

Apply the training scheme of the time of Arnold and get a well-deserved muscle gain.

Intermediate	26 _{days`}	12 _{workouts}	~24 _{minutes}	
	https://atletiq.com/e	en/programms/2341		
Трезировка #12 тонкик: ¥4.66 ¥ Очик: 786 Эблики № Вес Сети Понт. ООгдых	1 D2 3		Mobile Fitness Assistant	
1 Становая тяга со штангой 10 са 11 Становая тяга со штангой 12 са 12 са 11 Становая тяга со штангой 12 са 12 са 12 са 13 5 14 са 14 са 15 са	Provident Mill Colors Provident Mill Colors	Longer, 15 Die	g with AtletIQ, you get exactly the l ed by the author of the routine at	
3 Тига верснего блока к груди обратным кватом 50/10: тика верснего блока к груди обратным кватом 4 Ариейский жим стоя 50/10: тика верснего блока к груди обратным кватом 4 Ариейский жим стоя 50/10: тика верснего блока к груди обратным кватом		one time	performing a workout. In training	yo
5 Разведение рус с гантелями в стороны стоя 500000 - срайне тихелалисурна 3 4 35 се 6 Слибание ног в тренажере лежа	NT3 85.45 5 04:48 04 04:48 04 04 04 04 04 04 04 04 04 04 04 04 04	and and a state of the state of	d only as much force as necessar fulfill the tasks set by coach	y to
2010 то тиклан натурска 2 6 45 сек 7 Выпрамление ног в тренажере				
Install Ann «	Mobile Fitness Assista	nt $Atlet O_{\mathbb{N}}$ https://a	tletig com/app	

