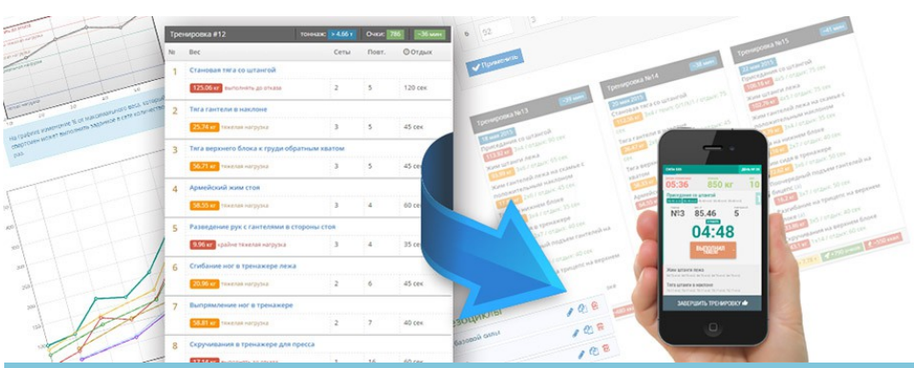
Not many are able to withstand this, but the result is worth it!

Intermediate | 58 days | 25 workouts | ~49 minutes

Still in search of an effective workout for the mass? We are ready to offer a non-standard solution - the original 2 × 3 FORSAGE complex. The 5-day weight training program is aimed at experienced athletes, since it involves a high-intensity mode of training with maximum dedication.

https://atletiq.com/en/programms/309



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 «2 месяца адского кача!»

Duration in days: 58 | Amount of training days: 25 | Rest days: 33

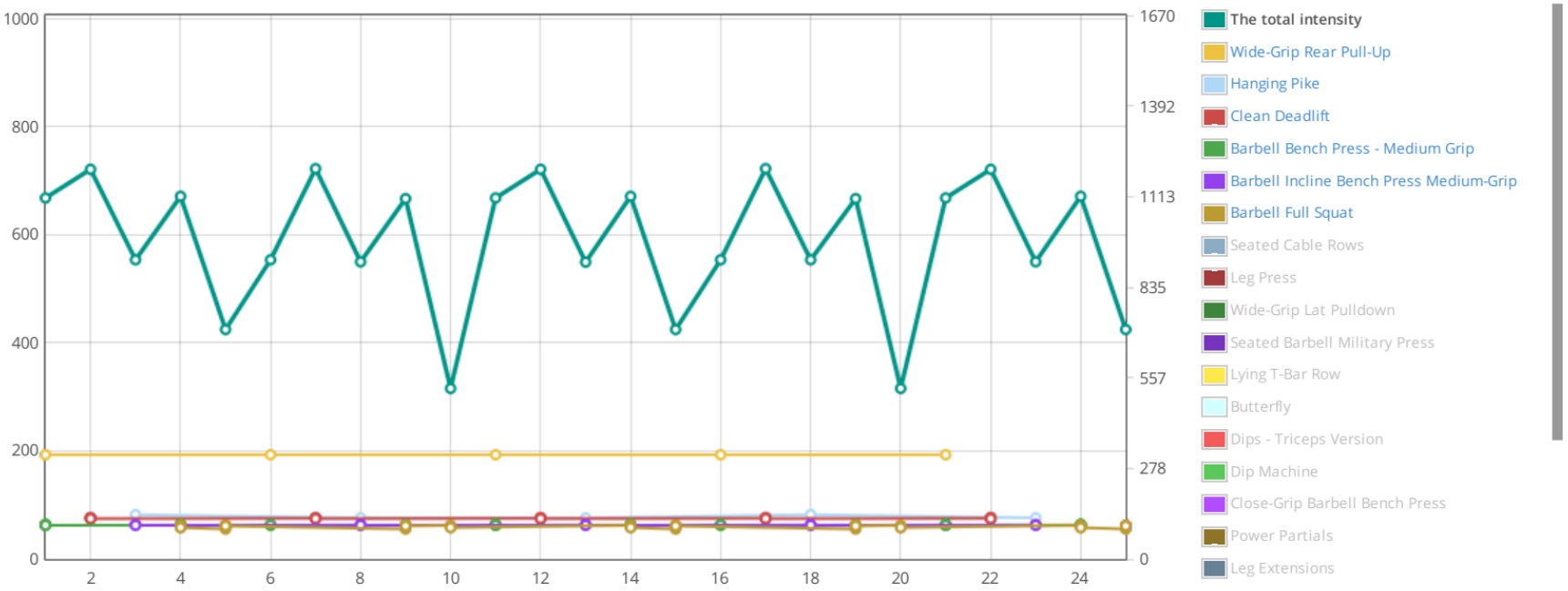
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Bench Press - Medium Grip	3-6	7-10 (+max)	30-300 sec
2	Dips - Triceps Version	3	7-10 (+max)	30 sec
3	Wide-Grip Rear Pull-Up	3	Max	120 sec
4	Lying T-Bar Row	3	6-8 (+max)	30-180 sec
5	Leg Press	3	7-10 (+max)	30-240 sec
6	Crunches	3	10-20 (+max)	60 sec
	2 day (rest)			
	3 day			
1	Clean Deadlift	6	7-10 (+max)	30-360 sec
2	Wide-Grip Lat Pulldown	6	7-10 (+max)	30-240 sec
3	Seated Cable Rows	6	7-10 (+max)	30-240 sec
4	Seated Calf Raise	3	15-30	30 sec
	4 day (rest)			
	5 day			
1	Butterfly	3	7-10 (+max)	30 sec
2	Barbell Incline Bench Press Medium-Grip	3	7-10 (+max)	30 sec
3	Close-Grip Barbell Bench Press	6	7-10 (+max)	30-240 sec
4	Triceps Pushdown	3	7-10 (+max)	30 sec
5	Dip Machine	3	7-10 (+max)	30 sec
6	Hanging Pike	3	10-20 (+max)	30 sec
	6 day (rest)			
	7 day (rest)			
	8 day			
1	Barbell Full Squat	3-6	5-12 (+max)	30-300 sec
2	Barbell Bench Press - Medium Grip	3-6	7-10 (+max)	30-300 sec
3	Seated Barbell Military Press	6	7-10 (+max)	30-300 sec
4	Power Partials	3	8-12 (+max)	30 sec
5	Hyperextensions (Back Extensions)	3	7-20 (+max)	30 sec
	9 day (rest)			
	10 day			

