

Rapid growth of muscles is possible! Only 1 month of powerful training!

Intermediate **39** days **12** workouts **~58** minutes

Fullbody-style training that perfectly fits into the training plan of the experienced natural "lifter" as a temporary "contrast" to the split-schemes. Accelerate training progress with an effective complex for the simultaneous development of all major muscle groups!

<https://atletiq.com/en/programma/fullbody-plus.html>

Mobile Fitness Assistant

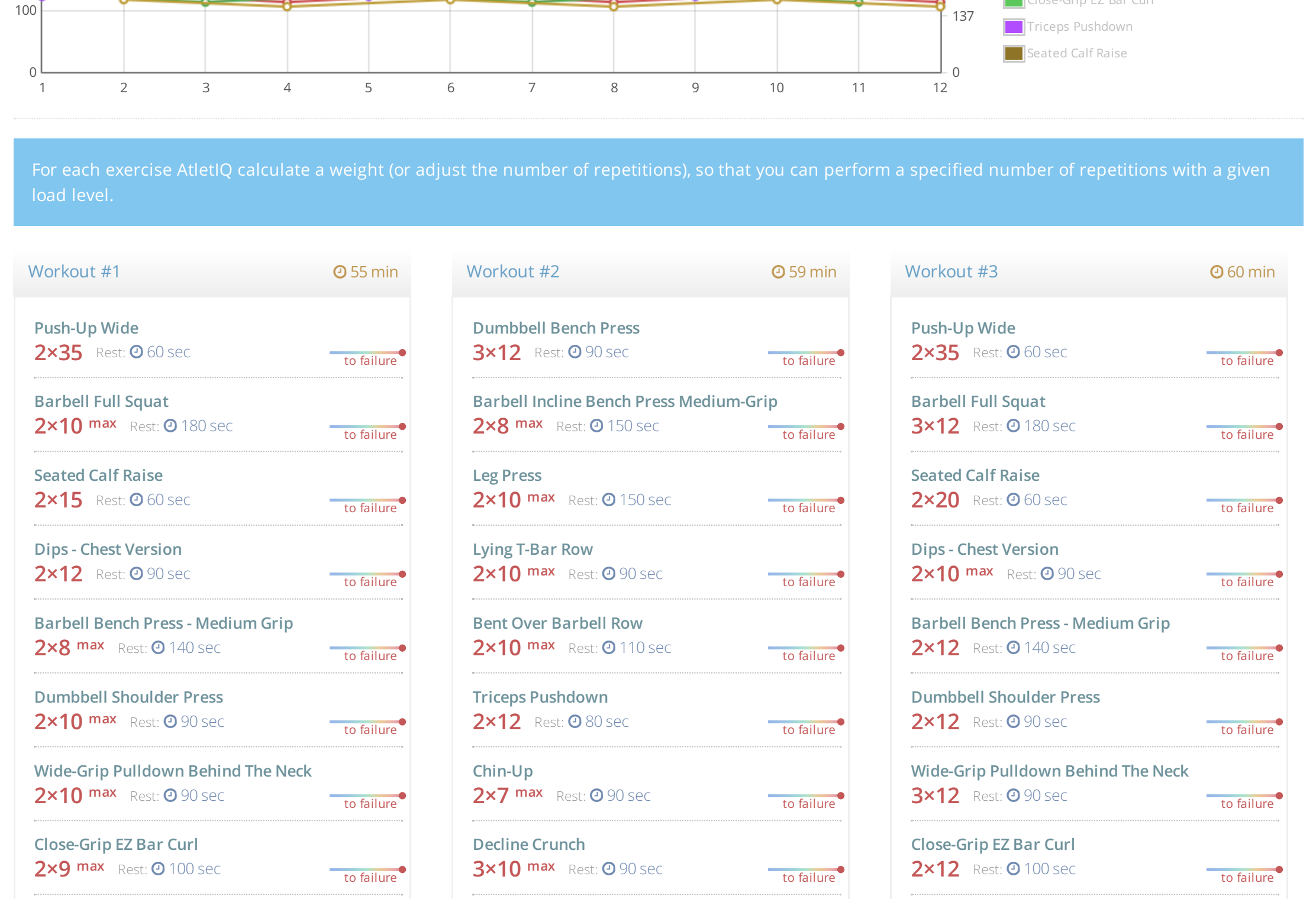
Exercising with AtletIQ, you get established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach

Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Push-Up Wide	2	35	60 sec
2	Barbell Full Squat	2-3	10-12 (+max)	180 sec
3	Seated Calf Raise	2	15-20	60 sec
4	Dips - Chest Version	2	7-12 (+max)	90 sec
5	Barbell Bench Press - Medium Grip	2	8-12 (+max)	140 sec
6	Dumbbell Shoulder Press	2	10-12 (+max)	90 sec
7	Wide-Grip Pulldown Behind The Neck	2-3	10-12 (+max)	90 sec
8	Close-Grip EZ Bar Curl	2	9-12 (+max)	100 sec
2 day (rest)				
3 day (rest)				
4 day				
1	Dumbbell Bench Press	2-3	9-12 (+max)	90 sec
2	Barbell Incline Bench Press Medium-Grip	2	8-12 (+max)	150 sec
3	Leg Press	2-3	8-10 (+max)	150 sec
4	Lying T-Bar Row	2	10-12 (+max)	90-100 sec
5	Bent Over Barbell Row	2	10-12 (+max)	110 sec
6	Triceps Pushdown	2	10-12 (+max)	80 sec
7	Chin-Up	2	5-12 (+max)	90 sec
8	Decline Crunch	3	10-15 (+max)	90 sec
5 day (rest)				
6 day (rest)				
7 day (rest)				

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.



