

# Immerse yourself into a two-week hell - bomb your muscles with a 6-day split in the name of an uncontrollable growth!



**13**<sub>days</sub>

12<sub>workouts</sub>

~58 minutes

Does the bodybuilding world know the athlete as merciless to himself and unyieldingly rushing toward the goal as Marcus Ruhl? You have something to learn from him - an intolerably busy schedule and incredibly heavy workouts of extreme intensity will help you make your "big" breakthrough. Only for fanatics of hardcore training and only from AtletIQ is the heaviest program for the mass "Two Weeks of Hell in gym".

https://atletiq.com/en/programma/dvuhnedelnyj-ad-na-massu-hardcore-workout.html

No	енировка #12 тон Вес	сеты	Повт.	Оотдых	Conversion and
1	Становая тяга со штангой				Charles and Charle
	125.06 er burtotvikte go otxasa	2	5	120 сек.	Trendpoord and
2	Тяга гантели в наклоне				Compared by a compared of the
-	25.74 кг такелай нагрупка	3	5	45 cex	The second secon
- 3	Тяга верхнего блока к груди обратн	им хватом			Participante de la construir de la
Ľ	56.71 иг тяжелая нагрузна	3	5	45 ce	
4	Армейский жим стоя				жан сантемал маллон на составляет с
1	58.55 кг тажелая нагрузка	3	4	60 ce	NI3 85.46 5
5	Разведение рук с гантелями в сторо	HU CTOR			04:48
1	9.96 кг крайне такелая нагрузка	3	4	35 ce	
16	Сгибание ног в тренажере лежа				The first and address and address and address and address and address addr
1	20.96 кг тажелай нагрузна	2	6	45 cex	prik Prince Street Street Street
27	Выпрямление ног в тренажере				ALCOUNTS TROMPOLICY
1	58.81 кг такелая нагрузка	2	7	40 cex	30UANA
8	Скручивания в тренажере для пресо				Caronad Guine
2	677799		1.6	60.000	

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

https://atletiq.com/app

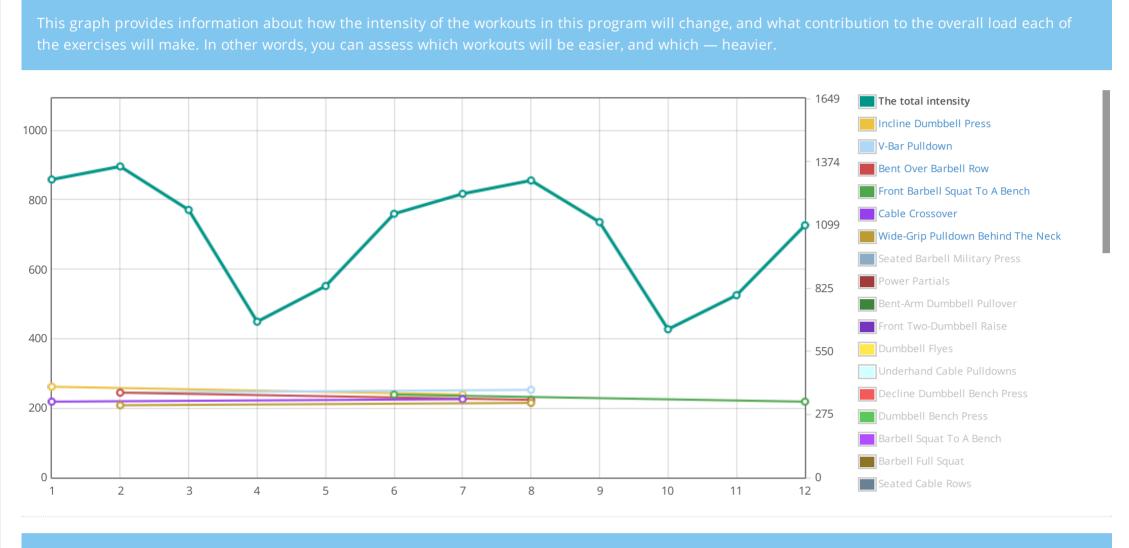
## The content of of the program

### Duration in days: 13 Amount of training days: 12 Rest days: 1

«2 недели»

	workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.						
#	Exercise (superset)	Sets	Reps	O Rest between sets			
	1 day						
1	Dumbbell Flyes (a)	3	10-12	<b>④</b> 120 sec			
2	Incline Dumbbell Press (a)	3	8-10	<b>④</b> 120 sec			
3	Cable Crossover	3	10-12	<b>④</b> 120 sec			
4	Dumbbell Bench Press (b)	2	8-10	<b>④</b> 120 sec			
5	Decline Dumbbell Bench Press (b)	2	8-10	<b>④</b> 120 sec			
6	Incline Dumbbell Flyes (c)	2	8-10	<b>②</b> 120 sec			
7	Push-Up Wide (c)	2	10-15 (+max)	<b>④</b> 120 sec			
	2 day						
1	Wide-Grip Pulldown Behind The Neck (a)	3	10-12	<b>②</b> 120 sec			
2	Bent Over Barbell Row (a)	3	8-10	<b>②</b> 120 sec			
3	V-Bar Pulldown	3	10-12	<b>④</b> 120 sec			
4	Seated Cable Rows (b)	2	8-10	<b>②</b> 120 sec			
5	Underhand Cable Pulldowns (b)	2	8-10	<b>④</b> 120 sec			
6	Bent-Arm Dumbbell Pullover (c)	2	8-10	<b>②</b> 120 sec			
7	Pullups (c)	2	10-15 (+max)	<b>②</b> 120 sec			
	3 day						
1	Seated Barbell Military Press (a)	3	10-12	<b>④</b> 120 sec			
2	Power Partials (a)	3	8-10	<b>④</b> 120 sec			
3	Front Two-Dumbbell Raise	3	10-12	<b>④</b> 120 sec			
4	Smith Machine Overhead Shoulder Press (b)	2	8-10	<b>②</b> 120 sec			
5	Dumbbell Shoulder Press (b)	2	8-10	<b>②</b> 120 sec			
6	Upright Barbell Row (c)	2	8-10	<b>②</b> 120 sec			
7	Bent Over Dumbbell Rear Delt Raise With Head On Bench (c)	2	8-10	<b>④</b> 120 sec			
	4 day						
1	Triceps Pushdown - Rope Attachment (a)	3	10-12	<b>②</b> 120 sec			
2	Lying Close-Grip Barbell Triceps Extension Behind The Head (a)	3	8-10	<b>②</b> 120 sec			
3	Reverse Grip Triceps Pushdown	3	10-12	<b>④</b> 120 sec			
4	Close-Grip Barbell Bench Press (b)	2	8-10	<b>②</b> 120 sec			
5	Triceps Pushdown (b)	2	8-10	<b>②</b> 120 sec			
6	Seated Triceps Press (c)	2	8-10	<b>②</b> 120 sec			
7	Tricep Dumbbell Kickback (c)	2	8-10	<b>②</b> 120 sec			
	5 day						
1	Standing Biceps Cable Curl (a)	3	10-12	<b>②</b> 120 sec			
2	Barbell Curl (a)	3	8-10	<b>②</b> 120 sec			
3	Cable Hammer Curls - Rope Attachment	3	10-12	<b>②</b> 120 sec			
4	Close-Grip EZ Bar Curl (b)	2	8-10	<ul><li>☑ 120 sec</li></ul>			
5	Alternate Incline Dumbbell Curl (b)	2	8-10	<ul><li>☑ 120 sec</li></ul>			
6	Alternate Hammer Curl (c)	2	8-10	<b>②</b> 120 sec			
7	Concentration Curls (c)	2	8-10	<b>④</b> 120 sec			
	6 day	2	10.42	<b>0</b> 100			
1	Leg Extensions (a)	3	10-12	<ul><li>④ 120 sec</li><li>● 120 sec</li></ul>			
2	Front Barbell Squat To A Bench (a)	3	8-10	<ul><li>④ 120 sec</li><li>● 120 sec</li></ul>			
3	Lying Leg Curls	3	10-12	<ul><li>④ 120 sec</li><li>● 120 sec</li></ul>			
4	Barbell Full Squat (b)	2	8-10	<ul><li>④ 120 sec</li><li>● 120 sec</li></ul>			
5	Leg Press (b)	2	8-10	<ul><li>④ 120 sec</li><li>● 120 sec</li></ul>			
6	Barbell Squat To A Bench (c)	2	8-10	<ul> <li>④ 120 sec</li> <li>● 120 sec</li> </ul>			
7	Stiff-Legged Barbell Deadlift (c)	2	10-12	<ul><li>④ 120 sec</li></ul>			
	7 day (rest)						

