Natural Bodybuilding

Natural territory: become stronger and fitter, structure the muscle shape with the mega-effective "natural bodybuilding" complex

Intermediate | 46 days | 24 workouts | ~57 minutes

Universal program bodybuilding workouts — the quintessence of effective training. The principle of periodization of training is applied, which allows you to achieve high results in terms of strength and muscle mass, while avoiding a surge of muscle fibers.

https://atletiq.com/en/programma/naturalnyj-bodibilding.html

Author:
IronZen

IronZen - the system of building the body in the shortest possible time. Includes a detailed guide to training and nutrition, the bulk is presented in a set of training programs for both beginners and experienced athletes.

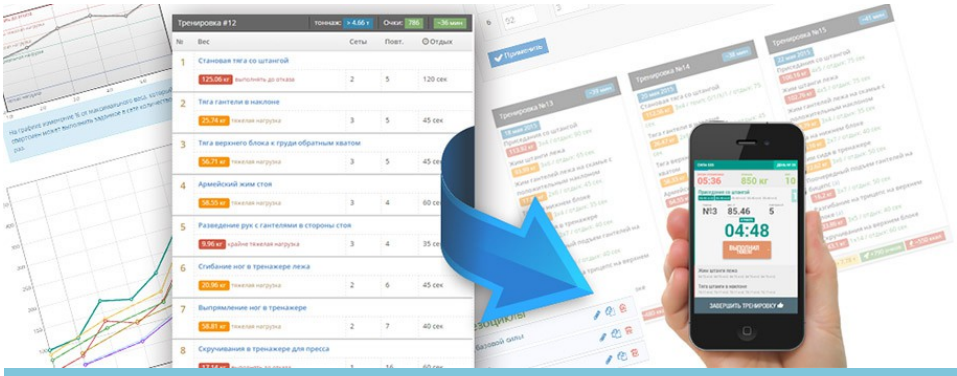
Key success conditions by the method:

- Study of the theory of training, physiology, dietology;
- Rejection of a number of well-known principles of bodybuilding, which work only with steroids;
- Following the system - the order of programs, the order of exercises, rest time, etc .;
- The use of recommended sports supplements.

Catalyzes the anabolic effects using a micro periodic method with the "Natural Bodybuilding" program

This versatile program is considered a classic in athletes' training quarters, which have long been used in bodybuilding. More over in his books published in the distant 70s — 80s, Joe Weider, the founder of bodybuilding, focused on the fact that the best option for exercises in the gym is considered to be a three-day split, separating the muscle groups into days as follows: the first exercise is weight training intentionally focused on the chest and triceps, and the second — on the back and biceps, the third — on the legs and shoulders.

The training program is designed for natural bodybuilding in 2 months, which in turn are divided into: mesocycles «month 1 (more power)» and «month 2 (more meat).» As the name clearly shows, due to this separation of the training program, the athlete will experience not only the hypertrophy of the muscles, but also the progressive development of power qualities and endurance, to include complex cardio exercise, achieved by running on a treadmill.



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 «1 месяц (больше силы)»

