

Step into the sport together with AtletIQ - pass the first power exam for 1 month

Beginner **39** days **12** workouts **~44** minutes

Debutant! Do you know that our sport is many-sided and all-powerful? With whatever goals you have addressed to him, they will be achieved. You just need to stick to the chosen strategy and you have it - a well thought-out FULLBODY-complex for 1 month of training will prepare you for real power test

<https://atletiq.com/en/programma/fulbodi-dlya-novichkov-m-zh.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

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Full Squat	3	6-10	80-140 sec
2	Barbell Bench Press - Medium Grip	3	6-10	80-140 sec
3	Bent Over Barbell Row	3	6-10	80-140 sec
4	Stiff-Legged Barbell Deadlift	3	10-15	90-140 sec
5	Crunches	3	15-25 (+max)	80-120 sec
2 day (rest)				
3 day (rest)				
4 day				
1	Snatch Deadlift	3	6-10	80-140 sec
2	Smith Machine Overhead Shoulder Press	3	6-10	80-140 sec
3	Close-Grip Barbell Bench Press	3	6-10	80-140 sec
4	Barbell Curl	3	6-10	80-140 sec
5	Seated Calf Raise	3	15-25 (+max)	80-120 sec
5 day (rest)				
6 day (rest)				
7 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

- Barbell Full Squat 3x6 Rest: 80 sec moderate
- Barbell Bench Press - Medium Grip 3x6 Rest: 80 sec moderate
- Bent Over Barbell Row 3x6 Rest: 80 sec moderate
- Stiff-Legged Barbell Deadlift 3x10 Rest: 90 sec moderate
- Crunches 3x15 Rest: 80 sec heavy

464 scores

Workout #2 37 min

- Snatch Deadlift 3x6 Rest: 80 sec moderate
- Smith Machine Overhead Shoulder Press 3x6 Rest: 80 sec moderate
- Close-Grip Barbell Bench Press 3x6 Rest: 80 sec moderate
- Barbell Curl 3x6 Rest: 80 sec moderate
- Seated Calf Raise 3x15 Rest: 80 sec heavy

417 scores

Workout #3 48 min

- Barbell Full Squat 3x8 Rest: 120 sec heavy
- Barbell Bench Press - Medium Grip 3x8 Rest: 120 sec heavy
- Bent Over Barbell Row 3x6 Rest: 120 sec heavy
- Stiff-Legged Barbell Deadlift 3x14 Rest: 120 sec heavy
- Crunches 3x20 max Rest: 120 sec to failure

534 scores

Workout #4 48 min

- Snatch Deadlift 3x8 Rest: 120 sec heavy
- Smith Machine Overhead Shoulder Press 3x8 Rest: 120 sec heavy
- Close-Grip Barbell Bench Press 3x8 Rest: 120 sec heavy
- Barbell Curl 3x8 Rest: 120 sec heavy
- Seated Calf Raise 3x20 max Rest: 120 sec to failure

472 scores

Workout #5 41 min

- Barbell Full Squat 3x6 Rest: 90 sec heavy
- Barbell Bench Press - Medium Grip 3x6 Rest: 90 sec heavy
- Bent Over Barbell Row 3x6 Rest: 90 sec heavy
- Stiff-Legged Barbell Deadlift 3x12 Rest: 100 sec heavy
- Crunches 3x18 Rest: 90 sec heavy

509 scores

Workout #6 40 min

- Snatch Deadlift 3x6 Rest: 90 sec heavy
- Smith Machine Overhead Shoulder Press 3x6 Rest: 90 sec heavy
- Close-Grip Barbell Bench Press 3x6 Rest: 90 sec heavy
- Barbell Curl 3x6 Rest: 90 sec heavy
- Seated Calf Raise 3x18 Rest: 90 sec heavy

459 scores

Workout #7 52 min

- Barbell Full Squat 3x10 Rest: 140 sec heavy
- Barbell Bench Press - Medium Grip 3x10 Rest: 140 sec heavy
- Bent Over Barbell Row 3x10 Rest: 140 sec heavy
- Stiff-Legged Barbell Deadlift 3x15 Rest: 140 sec heavy
- Crunches 3x25 max Rest: 120 sec to failure

550 scores

Workout #8 52 min

- Snatch Deadlift 3x10 Rest: 140 sec heavy
- Smith Machine Overhead Shoulder Press 3x10 Rest: 140 sec heavy
- Close-Grip Barbell Bench Press 3x10 Rest: 140 sec heavy
- Barbell Curl 3x10 Rest: 140 sec heavy
- Seated Calf Raise 3x25 max Rest: 120 sec to failure

483 scores

Workout #9 38 min

- Barbell Full Squat 3x6 Rest: 80 sec moderate
- Barbell Bench Press - Medium Grip 3x6 Rest: 80 sec moderate
- Bent Over Barbell Row 3x6 Rest: 80 sec moderate
- Stiff-Legged Barbell Deadlift 3x10 Rest: 90 sec moderate
- Crunches 3x15 Rest: 80 sec heavy

