

Time for muscles to grow with a two-week "total" training according to the scheme "10 approaches 10 times"

Intermediate

11 days

6 workouts

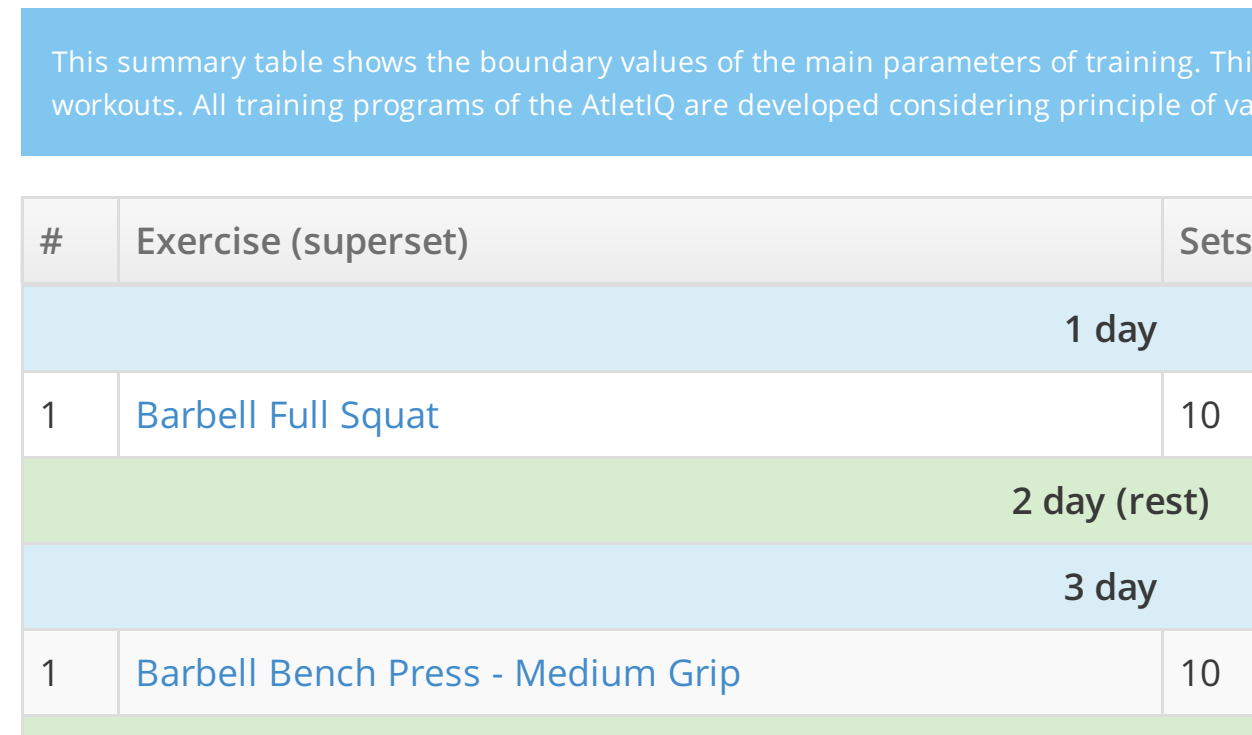
~31 minutes

Athletes are in constant search for new training schemes and brilliant success formulas that would help them break through the genetic barriers. But the problem is that such a formula does not exist! Even the simplest, like a brick, technique can work, if it is radically different from that to which your muscles are accustomed. Try to "confuse" them with a unique voluminous training: just one exercise per 100 basic repetitions.

