

12 intensive back exercises and deltas - 6 steps to weight and strength records.

Intermediate **23** days **12** workouts **~41** minutes

It's time to adjust the genetic "deficiencies" and form a powerful back and impressive shoulders. Ask the advice of users of the training complex for the shoulders and back from Atletiq. Massive, broader, stronger - that's their motto and work result.

<https://atletiq.com/en/programma/plechl-i-spina-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

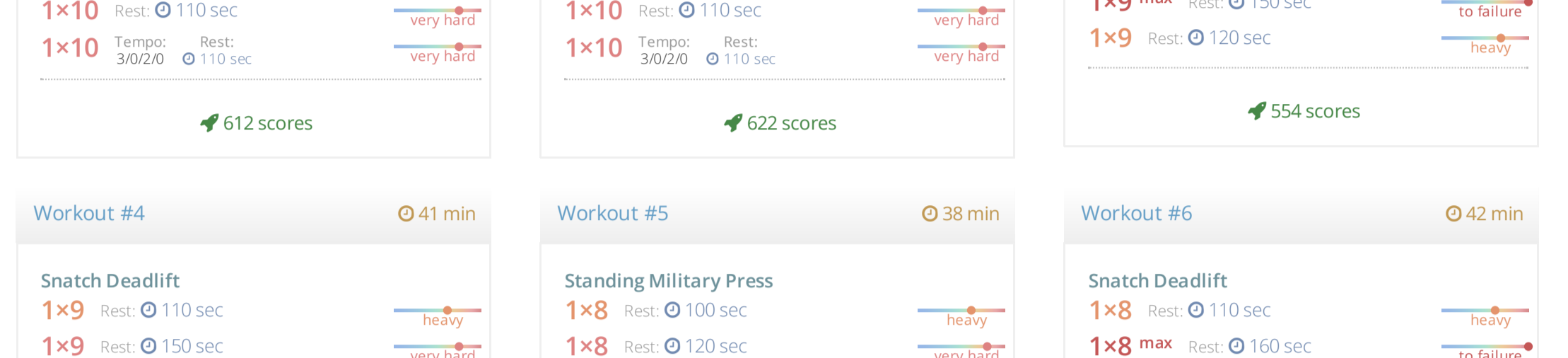
1 «1 МЕСЯЦ» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Standing Military Press	3	5-10 (+max)	100-160 sec
2	Barbell Rear Delt Row	3	5-10 (+max)	100-160 sec
3	Machine Shoulder (Military) Press	3	5-10 (+max)	100-160 sec
4	Upright Barbell Row	3	5-10 (+max)	100-160 sec
2 day (rest)				
3 day				
1	Snatch Deadlift	3	5-10 (+max)	110-180 sec
2	Seated Cable Rows	3	5-10 (+max)	110-180 sec
3	Power Partial	3	5-10 (+max)	110-180 sec
4	Close-Grip Front Lat Pulldown	3	5-10 (+max)	110-180 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.

Workout #1 38 min

Standing Military Press
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

Barbell Rear Delt Row
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

Machine Shoulder (Military) Press
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

Upright Barbell Row
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

612 scores

Workout #2 38 min

Snatch Deadlift
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

Seated Cable Rows
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

Power Partial
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

Close-Grip Front Lat Pulldown
1x10 Rest: 110 sec
1x10 Rest: 110 sec
Tempo: 3:02:00 Rest: 110 sec

622 scores

Workout #3 41 min

Standing Military Press
1x9 Rest: 110 sec
1x9 max Rest: 150 sec
1x9 Rest: 120 sec

Barbell Rear Delt Row
1x9 Rest: 110 sec
1x9 max Rest: 150 sec
1x9 Rest: 120 sec

Machine Shoulder (Military) Press
1x9 Rest: 110 sec
1x9 max Rest: 150 sec
1x9 Rest: 120 sec