464 scores

Workout #10 37 min

- Snatch Deadlift 3x6 Rest: 80 sec moderate
- Smith Machine Overhead Shoulder Press 3x6 Rest: 80 sec moderate
- Close-Grip Barbell Bench Press 3x6 Rest: 80 sec moderate
- Barbell Curl 3x6 Rest: 80 sec moderate
- Seated Calf Raise 3x15 Rest: 80 sec heavy

417 scores

Workout #11 48 min

- Barbell Full Squat 3x8 Rest: 120 sec heavy
- Barbell Bench Press - Medium Grip 3x8 Rest: 120 sec heavy
- Bent Over Barbell Row 3x8 Rest: 120 sec heavy
- Stiff-Legged Barbell Deadlift 3x14 Rest: 120 sec heavy
- Crunches 3x20 max Rest: 120 sec to failure

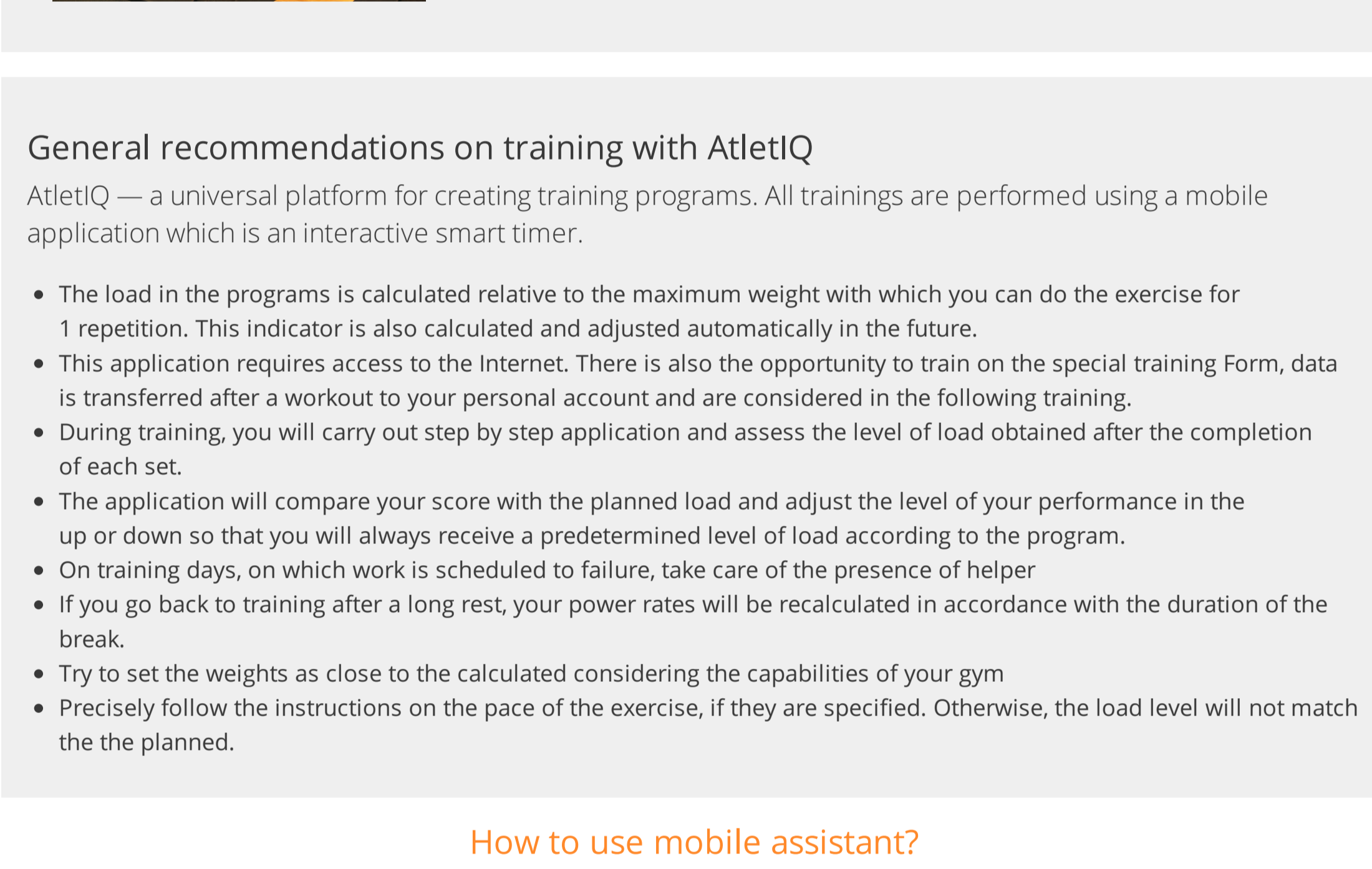
534 scores

Workout #12 48 min

- Snatch Deadlift 3x8 Rest: 120 sec heavy
- Smith Machine Overhead Shoulder Press 3x8 Rest: 120 sec heavy
- Close-Grip Barbell Bench Press 3x8 Rest: 120 sec heavy
- Barbell Curl 3x8 Rest: 120 sec heavy
- Seated Calf Raise 3x20 max Rest: 120 sec to failure

472 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 program 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 level 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.



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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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