<https://atletiq.com/en/programms/550>

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 the program

1 «2 недели, 6 тренировок» Duration in days: 11 Amount of training days: 6 Rest days: 5

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
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1 day

1	Barbell Full Squat	10	Max	160 sec
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2 day (rest)

3 day

1	Barbell Bench Press - Medium Grip	10	Max	160 sec
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4 day (rest)

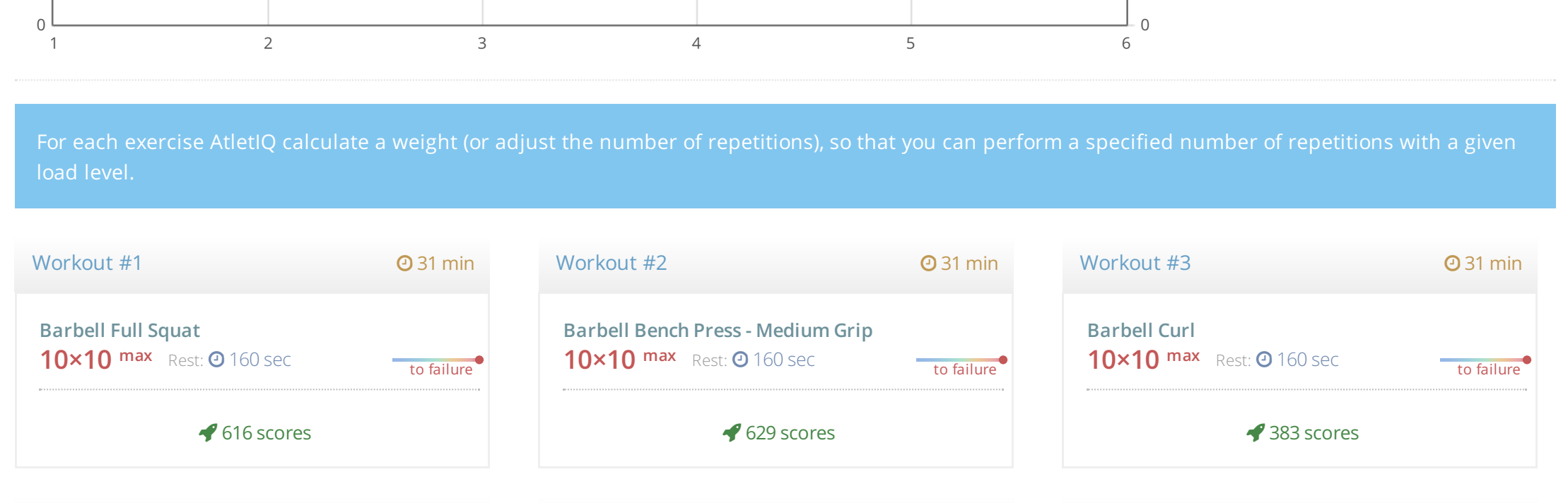
5 day

1	Barbell Curl	10	Max	160 sec
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6 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.

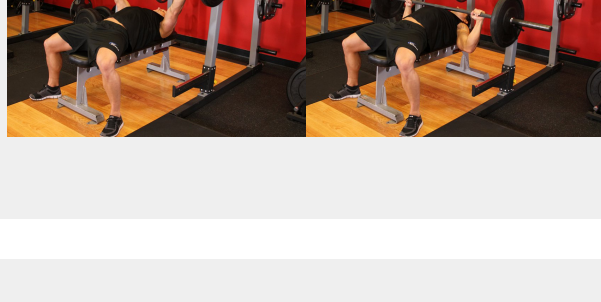


For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

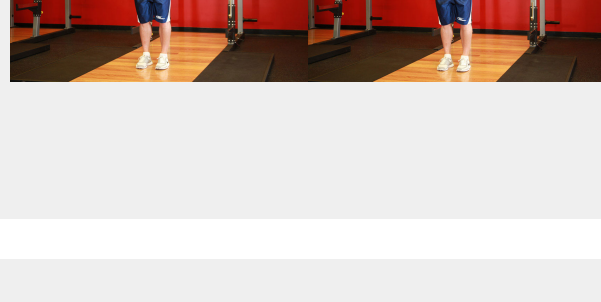
Workout #1 31 min Barbell Full Squat 10x10 max Rest: 160 sec 616 scores	Workout #2 31 min Barbell Bench Press - Medium Grip 10x10 max Rest: 160 sec 629 scores	Workout #3 31 min Barbell Curl 10x10 max Rest: 160 sec 383 scores
Workout #4 31 min Barbell Full Squat 10x10 max Rest: 160 sec 616 scores	Workout #5 31 min Barbell Bench Press - Medium Grip 10x10 max Rest: 160 sec 629 scores	Workout #6 31 min Barbell Curl 10x10 max Rest: 160 sec 383 scores

