Go beyond your own power limits

Intermediate

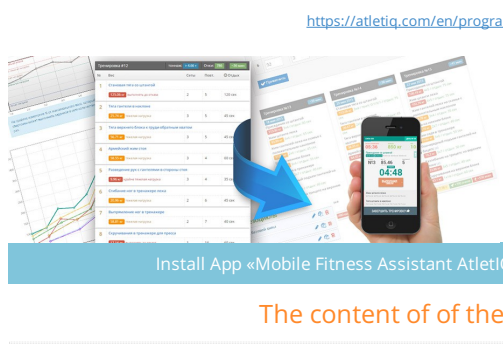
56 days

32 workouts

~55 minutes

A four-day "scientific" split, built on separate trainings of fast and slow muscle fibers, will help to reach a new level of physical development.

https://atletiq.com/en/programms/403



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 «Неделя быстрых мышечных волокон»

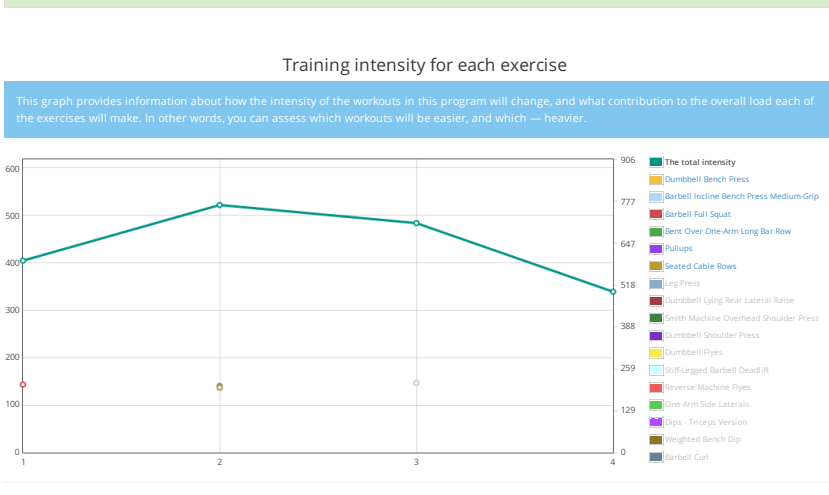
Duration in days: 7 | Amount of training days: 4 | Rest days: 3

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 Full Squat	3	6 (+max)	180 sec
2	Leg Press	3	6 (+max)	180 sec
3	Dips - Triceps Version	3	6 (+max)	180 sec
4	Cable Rope Overhead Triceps Extension	3	6 (+max)	180 sec
5	Weighted Bench Dip	2	15	90 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	3	6 (+max)	180 sec
2	Bent Over One-Arm Long Bar Row	3	6 (+max)	180 sec
3	Seated Cable Rows	3	6 (+max)	180 sec
4	Dumbbell Lying Rear Lateral Raise	3	6 (+max)	180 sec
5	One-Arm Side Laterals	3	6 (+max)	180 sec
6	Reverse Machine Flyes	3	6 (+max)	180 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	6 (+max)	180 sec
2	Dumbbell Bench Press	3	6 (+max)	180 sec
3	Dumbbell Flyes	3	6 (+max)	180 sec
4	Smith Machine Overhead Shoulder Press	3	6 (+max)	180 sec
5	Dumbbell Shoulder Press	3	6 (+max)	180 sec
6	Decline Reverse Crunch	2	Max	90 sec
	6 day (rest)			
	7 day			
1	Stiff-Legged Barbell Deadlift	3	6 (+max)	180 sec
2	Lying Leg Curls	3	6 (+max)	180 sec
3	Calf Press On The Leg Press Machine	3	6 (+max)	180 sec
4	Barbell Curl	3	6 (+max)	180 sec
5	Alternate Incline Dumbbell Curl	3	6 (+max)	180 sec
6	Cross Body Hammer Curl	3	6 (+max)	180 sec
	8 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 63 min