The content of of the program

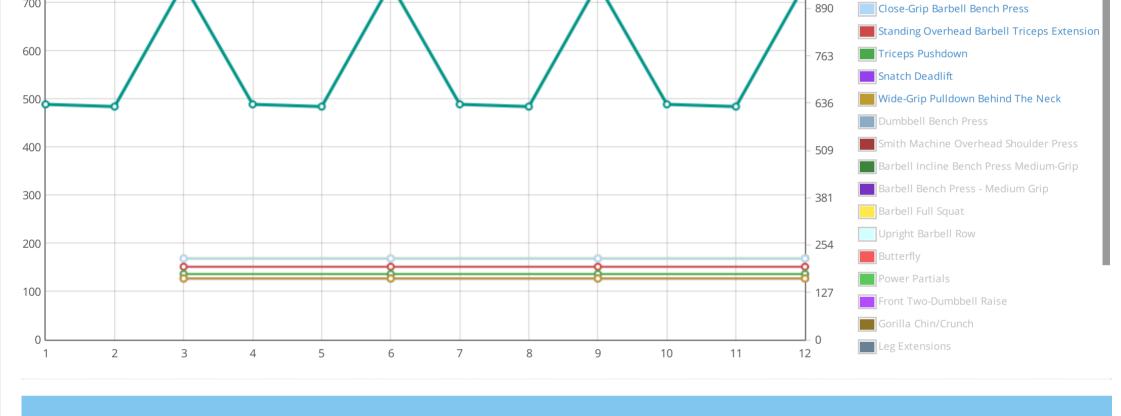
1	«12 тренировок»	D	uration in days:	26 Amount of training days: 12 Rest days: 14
Thi	s summary table shows the boundary values of the main parameters of training. Thi kouts. All training programs of the AtletIQ are developed considering principle of va			
wor #		Sets		 Rest between sets
1F	Exercise (superset)	Jets	Reps	C Rest between sets
1	Barbell Full Squat	3	8	 ○ 70 sec ○ 70 sec
2 3	Lying Leg Curls Leg Extensions	3	10 10	④ 70 sec④ 70 sec
4	Smith Machine Overhead Shoulder Press	3	8	 ○ 70 sec ○ 70 sec
5 6	Upright Barbell Row Front Two-Dumbbell Raise	3	10 10	④ 70 sec④ 70 sec
7	Power Partials	3	10	④ 70 sec
	2 day (rest) 3 day			
1	Barbell Bench Press - Medium Grip	3	8	④ 70 sec
2 3	Barbell Incline Bench Press Medium-Grip Dumbbell Bench Press	3	8	④ 70 sec④ 70 sec
4	Butterfly	3	10	④ 70 sec
5 6	Barbell Curl Preacher Curl	3	10 8	④ 70 sec④ 70 sec
7	Dumbbell Alternate Bicep Curl	3	12	② 70 sec
	4 day (rest) 5 day			
1	Snatch Deadlift	3	8	② 70 sec
2 3	Gorilla Chin/Crunch One-Arm Dumbbell Row	3	8	④ 70 sec④ 70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	② 70 sec
5 6	Close-Grip Barbell Bench Press Standing Overhead Barbell Triceps Extension	3	8	④ 70 sec④ 70 sec
7	Triceps Pushdown	3	10	④ 70 sec
	6 day (rest) 7 day (rest)			
	8 day			
1	Barbell Full Squat Lying Leg Curls	3	8	④ 70 sec④ 70 sec
2 3	Leg Extensions	3	10	☑ 70 sec☑ 70 sec
4	Smith Machine Overhead Shoulder Press	3	8	 70 sec 70 sec
5	Upright Barbell Row Front Two-Dumbbell Raise	3	10	④ 70 sec④ 70 sec
7	Power Partials	3	10	④ 70 sec
	9 day (rest) 10 day			
1	Barbell Bench Press - Medium Grip	3	8	⑦ 70 sec
2 3	Barbell Incline Bench Press Medium-GripDumbbell Bench Press	3	8	④ 70 sec④ 70 sec
4	Butterfly	3	10	② 70 sec
5 6	Barbell Curl Preacher Curl	3	10 8	④ 70 sec④ 70 sec
7	Dumbbell Alternate Bicep Curl	3	12	② 70 sec
	11 day (rest) 12 day			
1	Snatch Deadlift	3	8	② 70 sec
2	Gorilla Chin/Crunch One-Arm Dumbbell Row	3	8	④ 70 sec④ 70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	☑ 70 sec
5	Close-Grip Barbell Bench Press	3	8	 ⑦ 70 sec ⑦ 70 sec
6 7	Standing Overhead Barbell Triceps ExtensionTriceps Pushdown	3	° 10	④ 70 sec④ 70 sec
	13 day (rest)			
	14 day (rest) 15 day			
1	Barbell Full Squat	3	8	⑦ 70 sec
2 3	Lying Leg Curls Leg Extensions	3	10	④ 70 sec④ 70 sec
4	Smith Machine Overhead Shoulder Press	3	8	② 70 sec
5	Upright Barbell Row Front Two-Dumbbell Raise	3	10	④ 70 sec④ 70 sec
7	Power Partials	3	10	④ 70 sec
	16 day (rest) 17 day			
1	Barbell Bench Press - Medium Grip	3	8	② 70 sec
2	Barbell Incline Bench Press Medium-Grip Dumbbell Bench Press	3	8	④ 70 sec④ 70 sec
4	Butterfly	3	10	○ 70 sec
5	Barbell Curl Preacher Curl	3	10 8	④ 70 sec④ 70 sec
7	Dumbbell Alternate Bicep Curl	3	8	☑ 70 sec☑ 70 sec
	18 day (rest) 19 day			
1	Snatch Deadlift	3	8	② 70 sec
2	Gorilla Chin/Crunch One-Arm Dumbbell Row	3	8	④ 70 sec④ 70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	☑ 70 sec☑ 70 sec
5 6	Close-Grip Barbell Bench Press Standing Overhead Barbell Triceps Extension	3	8	④ 70 sec④ 70 sec
6 7	Triceps Pushdown	3	8	 70 sec 70 sec
	20 day (rest) 21 day (rest)			
	21 day (rest) 22 day			
1	Barbell Full Squat	3	8	④ 70 sec④ 70 sec
2 3	Lying Leg Curls Leg Extensions	3	10 10	 ⑦ 70 sec ⑦ 70 sec
4	Smith Machine Overhead Shoulder Press	3	8	 ○ 70 sec ○ 70 sec
5 6	Upright Barbell Row Front Two-Dumbbell Raise	3	10 10	④ 70 sec④ 70 sec
7	Power Partials	3	10	② 70 sec
	23 day (rest) 24 day			
1	Barbell Bench Press - Medium Grip	3	8	 ④ 70 sec ④ 70 sec
2 3	Barbell Incline Bench Press Medium-GripDumbbell Bench Press	3 3	8	 70 sec 70 sec
4	Butterfly	3	10	② 70 sec
5 6	Barbell Curl Preacher Curl	3 3	10 8	 ⑦ 70 sec ⑦ 70 sec
7	Dumbbell Alternate Bicep Curl	3	12	○ 70 sec
	25 day (rest) 26 day			
1	Snatch Deadlift	3	8	② 70 sec
2	Gorilla Chin/Crunch One-Arm Dumbbell Row	3	8	④ 70 sec④ 70 sec
4	Wide-Grip Pulldown Behind The Neck	3	8	④ 70 sec④ 70 sec
5	Close-Grip Barbell Bench Press	3	8	 ④ 70 sec ④ 70 sec
6 7	Standing Overhead Barbell Triceps ExtensionTriceps Pushdown	3	8	④ 70 sec④ 70 sec