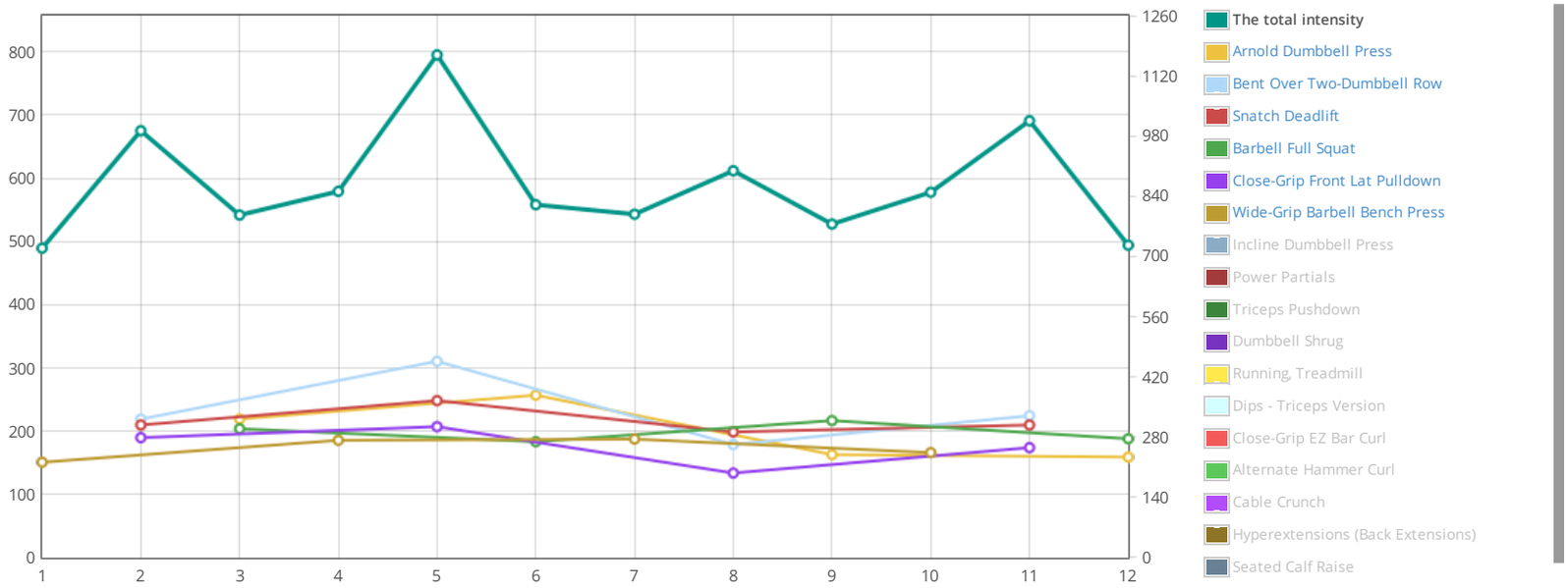
Duration in days: 23 | Amount of training days: 12 | Rest days: 11

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	Running, Treadmill	1	10 min	60 sec
2	Wide-Grip Barbell Bench Press	3-4	6-8 (+max)	70-120 sec
3	Dips - Triceps Version	3	5-6 (+max)	90-120 sec
4	Incline Dumbbell Press	2	8-10 (+max)	50-120 sec
5	Triceps Pushdown	3	8-10 (+max)	70-100 sec
6	Hyperextensions (Back Extensions)	2-3	10-15 (+max)	60-80 sec
7	Hanging Leg Raise	3	10-12	60-80 sec
		2 day (rest)		
		3 day		
1	Running, Treadmill	1	10 min	60 sec
2	Snatch Deadlift	3-4	6-8 (+max)	70-120 sec
3	Dumbbell Shrug	3	10-12 (+max)	70-120 sec
4	Close-Grip Front Lat Pulldown	2-4	8-12 (+max)	70-120 sec
5	Bent Over Two-Dumbbell Row	3-4	8-10 (+max)	60-120 sec
6	Close-Grip EZ Bar Curl	3	10	70-120 sec
7	Alternate Hammer Curl	2	10 (+max)	50-80 sec
		4 day (rest)		
		5 day		
1	Running, Treadmill	1	10 min	60 sec
2	Arnold Dumbbell Press	3-4	8-10 (+max)	70-120 sec
3	Power Partials	2-3	10 (+max)	60-120 sec
4	Barbell Full Squat	3-4	7-9 (+max)	120-140 sec
5	Seated Calf Raise	4	15	70-120 sec
6	Cable Crunch	3	14	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 — 53 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Wide-Grip Barbell Bench Press
4×6 — Rest: 70 sec — moderate

Dips - Triceps Version
3×5 — Rest: 90 sec — heavy

Incline Dumbbell Press
2×8 — Tempo: 3/0/X/0 — Rest: 70 sec — very hard

Triceps Pushdown
3×8 max — Tempo: 3/0/X/1 — Rest: 100 sec — to failure

Hyperextensions (Back Extensions)
2×15 — Tempo: 2/0/1/1 — Rest: 60 sec — heavy

Hanging Leg Raise
3×10 — Rest: 60 sec — moderate

719 scores

Workout #2 — 52 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Snatch Deadlift
4×6 — Rest: 70 sec — heavy