Directory of the exercises

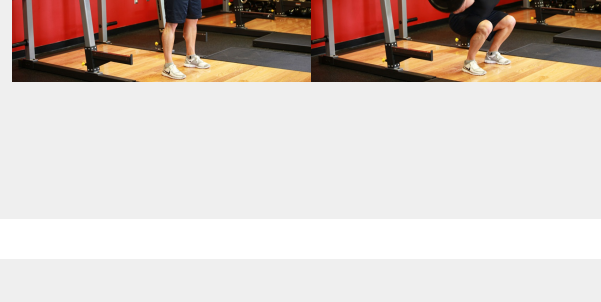
Barbell Bench Press - Medium Grip



Barbell Curl



Barbell Full Squat



General recommendations on training with AtletIQ

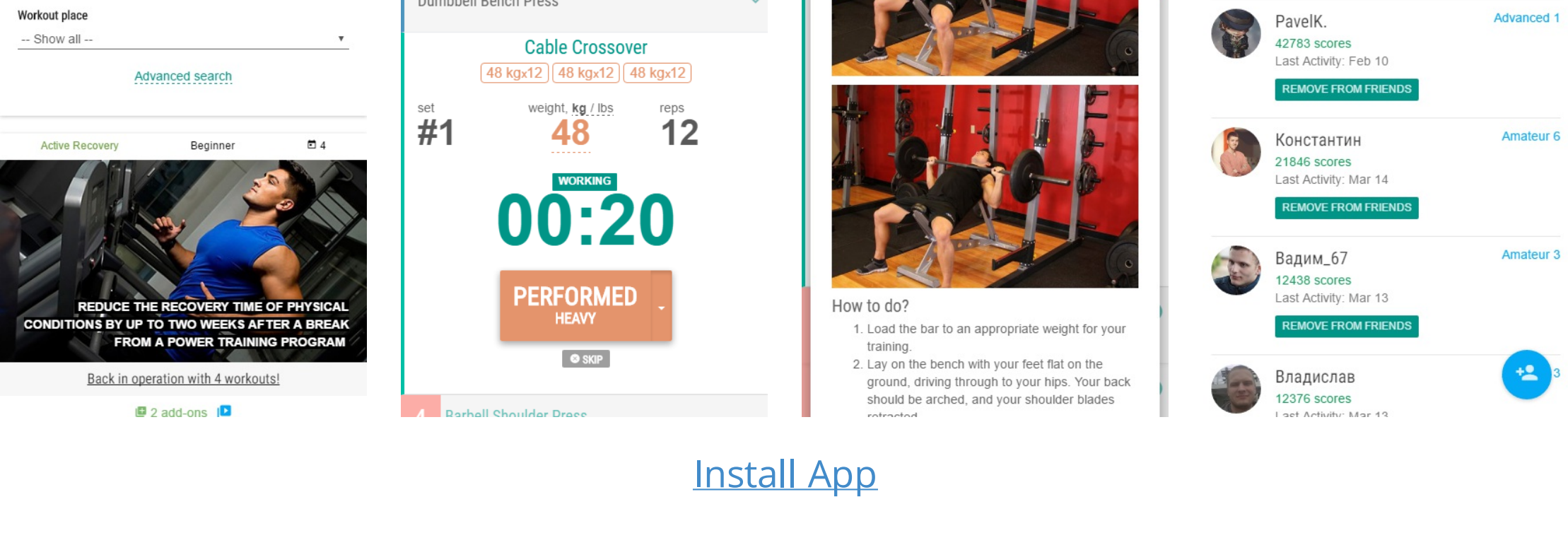
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the training 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.



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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