




Two-week hybrid training - a powerful and rapid breakthrough to the mass

 Intermediate

15 days

8 workouts

~63 minutes

Mass, strength or muscle relief? From now on you will not face the complexities of choice. Here it is a universal hybrid training program with which you can work on training goals simultaneously.

<https://atletiq.com/en/programms/511>



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: 15	Amount of training days: 8	Rest days: 7
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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	4	3-14	60-120 sec
2	Seated Cable Rows	4	3-14	60-120 sec
3	Wide-Grip Pulldown Behind The Neck	4	3-14	60-120 sec
4	Alternate Incline Dumbbell Curl	4	6-10	60-120 sec
5	Tricep Dumbbell Kickback	4	4-10	60-120 sec
6	Preacher Curl	4	3-10	60-120 sec
7	Triceps Pushdown	4	3-14	60-120 sec
2 day (rest)				
3 day				
1	Barbell Bench Press - Medium Grip	4	3-14	60-120 sec
2	Incline Dumbbell Flyes	4	3-14	60-120 sec
3	Snatch Deadlift	4	3-12	60-120 sec
4	Upright Barbell Row	4	3-14	60-120 sec
5	Standing Military Press	4	3-14	60-120 sec
6	Seated Side Lateral Raise	4	3-14	60-120 sec
4 day (rest)				

Training intensity for each exercise

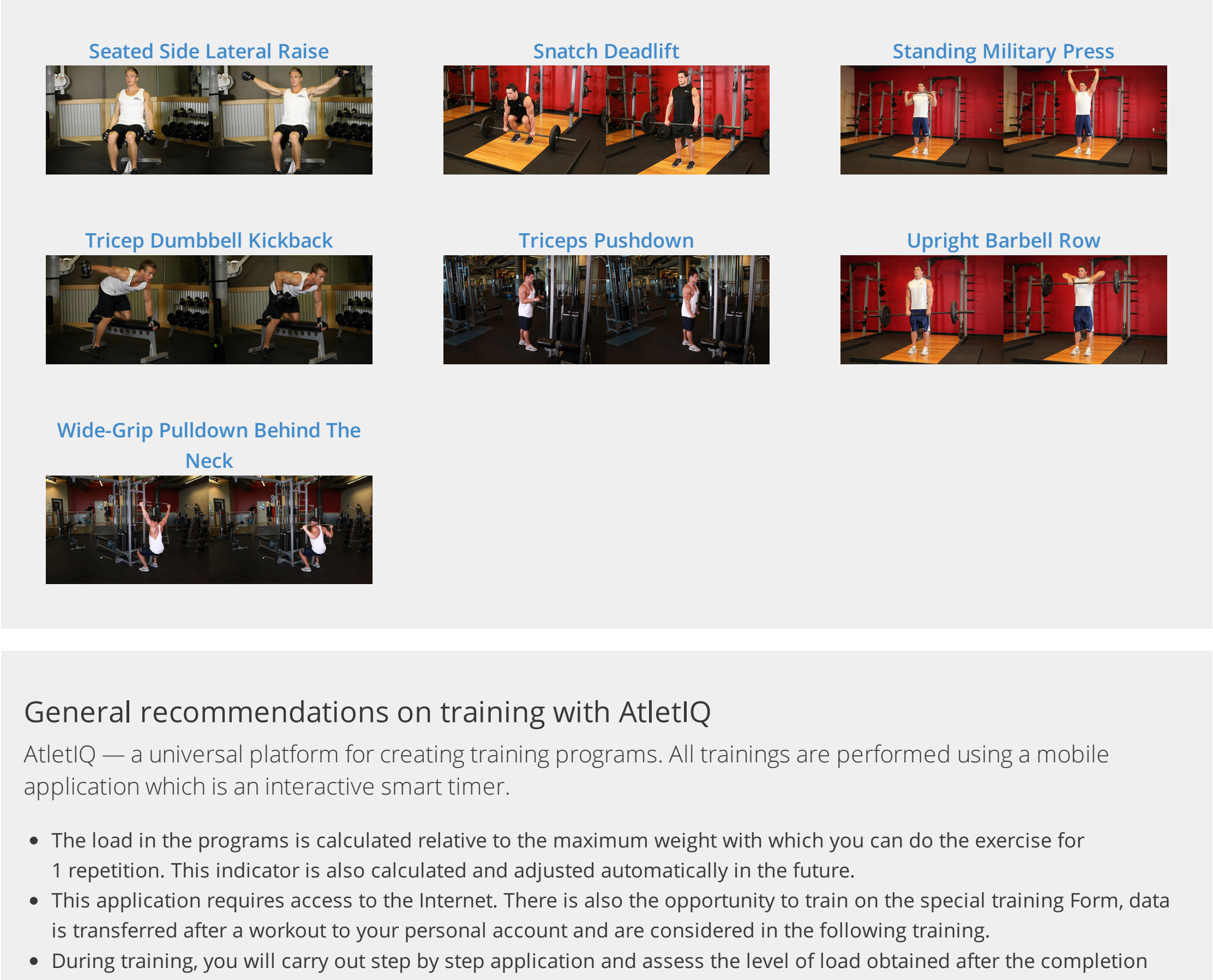
This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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 67 min	Workout #2 58 min	Workout #3 67 min
Barbell Full Squat 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Barbell Bench Press - Medium Grip 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Barbell Full Squat 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec
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Wide-Grip Pulldown Behind The Neck 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Snatch Deadlift 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x12 Rest: 80 sec	Wide-Grip Pulldown Behind The Neck 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec
Alternate Incline Dumbbell Curl 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x10 Rest: 80 sec	Upright Barbell Row 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Alternate Incline Dumbbell Curl 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x10 Rest: 80 sec
Tricep Dumbbell Kickback 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x4 Rest: 120 sec 1x10 Rest: 80 sec	Standing Military Press 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Tricep Dumbbell Kickback 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x4 Rest: 120 sec 1x10 Rest: 80 sec
Preacher Curl 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x10 Rest: 80 sec	Seated Side Lateral Raise 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Preacher Curl 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x10 Rest: 80 sec
Triceps Pushdown 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Triceps Pushdown 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Triceps Pushdown 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec
832 scores	986 scores	934 scores
Workout #4 58 min	Workout #5 67 min	Workout #6 58 min
Barbell Bench Press - Medium Grip 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Barbell Full Squat 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Barbell Bench Press - Medium Grip 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec
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1109 scores	882 scores	1047 scores
Workout #7 67 min	Workout #8 58 min	
Barbell Full Squat 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Barbell Bench Press - Medium Grip 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	
Seated Cable Rows 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Incline Dumbbell Flyes 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	
Wide-Grip Pulldown Behind The Neck 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	Snatch Deadlift 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x12 Rest: 80 sec	
Alternate Incline Dumbbell Curl 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x10 Rest: 80 sec	Upright Barbell Row 1x8 Rest: 60 sec 1x6 Tempo: 30/20 Rest: 80 sec 1x3 Rest: 120 sec 1x14 Rest: 80 sec	
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1066 scores	1275 scores	