Dumbbell Shrug
3×10 — Tempo: 2/0/X/2 — Rest: 70 sec — very hard

Close-Grip Front Lat Pulldown
2×8 max — Tempo: 2/0/2/0 — Rest: 70 sec — to failure

Bent Over Two-Dumbbell Row
4×8 — Tempo: 3/0/X/2 — Rest: 60 sec — moderate

Close-Grip EZ Bar Curl
3×10 — Rest: 70 sec — heavy

Alternate Hammer Curl
2×10 max — Rest: 80 sec — to failure

992 scores

Workout #3 — 53 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Arnold Dumbbell Press
4×8 — Tempo: 3/0/X/0 — Rest: 70 sec — heavy

Power Partials
3×10 — Tempo: 2/0/X/1 — Rest: 60 sec — heavy

Barbell Full Squat
4×7 — Rest: 120 sec — very hard

Seated Calf Raise
4×15 — Rest: 70 sec — very hard

Cable Crunch
3×14 — Rest: 80 sec — to failure

796 scores

Workout #4 — 56 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Wide-Grip Barbell Bench Press
4×6 — Rest: 90 sec — heavy

Dips - Triceps Version
3×5 max — Rest: 120 sec — very hard

Incline Dumbbell Press
2×8 max — Tempo: 3/0/X/0 — Rest: 100 sec — to failure

Triceps Pushdown
3×8 — Tempo: 3/0/X/1 — Rest: 70 sec — very hard

Hyperextensions (Back Extensions)
3×10 — Tempo: 2/0/1/1 — Rest: 60 sec — very hard

Workout #5 — 61 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Snatch Deadlift
4×6 — Rest: 90 sec — very hard

Dumbbell Shrug
3×10 max — Tempo: 2/0/X/2 — Rest: 110 sec — to failure

Close-Grip Front Lat Pulldown
4×8 — Tempo: 2/0/2/0 — Rest: 90 sec — moderate

Bent Over Two-Dumbbell Row
4×8 — Tempo: 3/0/X/2 — Rest: 80 sec — heavy

Close-Grip EZ Bar Curl
3×10 — Rest: 90 sec — very hard

Workout #6 — 56 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Arnold Dumbbell Press
4×8 — Tempo: 3/0/X/0 — Rest: 90 sec — very hard

Power Partials
2×10 max — Tempo: 2/0/X/1 — Rest: 120 sec — to failure

Barbell Full Squat
3×7 max — Rest: 140 sec — to failure

Seated Calf Raise
4×15 — Rest: 90 sec — very hard

Cable Crunch
3×14 — Rest: 80 sec — to failure

Hanging Leg Raise
3×10 Rest: 60 sec heavy

851 scores

Alternate Hammer Curl
2×10 Rest: 50 sec heavy

1168 scores

820 scores

Workout #7 — 56 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Wide-Grip Barbell Bench Press
3×7 max Rest: 120 sec to failure

Dips - Triceps Version
3×6 Rest: 110 sec heavy

Incline Dumbbell Press
2×8 Tempo: 3/0/X/0 Rest: 50 sec heavy

Triceps Pushdown
3×8 max Tempo: 3/0/X/1 Rest: 100 sec to failure

Hyperextensions (Back Extensions)
3×15 Tempo: 2/0/1/1 Rest: 60 sec heavy

Hanging Leg Raise
3×12 Rest: 60 sec moderate

798 scores

Workout #8 — 63 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Snatch Deadlift
3×7 max Rest: 120 sec very hard

Dumbbell Shrug
3×11 Tempo: 2/0/X/2 Rest: 90 sec very hard

Close-Grip Front Lat Pulldown
3×10 Rest: 120 sec heavy

Bent Over Two-Dumbbell Row
3×8 max Rest: 120 sec to failure

Close-Grip EZ Bar Curl
3×10 Rest: 120 sec very hard

Alternate Hammer Curl
2×10 max Rest: 80 sec to failure

899 scores

Workout #9 — 58 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Arnold Dumbbell Press
3×9 max Rest: 120 sec to failure