### Training intensity for each exercise



### Workout #1 **2** 58 min • Dumbbell Flyes 3×10 Tempo: Rest: 3/0/3/0 ₫ 120 sec heavy Incline Dumbbell Press **3×8** Tempo: Rest: 3/0/3/0 **○** 120 sec heavy Cable Crossover 3×10 Tempo: Rest: 3/0/3/0 ❹ 120 sec heavy Dumbbell Bench Press 2×8 Tempo: Rest: 3/0/3/0 ₫ 120 sec heavy Decline Dumbbell Bench Press 2×8 Tempo: Rest: 3/0/3/0 ② 120 sec heavy Incline Dumbbell Flyes 2×8 Tempo: Rest: 3/0/3/0 ② 120 sec heavy • Push-Up Wide **2×10** max Rest: **2** 120 sec to failure **4** 1296 scores

Workout #4	<b>2</b> 58 min
• Triceps Pushdown - Rope Attachment	
3×10 Tempo: Rest: 3/0/3/0 ₫ 120 sec	heavy
5/0/5/0 <b>9</b> 120 Sec	incury
<ul> <li>Lying Close-Grip Barbell Triceps Extens</li> </ul>	sion
Behind The Head	
3×8 Tempo: Rest:	heavy
3/0/3/0 <b>1</b> 20 sec	neavy
Reverse Grip Triceps Pushdown	
3×10 Tempo: Rest:	
3/0/3/0 @ 120 sec	heavy
Close-Grip Barbell Bench Press	
2×8 Tempo: Rest:	
2×8 3/0/3/0 <b>1</b> 20 sec	heavy
Triceps Pushdown	
<b>2×8</b> Tempo: Rest: 3/0/3/0 <b>○</b> 120 sec	heavy
<ul> <li>Seated Triceps Press</li> </ul>	
2×8 Tempo: Rest: 3/0/3/0 • 120 sec	heavy
5/0/3/0 0 120 Sec	
• Tricep Dumbbell Kickback	
2×8 Tempo: Rest:	hanut
<b>2</b> /10 3/0/3/0 <b>0</b> 120 sec	heavy
📌 678 scores	
Workout #7	🕑 58 min
<ul> <li>Dumbbell Flyes</li> </ul>	
2x17 Tempo: Rest:	
3/0/3/0 @ 120 sec	heavy
Incline Dumbbell Press	
3×10 Tempo: Rest: 3/0/3/0	heavy
Cable Crossover	
3×12 Tempo: Rest: 3/0/3/0	heavy
<ul> <li>Dumbbell Bench Press</li> </ul>	
2×10 Tempo: Rest: 3/0/3/0 ₫ 120 sec	heavy

• Wide-Grip Pulldown Behind The Neck 3×10 Tempo: Rest: 3/0/3/0 © 120 sec	heavy
• Bent Over Barbell Row 3×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
V-Bar Pulldown 3×10 Tempo: Rest: 3/0/3/0 ② 120 sec	heavy
• Seated Cable Rows 2×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Underhand Cable Pulldowns 2×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Bent-Arm Dumbbell Pullover 2×8 Tempo: Rest: 3/0/3/0 ① 120 sec	heavy
• Pullups 2×10 max Rest: • 120 sec	to failure
🛷 1353 scores	
Workout #5	<b>2</b> 58 min

**2** 58 min

Workout #2

Standing Biceps Cable Curl     S×10     Tempo: Rest:     3/0/3/0    120 sec	heavy
Barbell Curl     3×8 Tempo: Rest:     3/0/3/0	heavy
Cable Hammer Curls - Rope Attachment 3×10 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
Close-Grip EZ Bar Curl     2×8 Tempo: Rest:     3/0/3/0	heavy
Alternate Incline Dumbbell Curl     2×8 Tempo: Rest:     3/0/3/0 ② 120 sec	heavy
Alternate Hammer Curl     2×8 Tempo: Rest:     3/0/3/0 ② 120 sec	heavy
Concentration Curls     2×8 Tempo: Rest:     3/0/3/0 ② 120 sec	heavy
🖋 833 scores	