Barbell Full Squat
3×6 Rest: 180 sec heavy

Leg Press
3×6 Rest: 180 sec heavy

Dips - Triceps Version
3×6 Rest: 180 sec heavy

Cable Rope Overhead Triceps Extension
3×6 Rest: 180 sec heavy

Weighted Bench Dip
2×15 Rest: 90 sec to failure

Hanging Leg Raise
2×15 Rest: 90 sec to failure

593 scores

Workout #2 74 min

Pullups
3×6 Rest: 180 sec heavy

Bent Over One-Arm Long Bar Row
3×6 Rest: 180 sec heavy

Seated Cable Rows
3×6 Rest: 180 sec heavy

Dumbbell Lying Rear Lateral Raise
3×6 Rest: 180 sec heavy

One-Arm Side Laterals
3×6 Rest: 180 sec heavy

Reverse Machine Flyes
3×6 Rest: 180 sec heavy

764 scores

Workout #3 69 min

Barbell Incline Bench Press Medium-Grip
3×6 Rest: 180 sec heavy

Dumbbell Bench Press
3×6 Rest: 180 sec heavy

Dumbbell Flyes
3×6 Rest: 180 sec heavy

Smith Machine Overhead Shoulder Press
3×6 Rest: 180 sec heavy

Dumbbell Shoulder Press
3×6 Rest: 180 sec heavy

Decline Reverse Crunch
2×15 max Rest: 90 sec to failure

708 scores

Workout #4 74 min

Stiff-Legged Barbell Deadlift
3×6 Rest: 180 sec heavy

Lying Leg Curls
3×6 Rest: 180 sec heavy

Calf Press On The Leg Press Machine
3×6 Rest: 180 sec heavy

Barbell Curl
3×6 Rest: 180 sec heavy

Alternate Incline Dumbbell Curl
3×6 Rest: 180 sec heavy

Cross Body Hammer Curl
3×6 Rest: 180 sec heavy

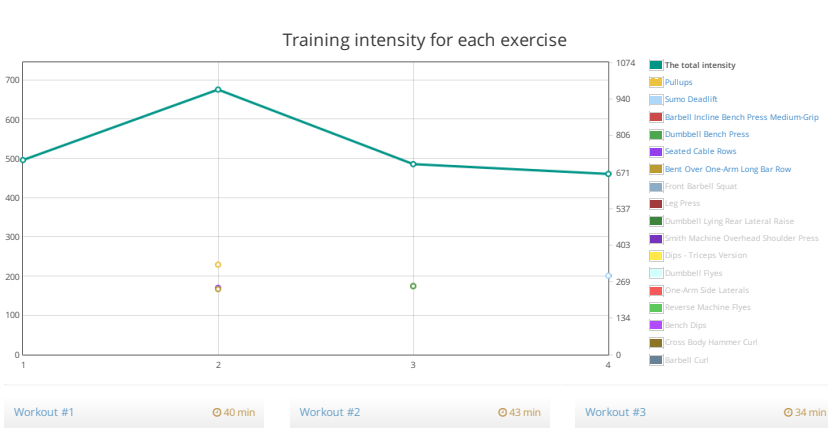
497 scores

2 «Неделя медленных мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Front Barbell Squat	3	20	60 sec
2	Leg Press	3	20	60 sec
3	Dips - Triceps Version	3	20	60 sec
4	Cable Rope Overhead Triceps Extension	3	20	60 sec
5	Bench Dips	3	20	60 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	4	15	90 sec
2	Bent Over One-Arm Long Bar Row	3	20	60 sec
3	Seated Cable Rows	3	20	60 sec
4	Dumbbell Lying Rear Lateral Raise	3	20	60 sec
5	One-Arm Side Laterals	3	20	60 sec
6	Reverse Machine Flyes	3	20	60 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	20	60 sec
2	Dumbbell Bench Press	3	20	60 sec
3	Dumbbell Flyes	3	20	60 sec
4	Smith Machine Overhead Shoulder Press	3	20	60 sec
5	Decline Reverse Crunch	3	20	60 sec
	6 day (rest)			
	7 day			
1	Sumo Deadlift	3	20	60 sec
2	Lying Leg Curls	3	20	60 sec
3	Calf Press On The Leg Press Machine	3	20	60 sec
4	Barbell Curl	3	20	60 sec
5	Alternate Incline Dumbbell Curl	3	20	60 sec
6	Cross Body Hammer Curl	3	20	60 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 40 min

Front Barbell Squat
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Leg Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dips - Triceps Version
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cable Rope Overhead Triceps Extension
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Bench Dips
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

Hanging Leg Raise
2×15 Rest: 90 sec to failure

715 scores

Workout #2 43 min

Pullups
4×15 Rest: 90 sec to failure

Bent Over One-Arm Long Bar Row
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Seated Cable Rows
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Lying Rear Lateral Raise
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

One-Arm Side Laterals
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Reverse Machine Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

974 scores

Workout #3 34 min

Barbell Incline Bench Press Medium-Grip
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Bench Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Smith Machine Overhead Shoulder Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Decline Reverse Crunch
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

700 scores

Workout #4 40 min

Sumo Deadlift
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Lying Leg Curls
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Calf Press On The Leg Press Machine
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Barbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Alternate Incline Dumbbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cross Body Hammer Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