Power Partials
3×10 Tempo: 2/0/X/1 Rest: 70 sec very hard

Barbell Full Squat
4×8 Rest: 120 sec very hard

Seated Calf Raise
4×15 Rest: 120 sec to failure

Cable Crunch
3×14 Rest: 80 sec to failure

775 scores

Workout #10 — 58 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Wide-Grip Barbell Bench Press
3×8 Rest: 100 sec very hard

Dips - Triceps Version
3×6 max Rest: 120 sec to failure

Incline Dumbbell Press
2×10 max Tempo: 3/0/X/0 Rest: 120 sec to failure

Triceps Pushdown
3×10 Tempo: 3/0/X/1 Rest: 90 sec very hard

Hyperextensions (Back Extensions)
2×10 max Tempo: 2/0/1/1 Rest: 80 sec to failure

Hanging Leg Raise
3×12 Rest: 80 sec to failure

849 scores

Workout #11 — 60 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Snatch Deadlift
3×8 max Rest: 100 sec very hard

Dumbbell Shrug
3×12 Tempo: 2/0/X/2 Rest: 120 sec to failure

Close-Grip Front Lat Pulldown
3×12 Rest: 100 sec to failure

Bent Over Two-Dumbbell Row
3×10 Tempo: 3/0/X/2 Rest: 110 sec very hard

Close-Grip EZ Bar Curl
3×10 Rest: 100 sec very hard

Alternate Hammer Curl
2×10 Rest: 60 sec very hard

1015 scores

Workout #12 — 55 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Arnold Dumbbell Press
3×10 Tempo: 3/0/X/0 Rest: 80 sec very hard

Power Partials
2×10 max Tempo: 2/0/X/1 Rest: 120 sec to failure

Barbell Full Squat
3×9 max Rest: 140 sec to failure

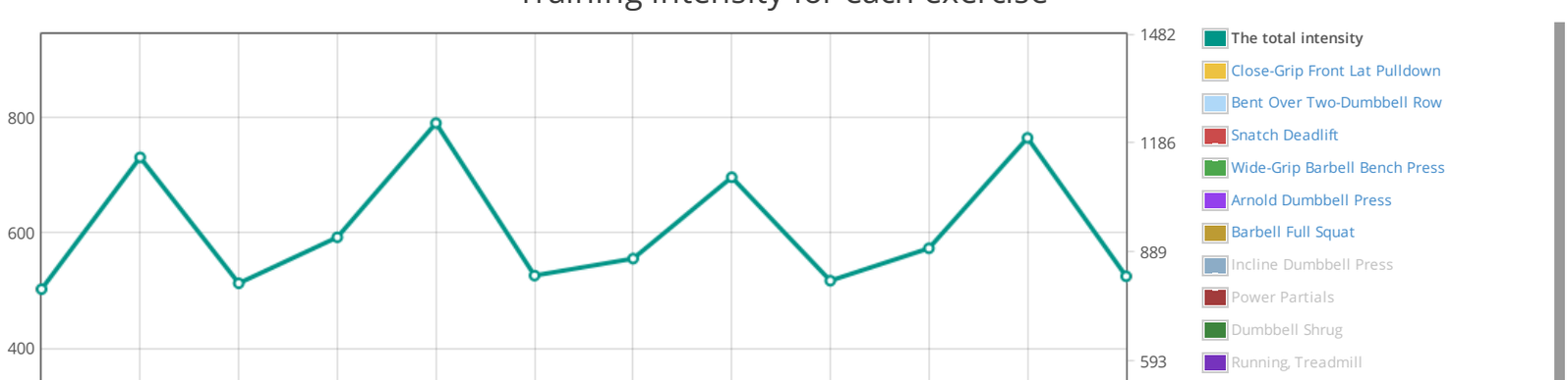
Seated Calf Raise
4×15 Rest: 100 sec very hard