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 55 min	Workout #2 59 min	Workout #3 60 min
Push-Up Wide 2x35 max Rest: 60 sec to failure	Dumbbell Bench Press 3x12 max Rest: 90 sec to failure	Push-Up Wide 2x35 max Rest: 60 sec to failure
Barbell Full Squat 2x10 max Rest: 180 sec to failure	Barbell Incline Bench Press Medium-Grip 2x8 max Rest: 150 sec to failure	Barbell Full Squat 3x12 max Rest: 180 sec to failure
Seated Calf Raise 2x15 max Rest: 60 sec to failure	Leg Press 2x10 max Rest: 150 sec to failure	Seated Calf Raise 2x20 max Rest: 60 sec to failure
Dips - Chest Version 2x12 max Rest: 90 sec to failure	Lying T-Bar Row 2x10 max Rest: 90 sec to failure	Dips - Chest Version 2x10 max Rest: 90 sec to failure
Barbell Bench Press - Medium Grip 2x8 max Rest: 140 sec to failure	Bent Over Barbell Row 2x10 max Rest: 110 sec to failure	Barbell Bench Press - Medium Grip 2x12 max Rest: 140 sec to failure
Dumbbell Shoulder Press 2x10 max Rest: 90 sec to failure	Triceps Pushdown 2x12 max Rest: 80 sec to failure	Dumbbell Shoulder Press 2x12 max Rest: 90 sec to failure
Wide-Grip Pulldown Behind The Neck 2x10 max Rest: 90 sec to failure	Chin-Up 2x7 max Rest: 90 sec to failure	Wide-Grip Pulldown Behind The Neck 3x12 max Rest: 90 sec to failure
Close-Grip EZ Bar Curl 2x9 max Rest: 100 sec to failure	Decline Crunch 3x10 max Rest: 90 sec to failure	Close-Grip EZ Bar Curl 2x12 max Rest: 100 sec to failure
839 scores	878 scores	901 scores
Workout #4 60 min	Workout #5 55 min	Workout #6 57 min
Dumbbell Bench Press 2x10 max Rest: 90 sec to failure	Push-Up Wide 2x35 max Rest: 60 sec to failure	Dumbbell Bench Press 2x9 max Rest: 90 sec to failure
Barbell Incline Bench Press Medium-Grip 2x12 max Rest: 150 sec to failure	Barbell Full Squat 2x10 max Rest: 180 sec to failure	Barbell Incline Bench Press Medium-Grip 2x8 max Rest: 150 sec to failure
Leg Press 3x10 max Rest: 150 sec to failure	Seated Calf Raise 2x15 max Rest: 60 sec to failure	Leg Press 2x8 max Rest: 150 sec to failure
Lying T-Bar Row 2x12 max Rest: 100 sec to failure	Dips - Chest Version 2x7 max Rest: 90 sec to failure	Lying T-Bar Row 2x10 max Rest: 90 sec to failure
Bent Over Barbell Row 2x12 max Rest: 110 sec to failure	Barbell Bench Press - Medium Grip 2x8 max Rest: 140 sec to failure	Bent Over Barbell Row 2x10 max Rest: 110 sec to failure
Triceps Pushdown 2x10 max Rest: 80 sec to failure	Dumbbell Shoulder Press 2x10 max Rest: 90 sec to failure	Triceps Pushdown 2x12 max Rest: 80 sec to failure
Chin-Up 2x10 max Rest: 90 sec to failure	Wide-Grip Pulldown Behind The Neck 2x10 max Rest: 90 sec to failure	Chin-Up 2x5 max Rest: 90 sec very hard
Decline Crunch 3x15 max Rest: 90 sec to failure	Close-Grip EZ Bar Curl 2x9 max Rest: 100 sec to failure	Decline Crunch 3x12 max Rest: 90 sec to failure
855 scores	851 scores	823 scores
Workout #7 60 min	Workout #8 59 min	Workout #9 55 min
Push-Up Wide 2x35 max Rest: 60 sec to failure	Dumbbell Bench Press 3x12 max Rest: 90 sec to failure	Push-Up Wide 2x35 max Rest: 60 sec to failure
Barbell Full Squat 3x12 max Rest: 180 sec to failure	Barbell Incline Bench Press Medium-Grip 2x12 max Rest: 150 sec to failure	Barbell Full Squat 2x10 max Rest: 180 sec to failure
Seated Calf Raise 2x20 max Rest: 60 sec to failure	Leg Press 2x10 max Rest: 150 sec to failure	Seated Calf Raise 2x15 max Rest: 60 sec to failure
Dips - Chest Version 2x12 max Rest: 90 sec to failure	Lying T-Bar Row 2x12 max Rest: 100 sec to failure	Dips - Chest Version 2x10 max Rest: 90 sec to failure
Barbell Bench Press - Medium Grip 2x12 max Rest: 140 sec to failure	Bent Over Barbell Row 2x12 max Rest: 110 sec to failure	Barbell Bench Press - Medium Grip 2x12 max Rest: 140 sec to failure
Dumbbell Shoulder Press 2x12 max Rest: 90 sec to failure	Triceps Pushdown 2x10 max Rest: 80 sec to failure	Dumbbell Shoulder Press 2x10 max Rest: 90 sec to failure
Wide-Grip Pulldown Behind The Neck 3x12 max Rest: 90 sec to failure	Chin-Up 2x12 max Rest: 90 sec to failure	Wide-Grip Pulldown Behind The Neck 2x10 max Rest: 90 sec to failure
Close-Grip EZ Bar Curl 2x12 max Rest: 100 sec to failure	Decline Crunch 3x10 max Rest: 90 sec to failure	Close-Grip EZ Bar Curl 2x9 max Rest: 100 sec to failure
888 scores	837 scores	852 scores
Workout #10 60 min	Workout #11 60 min	Workout #12 58 min
Dumbbell Bench Press 2x10 max Rest: 90 sec to failure	Push-Up Wide 2x35 max Rest: 60 sec to failure	Dumbbell Bench Press 2x9 max Rest: 90 sec to failure
Barbell Incline Bench Press Medium-Grip 2x8 max Rest: 150 sec to failure	Barbell Full Squat 3x12 max Rest: 180 sec to failure	Barbell Incline Bench Press Medium-Grip 2x12 max Rest: 150 sec to failure
Leg Press 2x10 max Rest: 150 sec to failure	Seated Calf Raise 2x20 max Rest: 60 sec to failure	Leg Press 2x8 max Rest: 150 sec to failure
Lying T-Bar Row 2x10 max Rest: 90 sec to failure	Dips - Chest Version 2x7 max Rest: 90 sec to failure	Lying T-Bar Row 2x12 max Rest: 100 sec to failure
Bent Over Barbell Row 2x10 max Rest: 110 sec to failure	Barbell Bench Press - Medium Grip 2x12 max Rest: 140 sec to failure	Bent Over Barbell Row 2x12 max Rest: 110 sec to failure
Triceps Pushdown 2x12 max Rest: 80 sec to failure	Dumbbell Shoulder Press 2x12 max Rest: 90 sec to failure	Triceps Pushdown 2x10 max Rest: 80 sec to failure
Chin-Up 2x7 max Rest: 90 sec to failure	Wide-Grip Pulldown Behind The Neck 3x12 max Rest: 90 sec to failure	Chin-Up 2x10 max Rest: 90 sec to failure
Decline Crunch 3x15 max Rest: 90 sec to failure	Close-Grip EZ Bar Curl 2x12 max Rest: 100 sec to failure	Decline Crunch 3x12 max Rest: 90 sec to failure
885 scores	900 scores	800 scores

Directory of the exercises

Barbell Bench Press - Medium Grip

Barbell Full Squat

Barbell Incline Bench Press Medium-Grip

Bent Over Barbell Row

Chin-Up

Close-Grip EZ Bar Curl

Decline Crunch

Dips - Chest Version

Dumbbell Bench Press

Dumbbell Shoulder Press

Leg Press

Lying T-Bar Row

Push-Up Wide

Seated Calf Raise

Triceps Pushdown

Wide-Grip Pulldown Behind The Neck

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 special network with a special designer of workout routines and mobile assistant for their performance.

[Affiliate program for coaches](#)
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