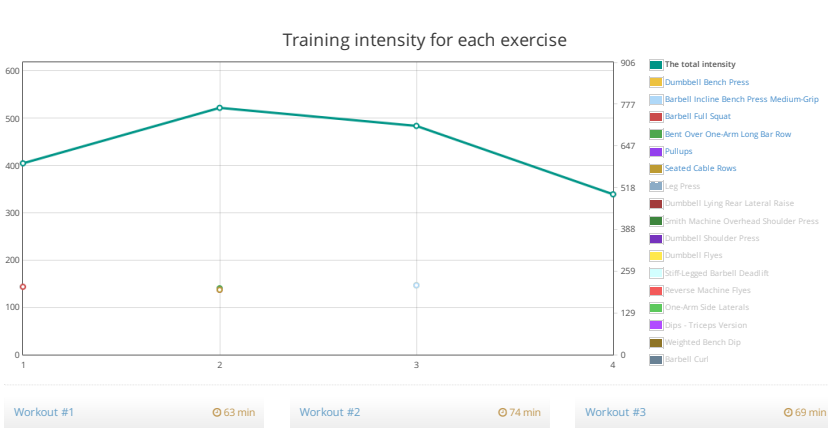
664 scores

3 «Неделя быстрых мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	3	6 (+max)	180 sec
2	Leg Press	3	6 (+max)	180 sec
3	Dips - Triceps Version	3	6 (+max)	180 sec
4	Cable Rope Overhead Triceps Extension	3	6 (+max)	180 sec
5	Weighted Bench Dip	2	15	90 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	3	6 (+max)	180 sec
2	Bent Over One-Arm Long Bar Row	3	6 (+max)	180 sec
3	Seated Cable Rows	3	6 (+max)	180 sec
4	Dumbbell Lying Rear Lateral Raise	3	6 (+max)	180 sec
5	One-Arm Side Laterals	3	6 (+max)	180 sec
6	Reverse Machine Flyes	3	6 (+max)	180 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	6 (+max)	180 sec
2	Dumbbell Bench Press	3	6 (+max)	180 sec
3	Dumbbell Flyes	3	6 (+max)	180 sec
4	Smith Machine Overhead Shoulder Press	3	6 (+max)	180 sec
5	Dumbbell Shoulder Press	3	6 (+max)	180 sec
6	Decline Reverse Crunch	2	Max	90 sec
	6 day (rest)			
	7 day			
1	Stiff-Legged Barbell Deadlift	3	6 (+max)	180 sec
2	Lying Leg Curls	3	6 (+max)	180 sec
3	Calf Press On The Leg Press Machine	3	6 (+max)	180 sec
4	Barbell Curl	3	6 (+max)	180 sec
5	Alternate Incline Dumbbell Curl	3	6 (+max)	180 sec
6	Cross Body Hammer Curl	3	6 (+max)	180 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 63 min