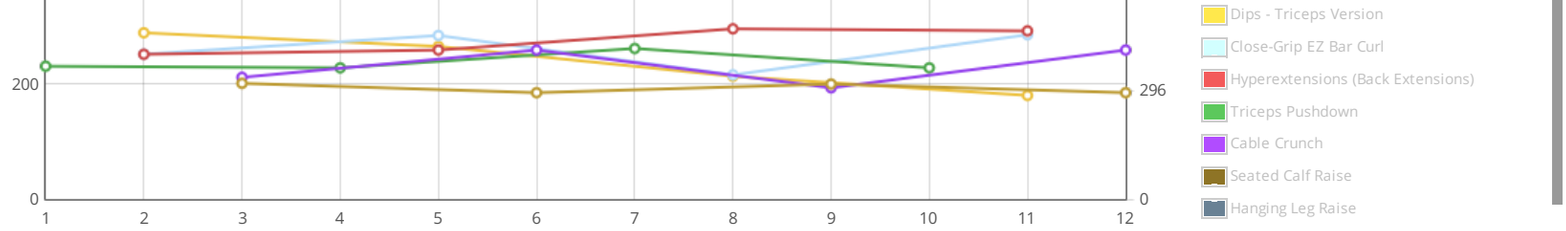
Cable Crunch
3×14 Rest: 80 sec to failure

726 scores

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Running, Treadmill	1	10 min	60 sec
2	Wide-Grip Barbell Bench Press	3-4	9-10 (+max)	60-120 sec
3	Dips - Triceps Version	3	8-10 (+max)	90-120 sec
4	Incline Dumbbell Press	2	8-10 (+max)	70-120 sec
5	Triceps Pushdown	3	10 (+max)	70-100 sec
6	Hyperextensions (Back Extensions)	2-3	12-15	60-80 sec
7	Hanging Leg Raise	3	10-12	60-80 sec
		2 day (rest)		
		3 day		
1	Running, Treadmill	1	10 min	60 sec
2	Snatch Deadlift	3-4	9-10 (+max)	60-120 sec
3	Dumbbell Shrug	3	10-12 (+max)	70-120 sec
4	Close-Grip Front Lat Pulldown	3-4	10-12	70-120 sec
5	Bent Over Two-Dumbbell Row	3-4	8-10 (+max)	80-120 sec
6	Close-Grip EZ Bar Curl	3	10 (+max)	70-120 sec
7	Alternate Hammer Curl	2	10 (+max)	50-80 sec
		4 day (rest)		
		5 day		
1	Running, Treadmill	1	10 min	60 sec
2	Arnold Dumbbell Press	3-4	10 (+max)	70-120 sec
3	Power Partials	2-3	10 (+max)	60-120 sec
4	Barbell Full Squat	3-4	8-10 (+max)	70-140 sec
5	Seated Calf Raise	4	15	70-120 sec
6	Cable Crunch	3	14	80 sec
		6 day (rest)		

Training intensity for each exercise





Workout #1 — 54 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Wide-Grip Barbell Bench Press
4×9 — Tempo: 2/0/X/0 — Rest: 80 sec — very hard

Dips - Triceps Version
3×8 — Rest: 90 sec — heavy

Incline Dumbbell Press
2×8 — Tempo: 3/0/1/0 — Rest: 70 sec — very hard

Triceps Pushdown
3×10 — Tempo: 2/0/1/0 — Rest: 100 sec — very hard

Hyperextensions (Back Extensions)
2×15 — Tempo: 2/0/1/1 — Rest: 60 sec — very hard

Hanging Leg Raise
3×10 — Rest: 60 sec — heavy

789 scores

Workout #2 — 54 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Snatch Deadlift
4×9 — Tempo: 3/0/X/0 — Rest: 60 sec — heavy

Dumbbell Shrug
3×10 — Tempo: 2/0/X/2 — Rest: 70 sec — very hard

Close-Grip Front Lat Pulldown
4×10 — Tempo: 2/0/X/2 — Rest: 70 sec — very hard

Bent Over Two-Dumbbell Row
3×8 — Tempo: 3/0/X/2 — Rest: 80 sec — very hard

Close-Grip EZ Bar Curl
3×10 — Rest: 70 sec — very hard

Alternate Hammer Curl
2×10 — Rest: 80 sec — heavy

1147 scores

Workout #3 — 50 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Arnold Dumbbell Press
4×10 — Tempo: 3/0/X/0 — Rest: 70 sec — very hard