Training intensity for each exercise

700

The total intensity One-Arm Dumbbell Row Close-Grip Barbell Bench Press

1017



Workout #1	2 49 min
Barbell Full Squat 3×8 Rest: ● 70 sec	heavy
Lying Leg Curls 3×10 Rest: [●] 70 sec -	heavy
Leg Extensions 3×10 Rest: [⊙] 70 sec -	heavy
Smith Machine Overhead Shoulder Press 3×8 Rest: 2 70 sec	heavy
Upright Barbell Row3×10Rest: ● 70 sec	heavy
Front Two-Dumbbell Raise3×10Rest: ⊙ 70 sec	heavy
Power Partials 3×10 Rest: ● 70 sec	heavy
> 5.96 T 🛛 🗣 632 scores 🔥 450 kcal	

Workout #4	2 49 min
Barbell Full Squat 3×8 Rest: ① 70 sec	heavy
Lying Leg Curls 3×10 Rest:	heavy
Leg Extensions 3×10 Rest:	heavy
Smith Machine Overhead Shoulder Pr 3×8 Rest: ① 70 sec	ess heavy
Upright Barbell Row <mark>3×10</mark> Rest: ❷ 70 sec	heavy
Front Two-Dumbbell Raise <mark>3×10</mark> Rest: ⊙ 70 sec	heavy
Power Partials 3×10 Rest: ① 70 sec	heavy
> 5.96 T 🛷 632 scores 👤 450 k	cal
Workout #7	2 49 min
Barbell Full Squat 3×8 Rest: ① 70 sec	heavy
Lying Leg Curls 3×10 Rest: ❷ 70 sec	heavy
Leg Extensions 3×10 Rest: ❷ 70 sec	heavy
Smith Machine Overhead Shoulder Pr	ess

3×8 Rest: **2** 70 sec

Upright Barbell Row 3×10 Rest: **2** 70 sec

Front Two-Dumbbell Raise 3×10 Rest: 2 70 sec	heavy
Power Partials 3×10 Rest: ⁽²⁾ 70 sec	heavy
> 5.96 T 🛷 632 scores 👤 450 kg	cal
Workout #10	2 49 min
Barbell Full Squat 3×8 Rest: ② 70 sec	heavy
Lying Leg Curls 3×10 Rest: [⊙] 70 sec	heavy
Leg Extensions 3×10 Rest: ⊙ 70 sec	heavy
Smith Machine Overhead Shoulder Pre 3×8 Rest: ② 70 sec	heavy
Upright Barbell Row 3×10 Rest: ① 70 sec	heavy
Front Two-Dumbbell Raise 3×10 Rest:	heavy
Power Partials3×10Rest: ② 70 sec	heavy