Barbell Full Squat
3×6 Rest: 180 sec heavy

Leg Press
3×6 Rest: 180 sec heavy

Dips - Triceps Version
3×6 Rest: 180 sec heavy

Cable Rope Overhead Triceps Extension
3×6 Rest: 180 sec heavy

Weighted Bench Dip
2×15 Rest: 90 sec to failure

Hanging Leg Raise
2×15 Rest: 90 sec to failure

593 scores

Workout #2 74 min

Pullups
3×6 Rest: 180 sec heavy

Bent Over One-Arm Long Bar Row
3×6 Rest: 180 sec heavy

Seated Cable Rows
3×6 Rest: 180 sec heavy

Dumbbell Lying Rear Lateral Raise
3×6 Rest: 180 sec heavy

One-Arm Side Laterals
3×6 Rest: 180 sec heavy

Reverse Machine Flyes
3×6 Rest: 180 sec heavy

764 scores

Workout #3 69 min

Barbell Incline Bench Press Medium-Grip
3×6 Rest: 180 sec heavy

Dumbbell Bench Press
3×6 Rest: 180 sec heavy

Dumbbell Flyes
3×6 Rest: 180 sec heavy

Smith Machine Overhead Shoulder Press
3×6 Rest: 180 sec heavy

Dumbbell Shoulder Press
3×6 Rest: 180 sec heavy

Decline Reverse Crunch
2×15 max Rest: 90 sec to failure

708 scores

Workout #4 74 min

Stiff-Legged Barbell Deadlift
3×6 Rest: 180 sec heavy

Lying Leg Curls
3×6 Rest: 180 sec heavy

Calf Press On The Leg Press Machine
3×6 Rest: 180 sec heavy

Barbell Curl
3×6 Rest: 180 sec heavy

Alternate Incline Dumbbell Curl
3×6 Rest: 180 sec heavy

Cross Body Hammer Curl
3×6 Rest: 180 sec heavy

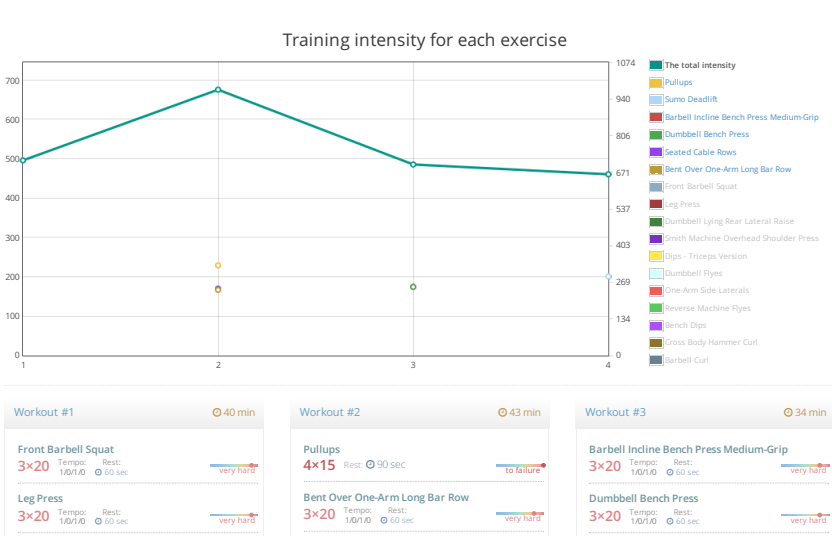
497 scores

4 «Неделя медленных мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Front Barbell Squat	3	20	60 sec
2	Leg Press	3	20	60 sec
3	Dips - Triceps Version	3	20	60 sec
4	Cable Rope Overhead Triceps Extension	3	20	60 sec
5	Bench Dips	3	20	60 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	4	15	90 sec
2	Bent Over One-Arm Long Bar Row	3	20	60 sec
3	Seated Cable Rows	3	20	60 sec
4	Dumbbell Lying Rear Lateral Raise	3	20	60 sec
5	One-Arm Side Laterals	3	20	60 sec
6	Reverse Machine Flyes	3	20	60 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	20	60 sec
2	Dumbbell Bench Press	3	20	60 sec
3	Dumbbell Flyes	3	20	60 sec
4	Smith Machine Overhead Shoulder Press	3	20	60 sec
5	Decline Reverse Crunch	3	20	60 sec
	6 day (rest)			
	7 day			
1	Sumo Deadlift	3	20	60 sec
2	Lying Leg Curls	3	20	60 sec
3	Calf Press On The Leg Press Machine	3	20	60 sec
4	Barbell Curl	3	20	60 sec
5	Alternate Incline Dumbbell Curl	3	20	60 sec
6	Cross Body Hammer Curl	3	20	60 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 40 min

Front Barbell Squat
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Leg Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dips - Triceps Version
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cable Rope Overhead Triceps Extension
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Bench Dips
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

Hanging Leg Raise
2×15 Rest: 90 sec to failure

715 scores

Workout #2 43 min

Pullups
4×15 Rest: 90 sec to failure

Bent Over One-Arm Long Bar Row
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Seated Cable Rows
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Lying Rear Lateral Raise
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

One-Arm Side Laterals
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Reverse Machine Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

974 scores

Workout #3 34 min

Barbell Incline Bench Press Medium-Grip
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Bench Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Smith Machine Overhead Shoulder Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Decline Reverse Crunch
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

700 scores

Workout #4 40 min

Sumo Deadlift
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Lying Leg Curls
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Calf Press On The Leg Press Machine
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Barbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Alternate Incline Dumbbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cross Body Hammer Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

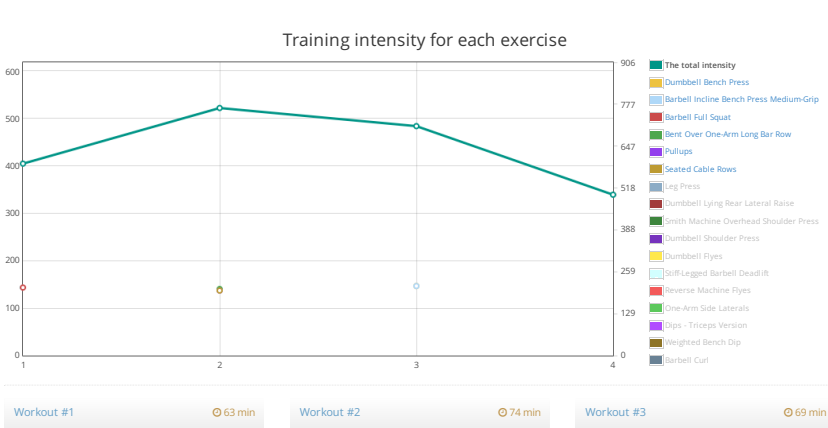
664 scores

5 «Неделя быстрых мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	3	6 (+max)	180 sec
2	Leg Press	3	6 (+max)	180 sec
3	Dips - Triceps Version	3	6 (+max)	180 sec
4	Cable Rope Overhead Triceps Extension	3	6 (+max)	180 sec
5	Weighted Bench Dip	2	15	90 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	3	6 (+max)	180 sec
2	Bent Over One-Arm Long Bar Row	3	6 (+max)	180 sec
3	Seated Cable Rows	3	6 (+max)	180 sec
4	Dumbbell Lying Rear Lateral Raise	3	6 (+max)	180 sec
5	One-Arm Side Laterals	3	6 (+max)	180 sec
6	Reverse Machine Flyes	3	6 (+max)	180 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	6 (+max)	180 sec
2	Dumbbell Bench Press	3	6 (+max)	180 sec
3	Dumbbell Flyes	3	6 (+max)	180 sec
4	Smith Machine Overhead Shoulder Press	3	6 (+max)	180 sec
5	Dumbbell Shoulder Press	3	6 (+max)	180 sec
6	Decline Reverse Crunch	2	Max	90 sec
	6 day (rest)			
	7 day			
1	Stiff-Legged Barbell Deadlift	3	6 (+max)	180 sec
2	Lying Leg Curls	3	6 (+max)	180 sec
3	Calf Press On The Leg Press Machine	3	6 (+max)	180 sec
4	Barbell Curl	3	6 (+max)	180 sec
5	Alternate Incline Dumbbell Curl	3	6 (+max)	180 sec
6	Cross Body Hammer Curl	3	6 (+max)	180 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 63 min