Power Partials
3×10 — Tempo: 2/0/X/2 — Rest: 60 sec — heavy

Barbell Full Squat
4×8 — Tempo: 2/0/X/0 — Rest: 70 sec — heavy

Seated Calf Raise
4×15 — Rest: 70 sec — very hard

Cable Crunch
3×14 — Rest: 80 sec — to failure

805 scores

Workout #4 — 57 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Wide-Grip Barbell Bench Press
3×10 max — Tempo: 2/0/X/0 — Rest: 120 sec — to failure

Dips - Triceps Version
3×10 — Rest: 120 sec — very hard

Incline Dumbbell Press
2×10 max — Tempo: 2/0/1/0 — Rest: 120 sec — to failure

Triceps Pushdown
3×10 max — Tempo: 3/0/1/0 — Rest: 70 sec — to failure

Hyperextensions (Back Extensions)
3×12 — Tempo: 2/0/1/1 — Rest: 60 sec — to failure

Hanging Leg Raise
3×10 — Rest: 60 sec — very hard

930 scores

Workout #5 — 58 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Snatch Deadlift
3×10 — Tempo: 3/0/X/0 — Rest: 80 sec — very hard

Dumbbell Shrug
3×10 max — Tempo: 2/0/X/2 — Rest: 110 sec — to failure

Close-Grip Front Lat Pulldown
3×10 — Tempo: 2/0/X/2 — Rest: 90 sec — very hard

Bent Over Two-Dumbbell Row
3×9 max — Tempo: 2/0/X/2 — Rest: 120 sec — to failure

Close-Grip EZ Bar Curl
3×10 — Rest: 90 sec — very hard

Alternate Hammer Curl
2×10 — Rest: 50 sec — very hard

1240 scores

Workout #6 — 56 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Arnold Dumbbell Press
4×10 — Tempo: 3/0/X/0 — Rest: 90 sec — very hard

Power Partials
2×10 max — Tempo: 2/0/X/1 — Rest: 120 sec — to failure

Barbell Full Squat
3×10 max — Rest: 140 sec — to failure

Seated Calf Raise
4×15 — Rest: 90 sec — very hard

Cable Crunch
3×14 — Rest: 80 sec — to failure

826 scores

Workout #7 — 55 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Wide-Grip Barbell Bench Press
4×9 — Tempo: 3/0/X/0 — Rest: 60 sec — very hard

Dips - Triceps Version
3×8 — Rest: 110 sec — very hard

Workout #8 — 64 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Snatch Deadlift
4×9 — Tempo: 3/0/X/0 — Rest: 80 sec — very hard

Dumbbell Shrug
3×11 — Tempo: 2/0/X/2 — Rest: 90 sec — very hard

Workout #9 — 58 min

Running, Treadmill
1×10 min — Rest: 60 sec — moderate

Arnold Dumbbell Press
3×10 max — Tempo: 2/0/X/0 — Rest: 120 sec — to failure

Power Partials
3×10 — Tempo: 2/0/X/2 — Rest: 70 sec — very hard

Incline Dumbbell Press
2×8 Tempo: 3/0/1/0 Rest: 80 sec heavy

Triceps Pushdown
3×10 Tempo: 2/0/1/0 Rest: 100 sec very hard

Hyperextensions (Back Extensions)
3×15 Tempo: 2/0/1/1 Rest: 60 sec very hard

Hanging Leg Raise
3×12 Rest: 60 sec to failure

872 scores

Close-Grip Front Lat Pulldown
4×12 Rest: 120 sec very hard

Bent Over Two-Dumbbell Row
4×9 Tempo: 2/0/X/0 Rest: 90 sec very hard

Close-Grip EZ Bar Curl
3×10 Rest: 120 sec very hard

Alternate Hammer Curl
2×10 Rest: 80 sec very hard

1093 scores

Barbell Full Squat
4×8 Rest: 110 sec very hard

Seated Calf Raise
4×15 Rest: 120 sec to failure

Cable Crunch
3×14 Rest: 80 sec to failure

812 scores

Workout #10 — 58 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Wide-Grip Barbell Bench Press
3×10 max Tempo: 2/0/X/0 Rest: 120 sec to failure

