sec

② 70-80 sec 10-15

Cable Crossover 287 Leg Extensions Incline Dumbbell Flyes 144 Front Barbell Squat Barbell Shrug Upright Barbell Row 16 Workout #3 **4**5 min Triceps Pushdown - Rope Attachment **3×8** Rest: **②** 70 sec **Close-Grip Barbell Bench Press 4×10** Rest: **②** 70 sec Lying Close-Grip Barbell Triceps Extension **Behind The Head 3×8** Rest: **②** 70 sec Crunches **4×10** Rest: **②** 70 sec Hanging Leg Raise **3×8** Rest: **②** 70 sec Burpee **4×8** Rest: **②** 70 sec > 2.7 T **₹** 511 scores **₹** 370 kcal Workout #6 **②** 68 min **Leg Extensions 4×18** Rest: **②** 80 sec **Barbell Full Squat 5×10** Rest: **②** 80 sec Narrow Stance Leg Press **4×15** Rest: **②** 80 sec