> 5.96 T 🛛 632 scores 👲 450 kcal

Workout #2	2 49 min
Barbell Bench Press - Medium Grip 3×8 Rest:	heavy
Barbell Incline Bench Press Medium-Gr 3×8 Rest: 2 70 sec	rip heavy
Dumbbell Bench Press 3×10 Rest: ⑦ ⑦ ⑦ Ø <	heavy
Butterfly 3×10 Rest: ⁽²⁾ 70 sec	heavy
Barbell Curl 3×10 Rest: ⁽²⁾ 70 sec	heavy
Preacher Curl 3×8 Rest:	heavy
Dumbbell Alternate Bicep Curl 3×12 Rest: ① 70 sec	heavy
> 5.68 T 🛷 626 scores <u> 450</u> ko	cal

Workout #5	2 49 min
Barbell Bench Press - Medium Grip 3×8 Rest: ⊙ 70 sec	heavy
Barbell Incline Bench Press Medium-Gr 3×8 Rest: 0 70 sec	ip heavy
Dumbbell Bench Press 3×10 Rest: ⑦ ⑦ ⑦ Ø <	heavy
Butterfly 3×10 Rest: ⁽²⁾ 70 sec	heavy
Barbell Curl 3×10 Rest:	heavy
Preacher Curl 3×8 Rest: ⊙ 70 sec	heavy
Dumbbell Alternate Bicep Curl 3×12 Rest: ① 70 sec	heavy
> 5.68 T 🛷 626 scores 👤 450 kc	al

Workout #8	2 49 min
Barbell Bench Press - Medium Grip 3×8 Rest:	heavy
Barbell Incline Bench Press Medium-G 3×8 Rest: ⊙ 70 sec	rip heavy
Dumbbell Bench Press 3×10 Rest: ② 70 sec	heavy
Butterfly 3×10 Rest: [⊙] 70 sec	heavy
Barbell Curl 3×10 Rest: [⊙] 70 sec	heavy
Preacher Curl 3×8 Rest: ⊙ 70 sec	heavy
Dumbbell Alternate Bicep Curl 3×12 Rest: ● 70 sec	heavy
> 5.68 T 🛛 626 scores 👱 450 kg	cal

Workout #11

heavy

heavy

Workout #11	O 49 min
Barbell Bench Press - Medium Grip 3×8 Rest: ⊙ 70 sec	heavy
Barbell Incline Bench Press Medium-Gr 3×8 Rest:	heavy
Dumbbell Bench Press 3×10 Rest: ② 70 sec	heavy
Butterfly 3×10 Rest: ⁽²⁾ 70 sec	heavy
Barbell Curl 3×10 Rest: ⁽²⁾ 70 sec	heavy
Preacher Curl 3×8 Rest:	heavy
Dumbbell Alternate Bicep Curl 3×12 Rest: ① 70 sec	heavy
> 5.68 T 🛷 626 scores 👱 450 kg	cal

Workout #3	④ 48 min
Snatch Deadlift 3×8 Rest: [⊙] 70 sec	heavy
Gorilla Chin/Crunch 3×5 Rest: ⁽²⁾ 70 sec	heavy
One-Arm Dumbbell Row 3×10 Rest: ⊙ 70 sec	heavy
Wide-Grip Pulldown Behind The Neck 3×8 Rest: ⊙ 70 sec	heavy
Close-Grip Barbell Bench Press 3×8 Rest: 2 70 sec	heavy
Standing Overhead Barbell Triceps Exte 3×8 Rest: ① 70 sec	nsion heavy
Triceps Pushdown 3×10 Rest: ⊙ 70 sec	heavy
> 5.87 T 🛷 954 scores 👱 680 kca	al