Dips - Triceps Version
3×10 max Rest: 120 sec to failure

Incline Dumbbell Press
2×10 max Tempo: 2/0/1/0 Rest: 100 sec to failure

Triceps Pushdown
3×10 max Tempo: 3/0/X/0 Rest: 80 sec to failure

Hyperextensions (Back Extensions)
2×12 Tempo: 2/0/1/1 Rest: 80 sec to failure

Hanging Leg Raise
3×12 Rest: 80 sec very hard

900 scores

Workout #11 — 63 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Snatch Deadlift
3×10 max Tempo: 3/0/X/0 Rest: 120 sec to failure

Dumbbell Shrug
3×12 Tempo: 2/0/X/2 Rest: 120 sec to failure

Close-Grip Front Lat Pulldown
3×12 Rest: 100 sec to failure

Bent Over Two-Dumbbell Row
4×10 Tempo: 2/0/X/1 Rest: 100 sec very hard

Close-Grip EZ Bar Curl
3×10 max Rest: 100 sec to failure

Alternate Hammer Curl
2×10 max Rest: 60 sec to failure

1201 scores

Workout #12 — 56 min

Running, Treadmill
1×10 min Rest: 60 sec moderate

Arnold Dumbbell Press
4×10 Tempo: 3/0/X/0 Rest: 80 sec very hard

Power Partials
2×10 max Tempo: 2/0/X/1 Rest: 120 sec to failure

Barbell Full Squat
3×10 max Rest: 140 sec to failure

Seated Calf Raise
4×15 Rest: 100 sec very hard

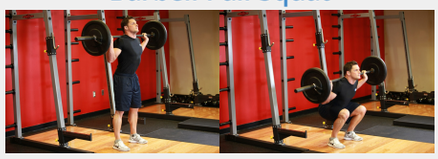
Cable Crunch
3×14 Rest: 80 sec to failure

824 scores

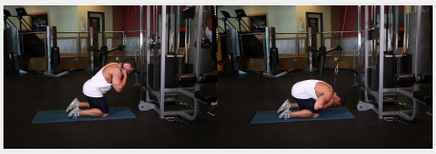
Directory of the exercises

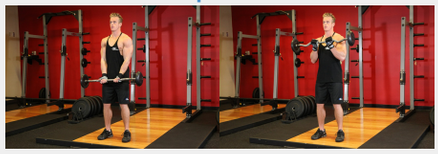
Alternate Hammer Curl

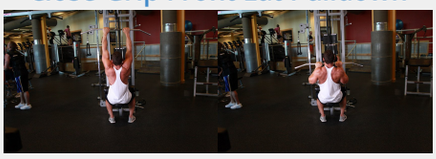
Arnold Dumbbell Press

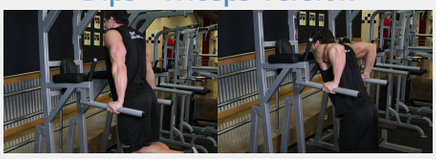
Barbell Full Squat


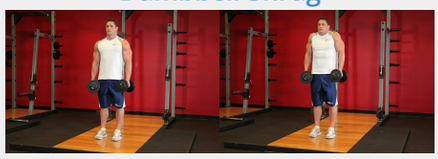
Bent Over Two-Dumbbell Row

Cable Crunch


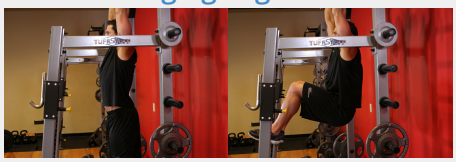
Close-Grip EZ Bar Curl


Close-Grip Front Lat Pulldown


Dips - Triceps Version


Dumbbell Shrug


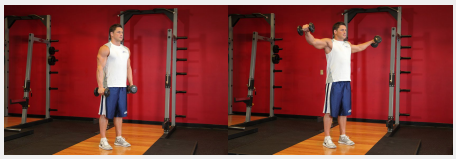
Hanging Leg Raise



Hyperextensions (Back Extensions)