Upright Barbell Row
1x9 Rest: 110 sec
1x9 max Rest: 150 sec
1x9 Rest: 120 sec

554 scores

Workout #4 41 min

Snatch Deadlift
1x9 Rest: 110 sec
1x9 Rest: 150 sec
Tempo: 3:02:00 Rest: 110 sec

Seated Cable Rows
1x9 Rest: 110 sec
1x9 Rest: 150 sec
Tempo: 3:02:00 Rest: 110 sec

Power Partial
1x9 Rest: 150 sec
1x9 Rest: 150 sec
Tempo: 3:02:00 Rest: 110 sec

Close-Grip Front Lat Pulldown
1x9 Rest: 110 sec
1x9 Rest: 150 sec
Tempo: 3:02:00 Rest: 110 sec

633 scores

Workout #5 38 min

Standing Military Press
1x8 Rest: 100 sec
1x8 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Barbell Rear Delt Row
1x8 Rest: 100 sec
1x8 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Machine Shoulder (Military) Press
1x8 Rest: 100 sec
1x8 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Upright Barbell Row
1x8 Rest: 100 sec
1x8 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

700 scores

Workout #6 42 min

Snatch Deadlift
1x8 Rest: 110 sec
1x8 max Rest: 160 sec
1x8 Rest: 120 sec

Seated Cable Rows
1x8 Rest: 110 sec
1x8 max Rest: 160 sec
1x8 Rest: 120 sec

Power Partial
1x8 Rest: 110 sec
1x8 max Rest: 160 sec
1x8 Rest: 120 sec

Close-Grip Front Lat Pulldown
1x8 Rest: 110 sec
1x8 max Rest: 160 sec
1x8 Rest: 120 sec

598 scores

Workout #7 39 min

Standing Military Press
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Barbell Rear Delt Row
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Machine Shoulder (Military) Press
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Upright Barbell Row
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

686 scores

Workout #8 39 min

Snatch Deadlift
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Seated Cable Rows
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Power Partial
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

Close-Grip Front Lat Pulldown
1x7 Rest: 110 sec
1x7 Rest: 120 sec
Tempo: 3:02:00 Rest: 110 sec

698 scores

Workout #9 42 min

Standing Military Press
1x6 Rest: 120 sec
1x6 max Rest: 160 sec
1x6 Rest: 120 sec

Barbell Rear Delt Row
1x6 Rest: 120 sec
1x6 max Rest: 160 sec
1x6 Rest: 120 sec

Machine Shoulder (Military) Press
1x6 Rest: 120 sec
1x6 max Rest: 160 sec
1x6 Rest: 120 sec

Upright Barbell Row
1x6 Rest: 120 sec
1x6 max Rest: 160 sec
1x6 Rest: 120 sec

581 scores

Workout #10 42 min

Snatch Deadlift
1x6 Rest: 120 sec
1x6 Rest: 140 sec

Seated Cable Rows
1x6 Rest: 120 sec
1x6 Rest: 140 sec

Power Partial
1x6 Rest: 120 sec
1x6 Rest: 140 sec

Close-Grip Front Lat Pulldown
1x6 Rest: 120 sec
1x6 Rest: 140 sec

566 scores

Workout #11 43 min

Standing Military Press
1x5 Rest: 140 sec
1x5 Rest: 140 sec

Barbell Rear Delt Row
1x5 Rest: 140 sec
1x5 Rest: 140 sec

Machine Shoulder (Military) Press
1x5 Rest: 140 sec
1x5 Rest: 140 sec

Upright Barbell Row
1x5 Rest: 140 sec
1x5 Rest: 140 sec

505 scores

Workout #12 46 min

Snatch Deadlift
1x5 Rest: 140 sec
1x5 max Rest: 180 sec
1x5 Rest: 140 sec

Seated Cable Rows
1x5 Rest: 140 sec
1x5 max Rest: 180 sec
1x5 Rest: 140 sec

Power Partial
1x5 Rest: 140 sec
1x5 max Rest: 180 sec
1x5 Rest: 140 sec

Close-Grip Front Lat Pulldown
1x5 Rest: 140 sec
1x5 max Rest: 180 sec
1x5 Rest: 140 sec

582 scores

Directory of the exercises



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

[Affiliate program for coaches](#)
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