Workout #6	2 48 min
Snatch Deadlift 3×8 Rest: ① 70 sec	heavy
Gorilla Chin/Crunch 3×5 Rest: ① 70 sec	heavy
One-Arm Dumbbell Row 3×10 Rest: ② 70 sec	heavy
Wide-Grip Pulldown Behind The Neck 3×8 Rest: 0 70 sec	heavy
Close-Grip Barbell Bench Press 3×8 Rest: ① 70 sec	heavy
Standing Overhead Barbell Triceps Extended3×8Rest: ⊙ 70 sec	heavy
Triceps Pushdown 3×10 Rest: 2 70 sec	heavy
> 5.87 T 🛷 954 scores 🔥 680 kc	al

Workout #9	2 48 min	
Snatch Deadlift 3×8 Rest:	heavy	
Gorilla Chin/Crunch 3×5 Rest: ⁽²⁾ 70 sec	heavy	
One-Arm Dumbbell Row 3×10 Rest: ② 70 sec	heavy	
Wide-Grip Pulldown Behind The Neck 3×8 Rest: ④ 70 sec	heavy	
Close-Grip Barbell Bench Press 3×8 Rest: ① 70 sec	heavy	
Standing Overhead Barbell Triceps Ext <u>3×8</u> Rest: ① 70 sec	ension heavy	
Triceps Pushdown 3×10 Rest:	heavy	
> 5.87 T 🛷 954 scores <u> 680 kcal</u>		

Workout #12	2 48 min	
Snatch Deadlift 3×8 Rest:	heavy	
Gorilla Chin/Crunch 3×5 Rest: ⁽²⁾ 70 sec	heavy	
One-Arm Dumbbell Row 3×10 Rest: 2 70 sec	heavy	
Wide-Grip Pulldown Behind The Neck 3×8 Rest: ⊙ 70 sec	heavy	
Close-Grip Barbell Bench Press 3×8 Rest: ② 70 sec	heavy	
Standing Overhead Barbell Triceps Ext 3×8 Rest: ② 70 sec	ension heavy	
Triceps Pushdown 3×10 Rest: 2 70 sec	heavy	
> 5.87 T 🛷 954 scores <u> 680 kcal</u>		

Directory of the exercises

General recommendations on training with AtletIQ

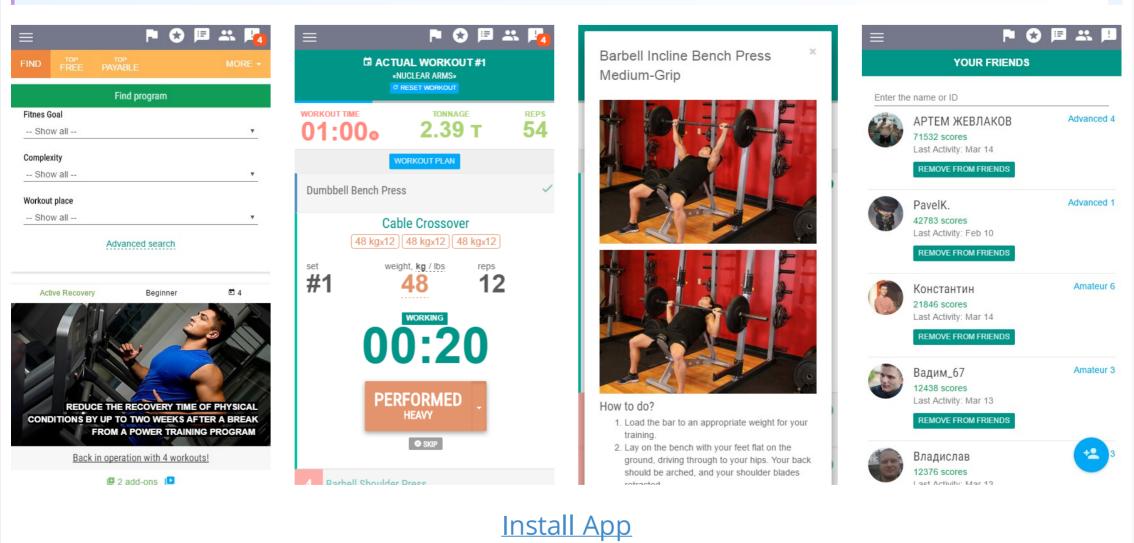
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 these are not all application features.



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.

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