Incline Dumbbell Press

Power Partials

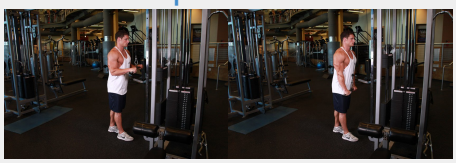


Running, Treadmill

Seated Calf Raise

Snatch Deadlift

Triceps Pushdown



Wide-Grip Barbell Bench Press

General recommendations on training with AtletIQ

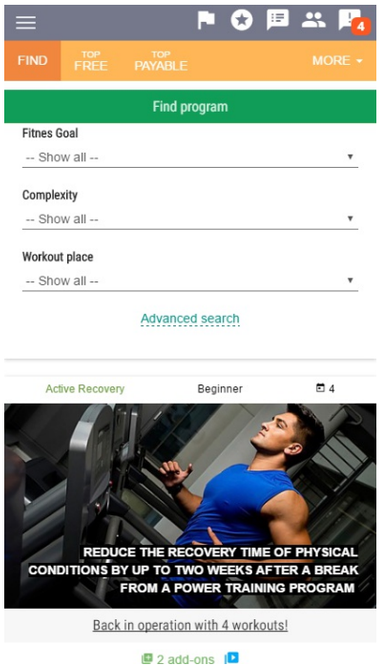
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

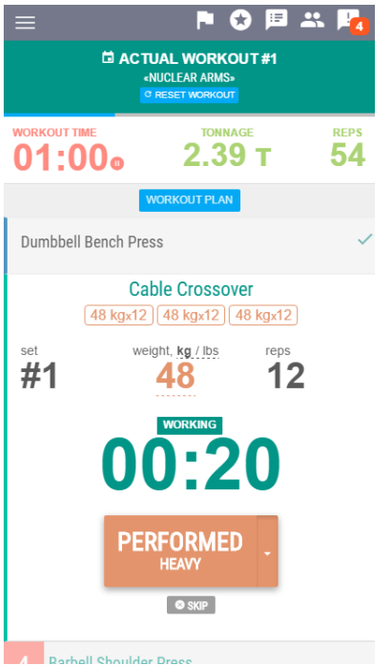
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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.

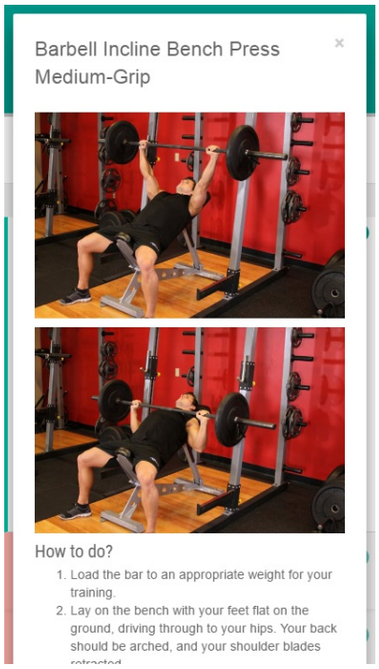
How to use mobile assistant?

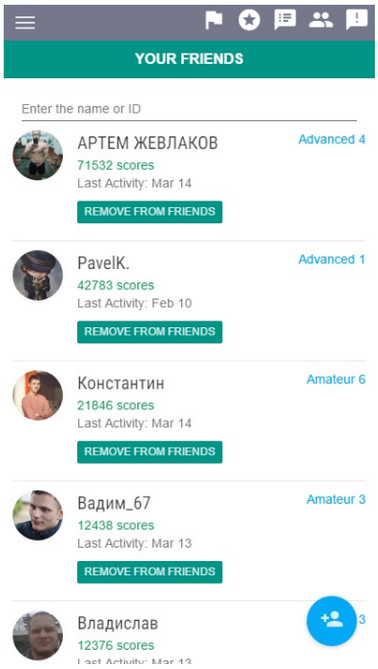
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.









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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