Barbell Full Squat
3×6 Rest: 180 sec heavy

Leg Press
3×6 Rest: 180 sec heavy

Dips - Triceps Version
3×6 Rest: 180 sec heavy

Cable Rope Overhead Triceps Extension
3×6 Rest: 180 sec heavy

Weighted Bench Dip
2×15 Rest: 90 sec to failure

Hanging Leg Raise
2×15 Rest: 90 sec to failure

593 scores

Workout #2 74 min

Pullups
3×6 Rest: 180 sec heavy

Bent Over One-Arm Long Bar Row
3×6 Rest: 180 sec heavy

Seated Cable Rows
3×6 Rest: 180 sec heavy

Dumbbell Lying Rear Lateral Raise
3×6 Rest: 180 sec heavy

One-Arm Side Laterals
3×6 Rest: 180 sec heavy

Reverse Machine Flyes
3×6 Rest: 180 sec heavy

764 scores

Workout #3 69 min

Barbell Incline Bench Press Medium-Grip
3×6 Rest: 180 sec heavy

Dumbbell Bench Press
3×6 Rest: 180 sec heavy

Dumbbell Flyes
3×6 Rest: 180 sec heavy

Smith Machine Overhead Shoulder Press
3×6 Rest: 180 sec heavy

Dumbbell Shoulder Press
3×6 Rest: 180 sec heavy

Decline Reverse Crunch
2×15 max Rest: 90 sec to failure

708 scores

Workout #4 74 min

Stiff-Legged Barbell Deadlift
3×6 Rest: 180 sec heavy

Lying Leg Curls
3×6 Rest: 180 sec heavy

Calf Press On The Leg Press Machine
3×6 Rest: 180 sec heavy

Barbell Curl
3×6 Rest: 180 sec heavy

Alternate Incline Dumbbell Curl
3×6 Rest: 180 sec heavy

Cross Body Hammer Curl
3×6 Rest: 180 sec heavy

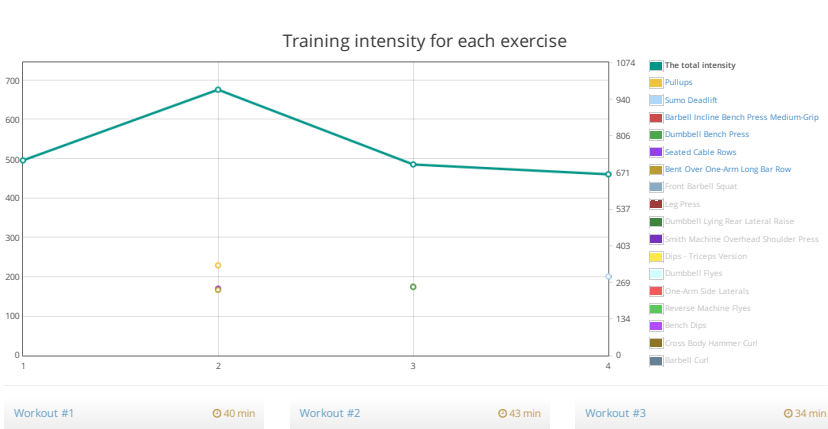
497 scores

6 «Неделя медленных мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Front Barbell Squat	3	20	60 sec
2	Leg Press	3	20	60 sec
3	Dips - Triceps Version	3	20	60 sec
4	Cable Rope Overhead Triceps Extension	3	20	60 sec
5	Bench Dips	3	20	60 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	4	15	90 sec
2	Bent Over One-Arm Long Bar Row	3	20	60 sec
3	Seated Cable Rows	3	20	60 sec
4	Dumbbell Lying Rear Lateral Raise	3	20	60 sec
5	One-Arm Side Laterals	3	20	60 sec
6	Reverse Machine Flyes	3	20	60 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	20	60 sec
2	Dumbbell Bench Press	3	20	60 sec
3	Dumbbell Flyes	3	20	60 sec
4	Smith Machine Overhead Shoulder Press	3	20	60 sec
5	Decline Reverse Crunch	3	20	60 sec
	6 day (rest)			
	7 day			
1	Sumo Deadlift	3	20	60 sec
2	Lying Leg Curls	3	20	60 sec
3	Calf Press On The Leg Press Machine	3	20	60 sec
4	Barbell Curl	3	20	60 sec
5	Alternate Incline Dumbbell Curl	3	20	60 sec
6	Cross Body Hammer Curl	3	20	60 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 40 min

Front Barbell Squat
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Leg Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dips - Triceps Version
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cable Rope Overhead Triceps Extension
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Bench Dips
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

Hanging Leg Raise
2×15 Rest: 90 sec to failure

715 scores

Workout #2 43 min

Pullups
4×15 Rest: 90 sec to failure

Bent Over One-Arm Long Bar Row
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Seated Cable Rows
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Lying Rear Lateral Raise
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

One-Arm Side Laterals
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Reverse Machine Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

974 scores

Workout #3 34 min

Barbell Incline Bench Press Medium-Grip
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Bench Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Smith Machine Overhead Shoulder Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Decline Reverse Crunch
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

700 scores

Workout #4 40 min

Sumo Deadlift
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Lying Leg Curls
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Calf Press On The Leg Press Machine
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Barbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Alternate Incline Dumbbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cross Body Hammer Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