Directory of the exercises

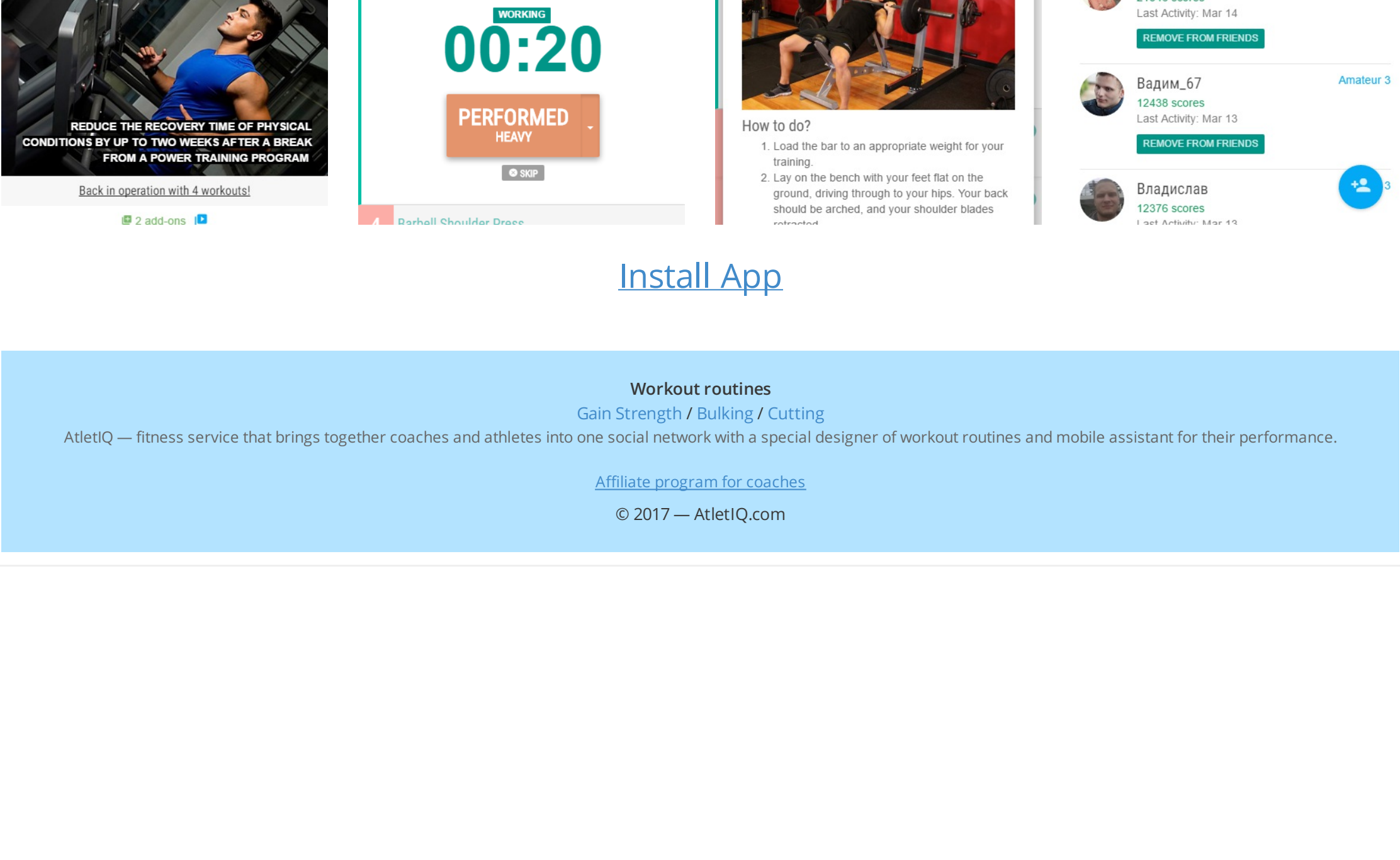


- ### General recommendations on training with AtletIQ
- AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.
- The load in the programs is calculated relative to the maximum weight with which you can 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
 - Previously 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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