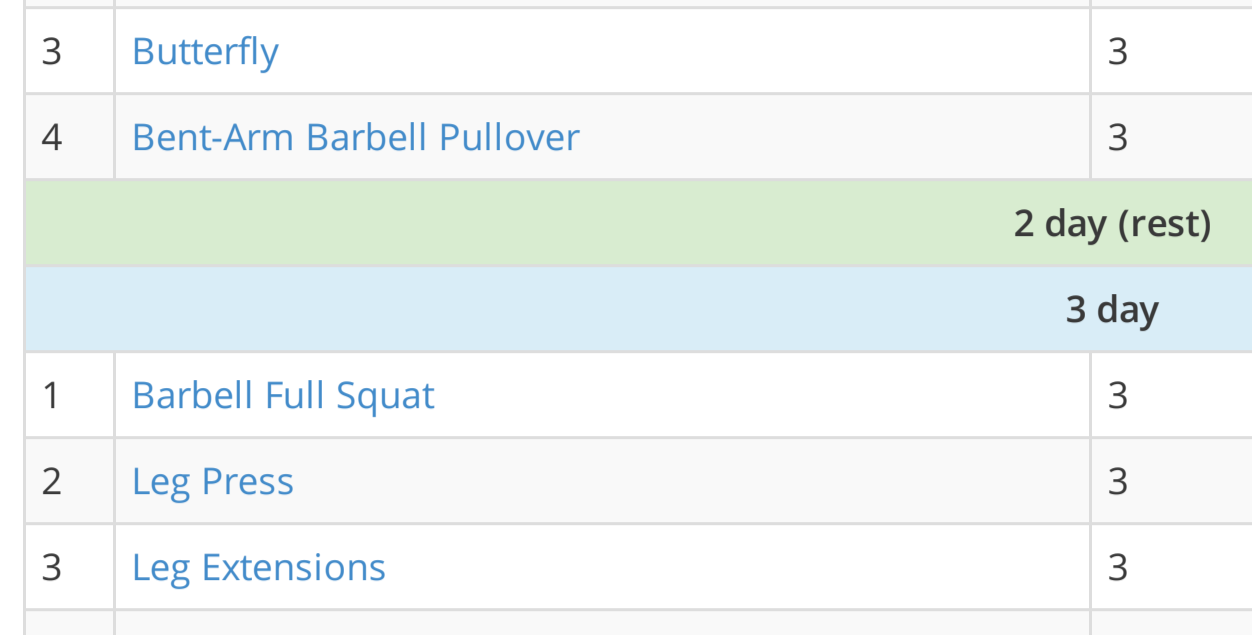


# 12 heavy training days - and you are the owner of cosmic chest and enviable legs

**Intermediate**      **23** days      **12** workouts      **~43** minutes

Do you tirelessly train in the gym, but you can not see any progress? It's time to move away from the old-boring recommendations and follow the progressive method of step-changing loads that will bring your muscles an unprecedented volume and strength.