1	Barbell Full Squat	3-6	5-12 (+max)	30-300 sec
2	Leg Extensions	3	7-10 (+max)	30 sec
3	Lying Leg Curls	3	7-10 (+max)	30 sec
4	Seated Calf Raise	3	15-30	30 sec
5	Standing Calf Raises	3	15-30	30 sec
11 day (rest)				
12 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 — 56 min

Barbell Bench Press - Medium Grip

- 1×10 max — Rest: 40 sec — to failure
- 1×8 max — Rest: 40 sec — to failure
- 1×7 max — Rest: 300 sec — to failure
- 1×9 max — Rest: 40 sec — to failure
- 1×8 max — Rest: 40 sec — to failure
- 1×7 max — Rest: 300 sec — to failure

Workout #2 — 53 min

Clean Deadlift

- 1×10 max — Rest: 30 sec — to failure
- 1×8 max — Rest: 30 sec — to failure
- 1×7 max — Rest: 360 sec — to failure
- 1×9 max — Rest: 30 sec — to failure
- 1×8 max — Rest: 30 sec — to failure
- 1×7 max — Rest: 300 sec — to failure

Workout #3 — 40 min

Butterfly

- 1×10 max — Rest: 30 sec — to failure
- 1×8 max — Rest: 30 sec — to failure
- 1×7 max — Rest: 30 sec — to failure

Barbell Incline Bench Press Medium-Grip

- 1×10 max — Rest: 30 sec — to failure
- 1×8 max — Rest: 30 sec — to failure

Dips - Triceps Version
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Wide-Grip Rear Pull-Up
3×10 max Rest: 120 sec — to failure

Lying T-Bar Row
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure
1×6 max Rest: 180 sec — to failure

Leg Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Crunches
1×10 max Rest: 60 sec — to failure
1×15 Rest: 60 sec — to failure
1×20 Rest: 60 sec — to failure