Workout #8	<b>2</b> 58 min
• Wide-Grip Pulldown Behind The Nec 3×12 Tempo: Rest:	:k
3×12 3/0/3/0 ⊙ 120 sec	heavy
• Bent Over Barbell Row	
<b>3×10</b> Tempo: Rest: 3/0/3/0 <b>0</b> 120 sec	heavy
V-Bar Pulldown	
<b>3×12</b> Tempo: Rest: 3/0/3/0 0 120 sec	heavy
Seated Cable Rows	
2×10 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
Underhand Cable Pulldowns	
<b>2×10</b> Tempo: Rest: 3/0/3/0 <b>0</b> 120 sec	heavy
Bent-Arm Dumbbell Pullover	
2×10 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Pullups	
2×15 max Rest: <sup>(2)</sup> 120 sec	to failure
📌 1292 scores	
	0.50
Workout #11	<b>2</b> 58 min
<ul> <li>Standing Biceps Cable Curl</li> </ul>	
<b>3×12</b> Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Barbell Curl	
<b>3×10</b> Tempo: Rest: 3/0/3/0 0 120 sec	heavy
Cable Hammer Curls - Rope Attachm	nent

3×12 Tempo: Rest: 3/0/3/0 ₫ 120 sec

• Close-Grip EZ Bar Curl 2×10 Tempo: Rest: 3/0/3/0 2 120 sec

2×10 Tempo: Rest: 3/0/3/0 ② 120 sec

• Alternate Hammer Curl 2×10 Tempo: Rest: 3/0/3/0 2 120 sec

• Concentration Curls 2×10 Tempo: Rest: 3/0/3/0 2 120 sec

Alternate Incline Dumbbell Curl

heavy

heavy

heavy

heavy

heavy

Workout #3	<b>2</b> 58 min
• Seated Barbell Military Press 3×10 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Power Partials <b>3×8</b> Tempo: Rest: 3/0/3/0 ② 120 sec	heavy
Front Two-Dumbbell Raise 3×10 Tempo: Rest: 3/0/3/0 ② 120 sec	heavy
<ul> <li>Smith Machine Overhead Shoulder</li> <li>2×8 Tempo: Rest: 3/0/3/0 2 120 sec</li> </ul>	Press
• Dumbbell Shoulder Press 2×8 Tempo: Rest: 3/0/3/0 ② 120 sec	heavy
Upright Barbell Row     Z×8 Tempo: Rest:     3/0/3/0	heavy
<ul> <li>Bent Over Dumbbell Rear Delt Rais</li> <li>On Bench</li> </ul>	e With Head
2×8 Tempo: Rest: 3/0/3/0 ◎ 120 sec	heavy
🛷 1164 scores	
Workout #6	<b>2</b> 58 min
<ul> <li>Leg Extensions</li> <li>3×10 Tempo: Rest: 3/0/3/0 0 120 sec</li> </ul>	heavy

3/0/3/0 @ 120 sec	heavy
• Front Barbell Squat To A Bench 3×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
Lying Leg Curls 3×10 Tempo: Rest: 3/0/3/0 ① 120 sec	heavy
• Barbell Full Squat 2×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Leg Press 2×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Barbell Squat To A Bench 2×8 Tempo: Rest: 3/0/3/0 0 120 sec	heavy
• Stiff-Legged Barbell Deadlift 2×10 Tempo: Rest: 3/0/3/0 2 120 sec	heavy