<https://atletiq.com/en/programma/nogi-i-grud-massa-sila.html>



## 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>

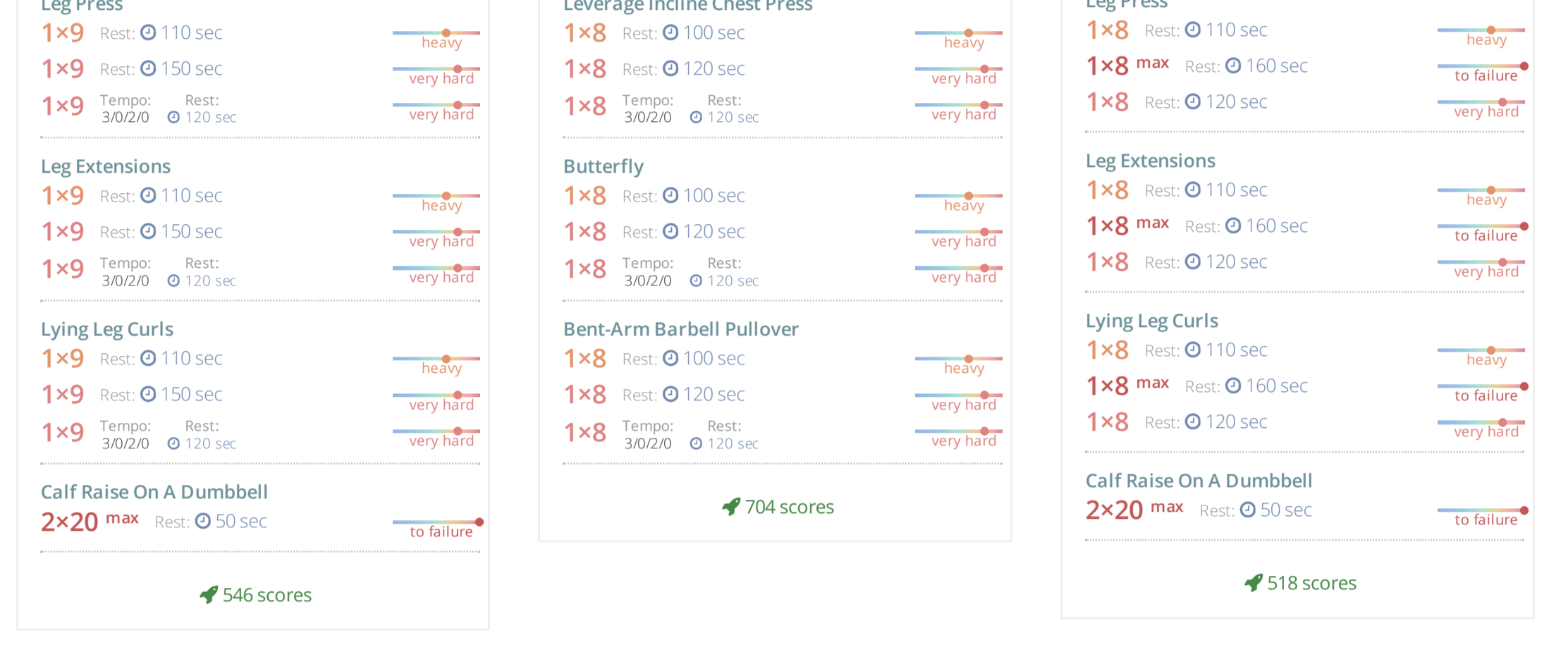
## The content of of the program

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	5-10 (+max)	⌚ 100-160 sec
2	Leverage Incline Chest Press	3	5-10 (+max)	⌚ 100-160 sec
3	Butterfly	3	5-10 (+max)	⌚ 100-160 sec
4	Bent-Arm Barbell Pullover	3	5-10 (+max)	⌚ 100-160 sec
2 day (rest)				
3 day				
1	Barbell Full Squat	3	5-10 (+max)	⌚ 110-180 sec
2	Leg Press	3	5-10 (+max)	⌚ 110-180 sec
3	Leg Extensions	3	5-10 (+max)	⌚ 110-180 sec
4	Lying Leg Curls	3	5-10 (+max)	⌚ 110-180 sec
5	Calf Raise On A Dumbbell	2	Max	⌚ 50 sec
4 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.

<b>Workout #1</b> ⌚ 38 min	<b>Workout #2</b> ⌚ 43 min	<b>Workout #3</b> ⌚ 41 min
<b>Barbell Bench Press - Medium Grip</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leverage Incline Chest Press</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Butterfly</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Bent-Arm Barbell Pullover</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec 615 scores	<b>Barbell Full Squat</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leg Press</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leg Extensions</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Lying Leg Curls</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Tempo: 300/20 Rest: ⌚ 110 sec <b>Calf Raise On A Dumbbell</b> 2×20 max Rest: ⌚ 50 sec 537 scores	<b>Barbell Bench Press - Medium Grip</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec <b>Leverage Incline Chest Press</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec <b>Butterfly</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec <b>Bent-Arm Barbell Pullover</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec 557 scores
<b>Workout #4</b> ⌚ 46 min	<b>Workout #5</b> ⌚ 38 min	<b>Workout #6</b> ⌚ 47 min
<b>Barbell Full Squat</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Tempo: 300/20 Rest: ⌚ 120 sec <b>Leg Press</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Tempo: 300/20 Rest: ⌚ 120 sec <b>Leg Extensions</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Tempo: 300/20 Rest: ⌚ 120 sec <b>Lying Leg Curls</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Tempo: 300/20 Rest: ⌚ 120 sec <b>Calf Raise On A Dumbbell</b> 2×20 max Rest: ⌚ 50 sec 546 scores	<b>Barbell Bench Press - Medium Grip</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leverage Incline Chest Press</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Tempo: 300/20 Rest: ⌚ 110 sec <b>Butterfly</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Tempo: 300/20 Rest: ⌚ 110 sec <b>Bent-Arm Barbell Pullover</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Tempo: 300/20 Rest: ⌚ 110 sec 704 scores	<b>Barbell Full Squat</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec <b>Leg Press</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec <b>Leg Extensions</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec <b>Lying Leg Curls</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec <b>Calf Raise On A Dumbbell</b> 2×20 max Rest: ⌚ 50 sec 518 scores
<b>Workout #7</b> ⌚ 39 min	<b>Workout #8</b> ⌚ 44 min	<b>Workout #9</b> ⌚ 42 min
<b>Barbell Bench Press - Medium Grip</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leverage Incline Chest Press</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Butterfly</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Bent-Arm Barbell Pullover</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec 690 scores	<b>Barbell Full Squat</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leg Press</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Leg Extensions</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Lying Leg Curls</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Tempo: 300/20 Rest: ⌚ 110 sec <b>Calf Raise On A Dumbbell</b> 2×20 max Rest: ⌚ 50 sec 598 scores	<b>Barbell Bench Press - Medium Grip</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec <b>Leverage Incline Chest Press</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec <b>Butterfly</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec <b>Bent-Arm Barbell Pullover</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec 584 scores
<b>Workout #10</b> ⌚ 47 min	<b>Workout #11</b> ⌚ 43 min	<b>Workout #12</b> ⌚ 51 min
<b>Barbell Full Squat</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec <b>Leg Press</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec <b>Leg Extensions</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec <b>Lying Leg Curls</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec <b>Calf Raise On A Dumbbell</b> 2×20 max Rest: ⌚ 50 sec 492 scores	<b>Barbell Bench Press - Medium Grip</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec <b>Leverage Incline Chest Press</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec <b>Butterfly</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec <b>Bent-Arm Barbell Pullover</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 508 scores	<b>Barbell Full Squat</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec <b>Leg Press</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec <b>Leg Extensions</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec <b>Lying Leg Curls</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec <b>Calf Raise On A Dumbbell</b> 2×20 max Rest: ⌚ 50 sec 505 scores

## Directory of the exercises

<b>Barbell Bench Press - Medium Grip</b> 	<b>Barbell Full Squat</b> 	<b>Bent-Arm Barbell Pullover</b> 
<b>Butterfly</b> 	<b>Calf Raise On A Dumbbell</b> 	<b>Leg Extensions</b> 
<b>Leg Press</b> 	<b>Leverage Incline Chest Press</b> 	<b>Lying Leg Curls</b> 

## 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 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 social network with a special designer of workout routines and mobile assistant for their performance.  
[Affiliate program for coaches](#)  
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