1109 scores

Wide-Grip Lat Pulldown
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Cable Rows
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Calf Raise
1×20 Rest: 30 sec — to failure
1×17 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure

1197 scores

1×7 max Rest: 30 sec — to failure

Close-Grip Barbell Bench Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 180 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Triceps Pushdown
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Dip Machine
1×10 max Rest: 30 sec — to failure
1×9 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Hanging Pike
3×10 max Rest: 30 sec — to failure

919 scores

Workout #4 — 63 min

Barbell Full Squat
1×8 max Rest: 240 sec — to failure
1×6 max Rest: 300 sec — to failure
1×5 max Rest: 300 sec — very hard

Barbell Bench Press - Medium Grip
1×10 max Rest: 40 sec — to failure
1×8 max Rest: 40 sec — to failure
1×7 max Rest: 300 sec — to failure
1×9 max Rest: 40 sec — to failure
1×8 max Rest: 40 sec — to failure
1×7 max Rest: 300 sec — to failure

Seated Barbell Military Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure

Power Partials
1×12 Rest: 30 sec — to failure
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure

Hyperextensions (Back Extensions)
1×20 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

1114 scores

Workout #5 — 40 min

Barbell Full Squat
1×12 Rest: 30 sec — to failure
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 300 sec — to failure
1×11 Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure

Leg Extensions
1×10 max Rest: 30 sec — to failure
1×9 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Lying Leg Curls
1×10 max Rest: 30 sec — to failure
1×9 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Seated Calf Raise
1×20 Rest: 30 sec — to failure
1×17 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure

Standing Calf Raises
1×30 Rest: 30 sec — to failure
1×20 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure

705 scores

Workout #6 — 48 min

Barbell Bench Press - Medium Grip
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Dips - Triceps Version
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Wide-Grip Rear Pull-Up
3×10 max Rest: 120 sec — to failure

Lying T-Bar Row
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure
1×6 max Rest: 180 sec — to failure

Leg Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Crunches
1×10 max Rest: 60 sec — to failure
1×15 Rest: 60 sec — to failure
1×20 Rest: 60 sec — to failure

919 scores

Workout #7 — 53 min

Clean Deadlift
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 360 sec — to failure

Workout #8 — 40 min

Butterfly
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Workout #9 — 53 min

Barbell Full Squat
1×12 Rest: 30 sec — to failure
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 300 sec — to failure

1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure

Wide-Grip Lat Pulldown
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Cable Rows
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Calf Raise
1×30 Rest: 30 sec — to failure
1×25 Rest: 30 sec — to failure
1×20 Rest: 30 sec — to failure

1199 scores

Barbell Incline Bench Press Medium-Grip
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Close-Grip Barbell Bench Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 180 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Triceps Pushdown
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Dip Machine
1×10 max Rest: 30 sec — to failure
1×9 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Hanging Pike
3×15 Rest: 30 sec — to failure

913 scores

1×11 Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure

Barbell Bench Press - Medium Grip
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Barbell Military Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure

Power Partials
1×12 Rest: 30 sec — to failure
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure

Hyperextensions (Back Extensions)
1×20 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

1107 scores

Workout #10 — 41 min

Barbell Full Squat
1×8 max Rest: 240 sec — to failure
1×6 max Rest: 300 sec — to failure
1×5 max Rest: 300 sec — very hard

Leg Extensions
1×10 max Rest: 30 sec — to failure
1×9 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Lying Leg Curls
1×10 max Rest: 30 sec — to failure
1×9 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Seated Calf Raise
1×30 Rest: 30 sec — to failure
1×25 Rest: 30 sec — to failure
1×20 Rest: 30 sec — to failure

Standing Calf Raises
1×30 Rest: 30 sec — to failure
1×20 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure

524 scores

Workout #11 — 56 min

Barbell Bench Press - Medium Grip
1×10 max Rest: 40 sec — to failure
1×8 max Rest: 40 sec — to failure
1×7 max Rest: 300 sec — to failure
1×9 max Rest: 40 sec — to failure
1×8 max Rest: 40 sec — to failure
1×7 max Rest: 300 sec — to failure