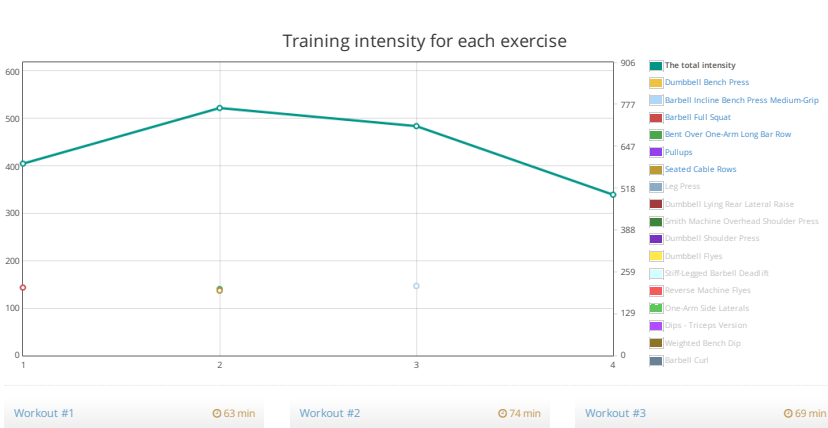
664 scores

7 «Неделя быстрых мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	3	6 (+max)	180 sec
2	Leg Press	3	6 (+max)	180 sec
3	Dips - Triceps Version	3	6 (+max)	180 sec
4	Cable Rope Overhead Triceps Extension	3	6 (+max)	180 sec
5	Weighted Bench Dip	2	15	90 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	3	6 (+max)	180 sec
2	Bent Over One-Arm Long Bar Row	3	6 (+max)	180 sec
3	Seated Cable Rows	3	6 (+max)	180 sec
4	Dumbbell Lying Rear Lateral Raise	3	6 (+max)	180 sec
5	One-Arm Side Laterals	3	6 (+max)	180 sec
6	Reverse Machine Flyes	3	6 (+max)	180 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	6 (+max)	180 sec
2	Dumbbell Bench Press	3	6 (+max)	180 sec
3	Dumbbell Flyes	3	6 (+max)	180 sec
4	Smith Machine Overhead Shoulder Press	3	6 (+max)	180 sec
5	Dumbbell Shoulder Press	3	6 (+max)	180 sec
6	Decline Reverse Crunch	2	Max	90 sec
	6 day (rest)			
	7 day			
1	Stiff-Legged Barbell Deadlift	3	6 (+max)	180 sec
2	Lying Leg Curls	3	6 (+max)	180 sec
3	Calf Press On The Leg Press Machine	3	6 (+max)	180 sec
4	Barbell Curl	3	6 (+max)	180 sec
5	Alternate Incline Dumbbell Curl	3	6 (+max)	180 sec
6	Cross Body Hammer Curl	3	6 (+max)	180 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 63 min

