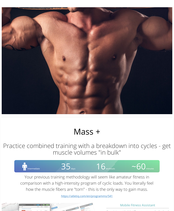


Mass +

Practice combined training with a breakdown into cycles - get muscle volumes "in bulk"

35 weeks | 16 workouts | ~60 min

Your previous training methodology will seem like amateur fitness in comparison with a high-intensity program of cyclic loads. You literally feel how the muscle fibers are "born" - this is the only way to gain mass.

https://athlete.mirror.org/plan/6343347

Mobile Fitness Assistant

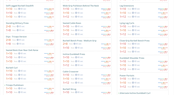
Exercising with AthleticQ you get exactly the load you need to achieve your goal. Forget about the wasted time performing it anyhow. In training you will spend only as much force as necessary to reach the goals set by coach.

Install App: AthleticQ Fitness Coach iPhone/Android: https://athleticq.com/app

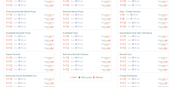
The content of the program

«Crossbeak»

Training intensity for each exercise



#	Exercise (superset)	Sets	Reps	30 Rest between sets
	5 day			
1	Crotch Deadlift	3-4	8-10	00:75-120 sec
2	Wide-Grip Pullover Behind The Neck	3-4	10-12	00:60-90 sec
3	Seated Calves Raise	3-4	12-15	00:60-90 sec
4	Barbell Bench Press - Medium Grip	3-4	8-10	00:75-120 sec
5	Incline Dumbbell Press	3-4	10-12	00:60-90 sec
6	Cable Crossover	3-4	10-12	00:60-90 sec
7	Barbell Shrug	3-4	10-12	00:60-90 sec
	2 day (rest)			
	3 day			
1	Overhead Full Squat	3-4	8-10	00:75-120 sec
2	Leg Extensions	3-4	10-12	00:60-90 sec
3	Lying Leg Curls	3-4	10-12	00:60-90 sec
4	Close-Grip Barbell Bench Press	3-4	10-12	00:60-90 sec
5	Dumbbell Shrugs	3-4	10-12	00:60-90 sec
6	Power Partials	3-4	10-12	00:60-90 sec
7	Alternate Hammer Dumbbell Curl x2	3-4	10-12	00:60-90 sec
8	Lower Calfe Triceps Extension x2	3-4	10-12	00:60-90 sec
	4 day (rest)			
	5 day (rest)			
	6 day			
1	Barbell Rear Delt Row	3-4	8-10	00:75-120 sec
2	Close-Grip Barbell Press	3-4	10-12	00:60-90 sec
3	Barbell Incline Bench Press Medium-Grip	3-4	8-10	00:75-120 sec
4	Hammer Bench Press	3-4	10-12	00:60-90 sec
5	Dumbbell Flyes	3-4	10-12	00:60-90 sec
6	Barbell Curl	3-4	10-12	00:60-90 sec
7	Triceps Pushdown x2	3-4	10-12	00:60-90 sec
8	Alternate Hammer Curl x2	3-4	10-12	00:60-90 sec
	6 day (rest)			
	7d day (rest)			



«Hygiene Training»

Training intensity for each exercise

#	Exercise (superset)	Sets	Reps	30 Rest between sets
	5 day			
1	Crotch Deadlift	2	When	00 sec
2	Wide-Grip Pullover Behind The Neck	2	When	00 sec
3	Seated Calves Raise	2	When	00 sec
4	Barbell Bench Press - Medium Grip	2	When	00 sec
5	Incline Dumbbell Press	2	When	00 sec
6	Cable Crossover	2	When	00 sec
7	Barbell Shrug	2	When	00 sec
	2 day (rest)			
	3 day			
1	Overhead Full Squat	2	When	00 sec
2	Leg Extensions	2	When	00 sec
3	Lying Leg Curls	2	When	00 sec
4	Close-Grip Barbell Bench Press	2	When	00 sec
5	Dumbbell Shrugs	2	When	00 sec
6	Power Partials	2	When	00 sec
7	Alternate Hammer Dumbbell Curl x2	2	When	00 sec
8	Lower Calfe Triceps Extension x2	2	When	00 sec
	4 day (rest)			
	5 day			
1	Barbell Rear Delt Row	2	When	00 sec
2	Close-Grip Barbell Press	2	When	00 sec
3	Barbell Incline Bench Press Medium-Grip	2	When	00 sec
4	Hammer Bench Press	2	When	00 sec
5	Dumbbell Flyes	2	When	00 sec
6	Barbell Curl	2	When	00 sec
	6 day (rest)			
1	Lying Press	2	When	00 sec
2	Stiff-Legged Barbell Deadlift	2	When	00 sec
3	Standing Military Press	2	When	00 sec
4	Upo - Triceps Version	2	When	00 sec
5	Seated Bent Over Rear Delt Raise	2	When	00 sec
6	Barbell Curl	2	When	00 sec
7	Triceps Pushdown x2	2	When	00 sec
8	Alternate Hammer Curl x2	2	When	00 sec
	7d day (rest)			

Directory of the exercises

General recommendations on training with AthleticQ

AthleticQ – is universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart fitness

- The load in the program is calculated relative to the maximum weight with which you can do the exercise for the specified number of repetitions. Forget about the wasted time on "trial and error".
- The application requires access to the Internet. There is also the opportunity to turn on the special training form, also available in the mobile application, which will allow you to perform exercises without Internet access.
- During training you will only use a tap by the application and assess the level of load obtained after the completion of each set.
- The program itself will compare your score with the planned load and adjust the level of your performance in the next set (lower so that you don't wear excess a predetermined level of load according to the program).
- At training days, on which week is scheduled a failure, take care of the presence of "helper".
- The load is increasing after a long rest period, you can even rest for an hour and continue to perform the duration of the load.
- This is not be weights as close to the calculated exceeding the capabilities of your gym.
- Do not forget about contraindications to the use of the exercise, if they are specified. Otherwise, the load level will not match the the physical.

How to use mobile assistant

Universal program designer AthleticQ allows to keep workouts in an optimal form and make use of the load to reach goals.

Install App

Mobile Fitness Assistant
Iron Strength Training
Athletic Training Program
Athletic Training Program
Athletic Training Program