Dips - Triceps Version
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure

Wide-Grip Rear Pull-Up
3×10 max Rest: 120 sec — to failure

Lying T-Bar Row
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 30 sec — to failure
1×6 max Rest: 180 sec — to failure

Leg Press
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Crunches
1×10 max Rest: 60 sec — to failure
1×15 Rest: 60 sec — to failure
1×20 Rest: 60 sec — to failure

1109 scores

Workout #12 — 53 min

Clean Deadlift
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 360 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 300 sec — to failure

Wide-Grip Lat Pulldown
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Cable Rows
1×10 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure
1×9 max Rest: 30 sec — to failure
1×8 max Rest: 30 sec — to failure
1×7 max Rest: 240 sec — to failure

Seated Calf Raise
1×20 Rest: 30 sec — to failure
1×17 Rest: 30 sec — to failure
1×15 Rest: 30 sec — to failure

1197 scores

Workout #13 — 40 min

Workout #14 — 63 min

Workout #15 — 40 min

Butterfly
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Barbell Incline Bench Press Medium-Grip
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Close-Grip Barbell Bench Press
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 180 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Triceps Pushdown
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Dip Machine
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Hanging Pike
3×20 Rest: 30 sec to failure

912 scores

Barbell Full Squat
1×8 max Rest: 240 sec to failure
1×6 max Rest: 300 sec to failure
1×5 max Rest: 300 sec very hard

Barbell Bench Press - Medium Grip
1×10 max Rest: 40 sec to failure
1×8 max Rest: 40 sec to failure
1×7 max Rest: 300 sec to failure
1×9 max Rest: 40 sec to failure
1×8 max Rest: 40 sec to failure
1×7 max Rest: 300 sec to failure

Seated Barbell Military Press
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 300 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 300 sec to failure

Power Partials
1×12 Rest: 30 sec to failure
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure

Hyperextensions (Back Extensions)
1×20 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

1114 scores

Barbell Full Squat
1×12 Rest: 30 sec to failure
1×10 max Rest: 30 sec to failure
1×8 max Rest: 300 sec to failure
1×11 Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 300 sec to failure

Leg Extensions
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Lying Leg Curls
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Seated Calf Raise
1×20 Rest: 30 sec to failure
1×17 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure

Standing Calf Raises
1×30 Rest: 30 sec to failure
1×20 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure

705 scores

Workout #16 — 48 min

Barbell Bench Press - Medium Grip
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Dips - Triceps Version
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Wide-Grip Rear Pull-Up
3×10 max Rest: 120 sec to failure

Lying T-Bar Row
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure
1×6 max Rest: 180 sec to failure

Leg Press
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Crunches
1×10 max Rest: 60 sec to failure
1×15 Rest: 60 sec to failure
1×20 Rest: 60 sec to failure

919 scores

Workout #17 — 53 min

Clean Deadlift
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 360 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 300 sec to failure

Wide-Grip Lat Pulldown
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Seated Cable Rows
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Seated Calf Raise
1×30 Rest: 30 sec to failure
1×25 Rest: 30 sec to failure
1×20 Rest: 30 sec to failure

1199 scores

Workout #18 — 40 min

Butterfly
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Barbell Incline Bench Press Medium-Grip
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Close-Grip Barbell Bench Press
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 180 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Triceps Pushdown
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Dip Machine
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Hanging Pike
3×10 max Rest: 30 sec to failure

919 scores

Workout #19 — 53 min

Barbell Full Squat
- 1×12 Rest: 30 sec — to failure
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 300 sec — to failure
- 1×11 Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 300 sec — to failure

Barbell Bench Press - Medium Grip
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 240 sec — to failure

Seated Barbell Military Press
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 300 sec — to failure
- 1×9 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 300 sec — to failure

Power Partials
- 1×12 Rest: 30 sec — to failure
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure

Hyperextensions (Back Extensions)
- 1×20 Rest: 30 sec — to failure
- 1×15 Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure

1107 scores

Workout #20 — 41 min

Barbell Full Squat
- 1×8 max Rest: 240 sec — to failure
- 1×6 max Rest: 300 sec — to failure
- 1×5 max Rest: 300 sec — very hard

Leg Extensions
- 1×10 max Rest: 30 sec — to failure
- 1×9 max Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure

Lying Leg Curls
- 1×10 max Rest: 30 sec — to failure
- 1×9 max Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure

Seated Calf Raise
- 1×30 Rest: 30 sec — to failure
- 1×25 Rest: 30 sec — to failure
- 1×20 Rest: 30 sec — to failure

Standing Calf Raises
- 1×30 Rest: 30 sec — to failure
- 1×20 Rest: 30 sec — to failure
- 1×15 Rest: 30 sec — to failure

524 scores

Workout #21 — 56 min

Barbell Bench Press - Medium Grip
- 1×10 max Rest: 40 sec — to failure
- 1×8 max Rest: 40 sec — to failure
- 1×7 max Rest: 300 sec — to failure
- 1×9 max Rest: 40 sec — to failure
- 1×8 max Rest: 40 sec — to failure
- 1×7 max Rest: 300 sec — to failure

Dips - Triceps Version
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure

Wide-Grip Rear Pull-Up
- 3×10 max Rest: 120 sec — to failure

Lying T-Bar Row
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure
- 1×6 max Rest: 180 sec — to failure

Leg Press
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 240 sec — to failure

Crunches
- 1×10 max Rest: 60 sec — to failure
- 1×15 Rest: 60 sec — to failure
- 1×20 Rest: 60 sec — to failure

1109 scores

Workout #22 — 53 min

Clean Deadlift
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 360 sec — to failure
- 1×9 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 300 sec — to failure

Wide-Grip Lat Pulldown
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 240 sec — to failure
- 1×9 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 240 sec — to failure

Seated Cable Rows

Workout #23 — 40 min

Butterfly
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure

Barbell Incline Bench Press Medium-Grip
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 30 sec — to failure

Close-Grip Barbell Bench Press
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 180 sec — to failure
- 1×9 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 240 sec — to failure

Workout #24 — 63 min

Barbell Full Squat
- 1×8 max Rest: 240 sec — to failure
- 1×6 max Rest: 300 sec — to failure
- 1×5 max Rest: 300 sec — very hard

Barbell Bench Press - Medium Grip
- 1×10 max Rest: 40 sec — to failure
- 1×8 max Rest: 40 sec — to failure
- 1×7 max Rest: 300 sec — to failure
- 1×9 max Rest: 40 sec — to failure
- 1×8 max Rest: 40 sec — to failure
- 1×7 max Rest: 300 sec — to failure

Seated Barbell Military Press
- 1×10 max Rest: 30 sec — to failure
- 1×8 max Rest: 30 sec — to failure
- 1×7 max Rest: 300 sec — to failure

1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure
1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 240 sec to failure

Seated Calf Raise
1×20 Rest: 30 sec to failure
1×17 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure

1197 scores

Triceps Pushdown
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Dip Machine
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Hanging Pike
3×15 Rest: 30 sec to failure

913 scores

1×9 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 300 sec to failure

Power Partials
1×12 Rest: 30 sec to failure
1×10 max Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure

Hyperextensions (Back Extensions)
1×20 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

1114 scores

Workout #25
40 min

Barbell Full Squat
1×12 Rest: 30 sec to failure
1×10 max Rest: 30 sec to failure
1×8 max Rest: 300 sec to failure
1×11 Rest: 30 sec to failure
1×8 max Rest: 30 sec to failure
1×7 max Rest: 300 sec to failure

Leg Extensions
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

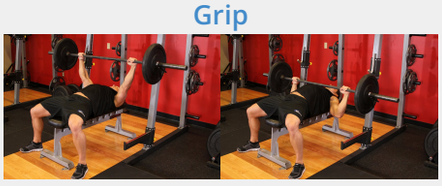
Lying Leg Curls
1×10 max Rest: 30 sec to failure
1×9 max Rest: 30 sec to failure
1×7 max Rest: 30 sec to failure

Seated Calf Raise
1×20 Rest: 30 sec to failure
1×17 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure

Standing Calf Raises
1×30 Rest: 30 sec to failure
1×20 Rest: 30 sec to failure
1×15 Rest: 30 sec to failure