Barbell Full Squat
3×6 Rest: 180 sec heavy

Leg Press
3×6 Rest: 180 sec heavy

Dips - Triceps Version
3×6 Rest: 180 sec heavy

Cable Rope Overhead Triceps Extension
3×6 Rest: 180 sec heavy

Weighted Bench Dip
2×15 Rest: 90 sec to failure

Hanging Leg Raise
2×15 Rest: 90 sec to failure

593 scores

Workout #2 74 min

Pullups
3×6 Rest: 180 sec heavy

Bent Over One-Arm Long Bar Row
3×6 Rest: 180 sec heavy

Seated Cable Rows
3×6 Rest: 180 sec heavy

Dumbbell Lying Rear Lateral Raise
3×6 Rest: 180 sec heavy

One-Arm Side Laterals
3×6 Rest: 180 sec heavy

Reverse Machine Flyes
3×6 Rest: 180 sec heavy

764 scores

Workout #3 69 min

Barbell Incline Bench Press Medium-Grip
3×6 Rest: 180 sec heavy

Dumbbell Bench Press
3×6 Rest: 180 sec heavy

Dumbbell Flyes
3×6 Rest: 180 sec heavy

Smith Machine Overhead Shoulder Press
3×6 Rest: 180 sec heavy

Dumbbell Shoulder Press
3×6 Rest: 180 sec heavy

Decline Reverse Crunch
2×15 max Rest: 90 sec to failure

708 scores

Workout #4 74 min

Stiff-Legged Barbell Deadlift
3×6 Rest: 180 sec heavy

Lying Leg Curls
3×6 Rest: 180 sec heavy

Calf Press On The Leg Press Machine
3×6 Rest: 180 sec heavy

Barbell Curl
3×6 Rest: 180 sec heavy

Alternate Incline Dumbbell Curl
3×6 Rest: 180 sec heavy

Cross Body Hammer Curl
3×6 Rest: 180 sec heavy

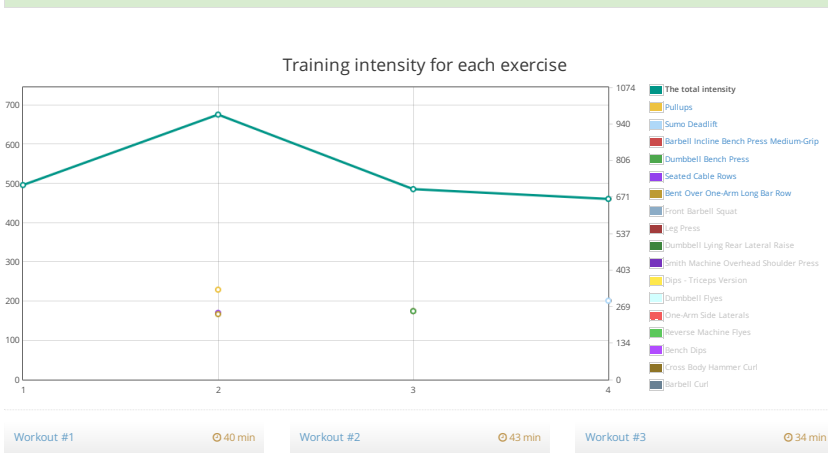
497 scores

8 «Неделя медленных мышечных волокон»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Front Barbell Squat	3	20	60 sec
2	Leg Press	3	20	60 sec
3	Dips - Triceps Version	3	20	60 sec
4	Cable Rope Overhead Triceps Extension	3	20	60 sec
5	Bench Dips	3	20	60 sec
6	Hanging Leg Raise	2	15	90 sec
	2 day (rest)			
	3 day			
1	Pullups	4	15	90 sec
2	Bent Over One-Arm Long Bar Row	3	20	60 sec
3	Seated Cable Rows	3	20	60 sec
4	Dumbbell Lying Rear Lateral Raise	3	20	60 sec
5	One-Arm Side Laterals	3	20	60 sec
6	Reverse Machine Flyes	3	20	60 sec
	4 day (rest)			
	5 day			
1	Barbell Incline Bench Press Medium-Grip	3	20	60 sec
2	Dumbbell Bench Press	3	20	60 sec
3	Dumbbell Flyes	3	20	60 sec
4	Smith Machine Overhead Shoulder Press	3	20	60 sec
5	Decline Reverse Crunch	3	20	60 sec
	6 day (rest)			
	7 day			
1	Sumo Deadlift	3	20	60 sec
2	Lying Leg Curls	3	20	60 sec
3	Calf Press On The Leg Press Machine	3	20	60 sec
4	Barbell Curl	3	20	60 sec
5	Alternate Incline Dumbbell Curl	3	20	60 sec
6	Cross Body Hammer Curl	3	20	60 sec
	8 day (rest)			

Training intensity for each exercise



Workout #1 40 min

Front Barbell Squat
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Leg Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dips - Triceps Version
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cable Rope Overhead Triceps Extension
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Bench Dips
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

Hanging Leg Raise
2×15 Rest: 90 sec to failure

715 scores

Workout #2 43 min

Pullups
4×15 Rest: 90 sec to failure

Bent Over One-Arm Long Bar Row
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Seated Cable Rows
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Lying Rear Lateral Raise
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

One-Arm Side Laterals
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Reverse Machine Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

974 scores

Workout #3 34 min

Barbell Incline Bench Press Medium-Grip
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Bench Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Dumbbell Flyes
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Smith Machine Overhead Shoulder Press
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Decline Reverse Crunch
3×20 Tempo: 1/0/1/0 Rest: 60 sec heavy

700 scores

Workout #4 40 min

Sumo Deadlift
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Lying Leg Curls
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Calf Press On The Leg Press Machine
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Barbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

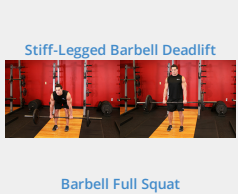
Alternate Incline Dumbbell Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