705 scores

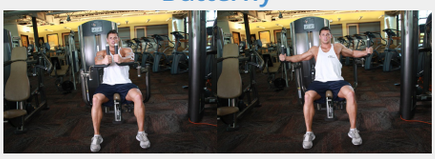
Directory of the exercises

Barbell Bench Press - Medium Grip


Barbell Full Squat

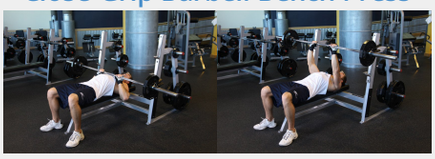
Barbell Incline Bench Press Medium-Grip

Butterfly

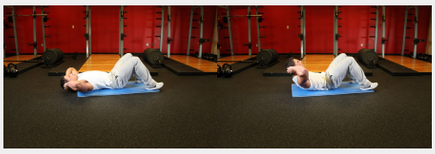


Clean Deadlift

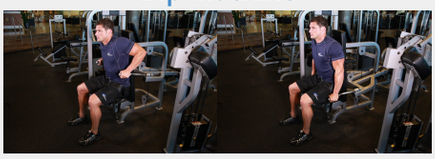
Close-Grip Barbell Bench Press



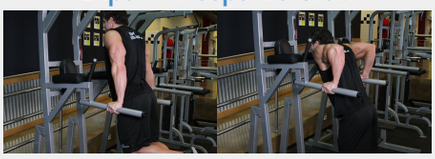
Crunches



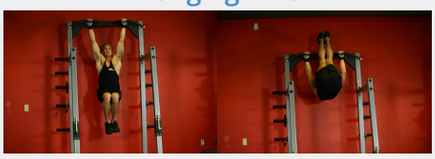
Dip Machine



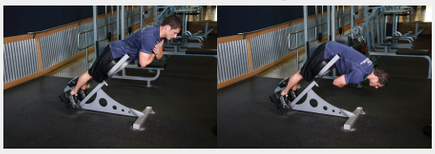
Dips - Triceps Version



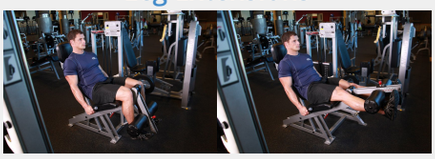
Hanging Pike



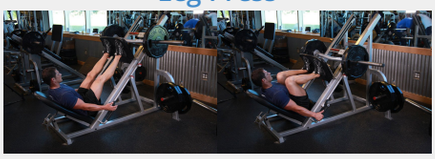
Hyperextensions (Back Extensions)