Cross Body Hammer Curl
3×20 Tempo: 1/0/1/0 Rest: 60 sec very hard

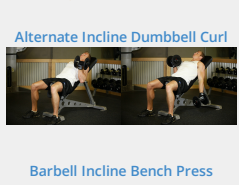
664 scores

Directory of the exercises

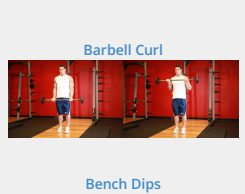
Stiff-Legged Barbell Deadlift



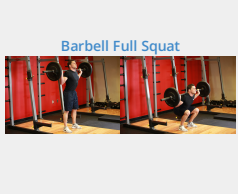
Alternate Incline Dumbbell Curl



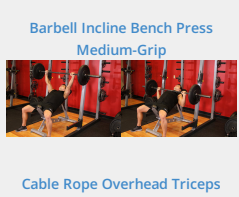
Barbell Curl



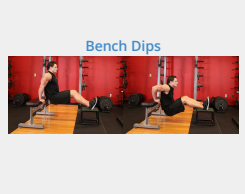
Barbell Full Squat



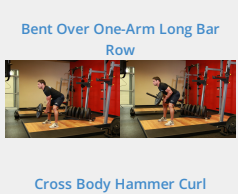
Barbell Incline Bench Press Medium-Grip



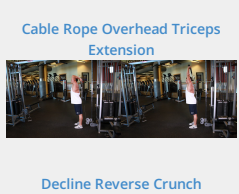
Bench Dips



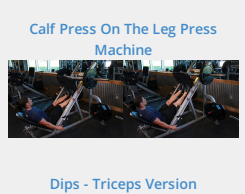
Bent Over One-Arm Long Bar Row



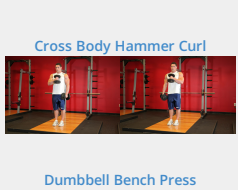
Cable Rope Overhead Triceps Extension



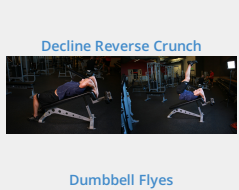
Calf Press On The Leg Press Machine



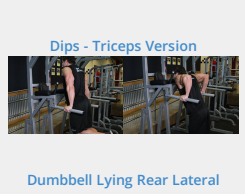
Cross Body Hammer Curl



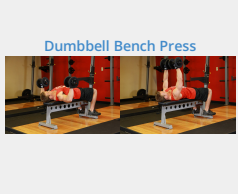
Decline Reverse Crunch



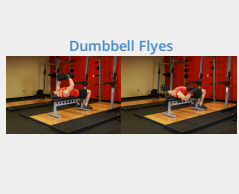
Dips - Triceps Version



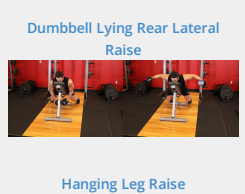
Dumbbell Bench Press



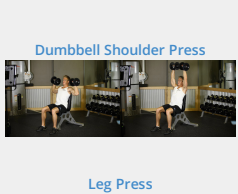
Dumbbell Flyes



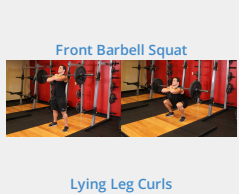
Dumbbell Lying Rear Lateral Raise



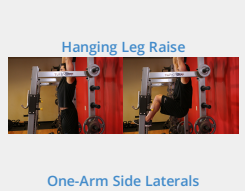
Dumbbell Shoulder Press



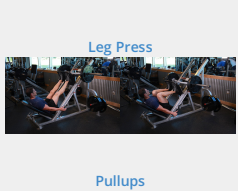
Front Barbell Squat



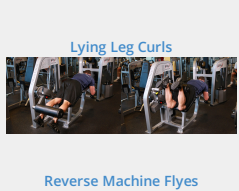
Hanging Leg Raise



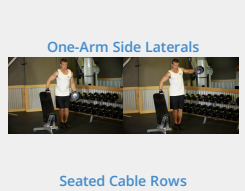
Leg Press



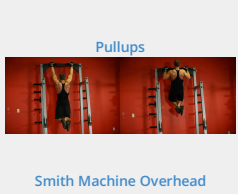
Lying Leg Curls



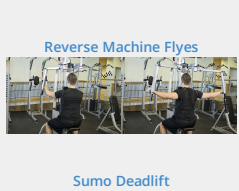
One-Arm Side Laterals



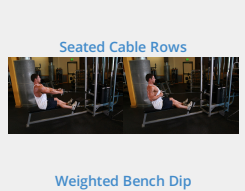
Pullups



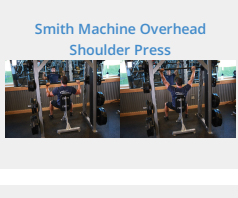
Reverse Machine Flyes



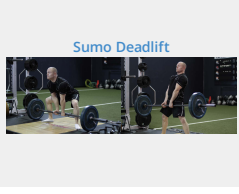
Seated Cable Rows



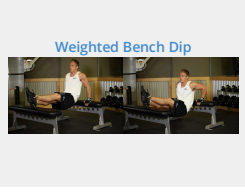
Smith Machine Overhead Shoulder Press



Sumo Deadlift



Weighted Bench Dip



General recommendations on training with AtletIQ

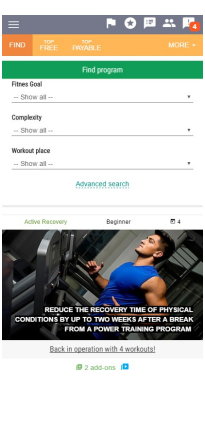
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

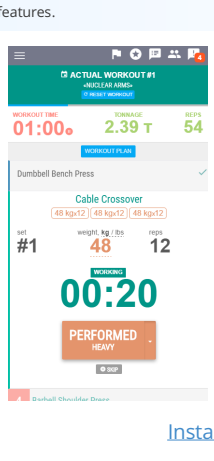
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

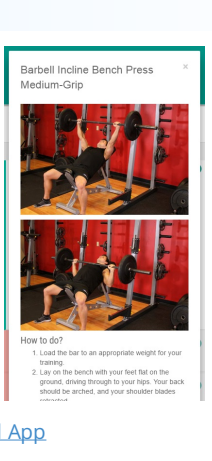
How to use mobile assistant?

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

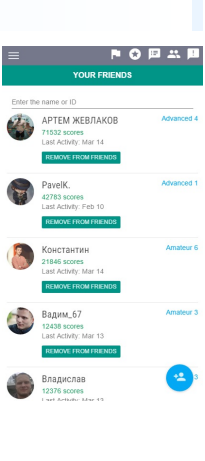
Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.


FIND
MORE
Find program
Fitness Goal
-- Show all --
Complexity
-- Show all --
Workout place
-- Show all --
Advanced search
Active Recovery
Beginner
REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM
Back in operation with 4 workouts!





1. Load the bar to an appropriate weight for your training.
2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades



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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