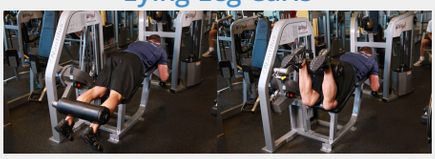
Leg Extensions



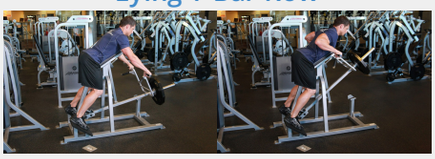
Leg Press



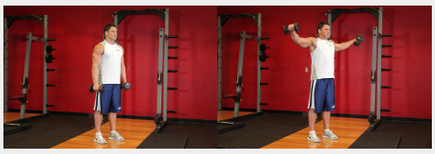
Lying Leg Curls



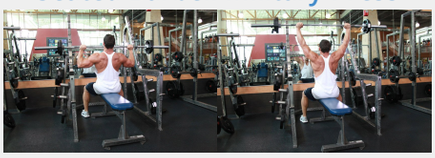
Lying T-Bar Row



Power Partials

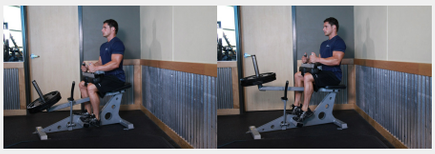


Seated Barbell Military Press

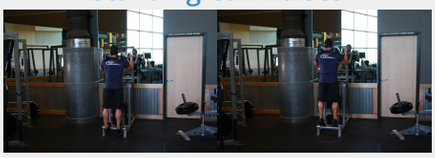


Seated Cable Rows

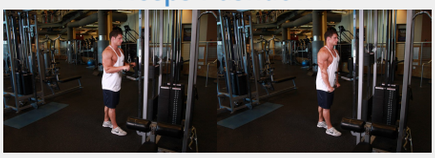
Seated Calf Raise



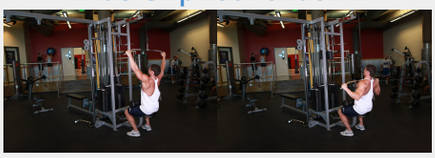
Standing Calf Raises



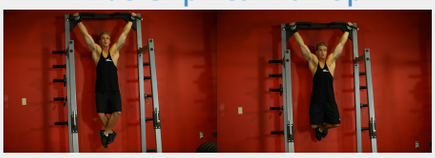
Triceps Pushdown



Wide-Grip Lat Pulldown



Wide-Grip Rear Pull-Up



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.

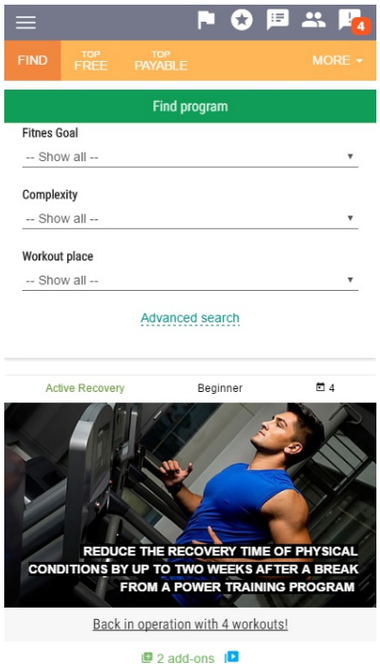
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

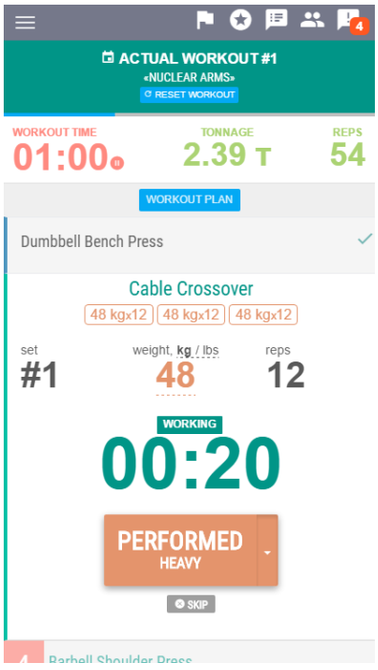
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- 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.

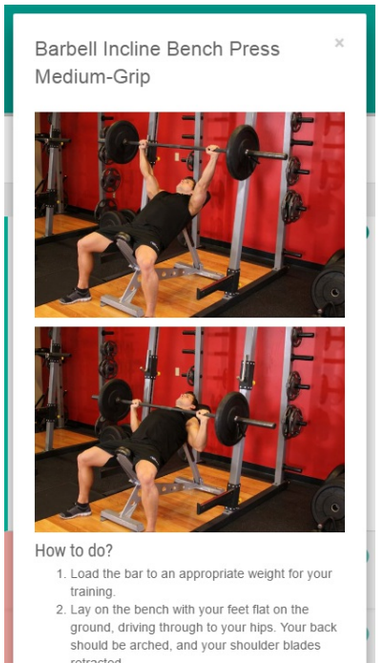
How to use mobile assistant?

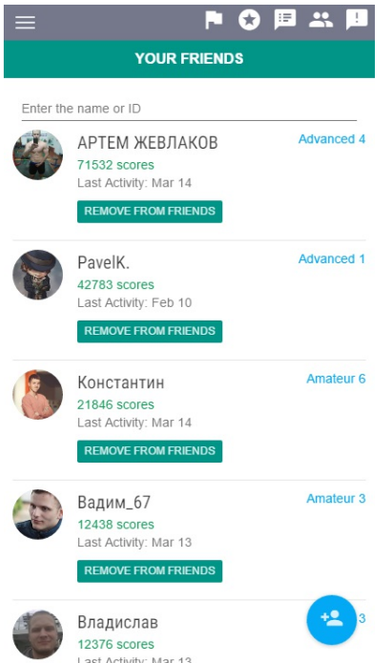
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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