**4** 1147 scores

Workou	ıt #9		<b>2</b> 58 min
		Military Press	
3×12	Tempo: 3/0/3/0	<b>Rest: ①</b> 120 sec	heavy
8	5707570	<b>0</b> 120 sec	
	Partials	Rest:	
3×10	Tempo: 3/0/3/0		heavy
Front T	wo-Dun	nbbell Raise	
3×12	Tempo: 3/0/3/0	<b>Rest: (</b> ) 120 sec	heavy
	5/0/5/0	<b>0</b> 120 See	
Smith M 2×10		e Overhead Should Rest:	ler Press
2×10	3/0/3/0	<b>②</b> 120 sec	heavy
Dumbb	oell Shoເ	ulder Press	
2×10	Tempo: 3/0/3/0	Rest: 120 sec	heavy
Uprich	t Barbe	ll Row	
2×10		Rest:	
210	3/0/3/0	<ul><li>☑ 120 sec</li></ul>	heavy
Bent O	ver Dun	nbbell Rear Delt R	aise With Head
On Ben		Rest:	
2×10	3/0/3/0		heavy
		1111 scores	
Norkou	ıt #12	4 1111 scores	<b>2</b> 58 min
		<b>4</b> 1111 scores	<b>②</b> 58 min
Leg Ext	ensions		
Leg Ext	ensions	✓ 1111 scores Rest: ① 120 sec	<ul> <li>⊙ 58 min</li> <li>heavy</li> </ul>
Leg Ext 3×12 Front E	ensions Tempo: 3/0/3/0	Rest: ② 120 sec Gquat To A Bench	
3×12 Front E	ensions Tempo: 3/0/3/0 Barbell S Tempo:	Rest: ② 120 sec Gquat To A Bench	
Leg Ext 3×12 Front E 3×10	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0	Rest: 2 120 sec Squat To A Bench Rest: 2 120 sec	heavy
Leg Ext 3×12 Front E 3×10 Lying L	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo:	Rest: 2 120 sec Squat To A Bench Rest: 2 120 sec Rest:	heavy
Leg Ext 3×12 Front E 3×10 Lying L	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo:	Rest: 120 sec Squat To A Bench Rest: 120 sec	heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq	Rest: 2 120 sec Squat To A Bench Rest: 2 120 sec Rest: 2 120 sec uat	heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo:	Rest: 2 120 sec Squat To A Bench Rest: 2 120 sec Rest: 2 120 sec uat	heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 Eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0	Rest: 2 120 sec Squat To A Bench Rest: 2 120 sec Rest: 2 120 sec Rest: 2 120 sec uat Rest:	heavy heavy heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0	Rest: 2 120 sec Cquat To A Bench Rest: 2 120 sec Rest: 2 120 sec uat Rest: 2 120 sec Rest: 2 120 sec	heavy heavy heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10 Leg Pre	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0	Rest: 2 120 sec Cquat To A Bench Rest: 2 120 sec Rest: 2 120 sec uat Rest: 2 120 sec	heavy heavy heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10 Leg Pre 2×10 Barbel	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0 Ess Tempo: 3/0/3/0 I Squat	Rest: (2) 120 sec Squat To A Bench Rest: (2) 120 sec Rest: (2) 120 sec Uat Rest: (2) 120 sec Rest: (2) 120 sec Rest: (2) 120 sec To A Bench	heavy heavy heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10 Leg Pre 2×10 Barbel	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0 Ess Tempo: 3/0/3/0 I Squat <sup>-</sup> Tempo:	Rest: (2) 120 sec Squat To A Bench Rest: (2) 120 sec Rest: (2) 120 sec Uat Rest: (2) 120 sec Rest: (2) 120 sec Rest: (2) 120 sec To A Bench	heavy heavy heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10 Barbel 2×10 Barbel 2×10	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0 Ess Tempo: 3/0/3/0 I Squat <sup>-</sup> Tempo: 3/0/3/0	Rest: (2) 120 sec (2) 120 sec (3) 120 sec (4) Rest: (2) 120 sec (4) Rest: (2) 120 sec (4) Rest: (2) 120 sec (5) Rest: (2) 120 sec (6) Rest: (2) 120 sec (7) Rest: (2) 120 sec (7) Rest: (2) 120 sec (7) Rest: (7) Re	heavy heavy heavy heavy
Leg Ext 3×12 Front E 3×10 Lying L 3×12 Barbel 2×10 Earbel 2×10 Barbel 2×10 Stiff-Le	ensions Tempo: 3/0/3/0 Barbell S Tempo: 3/0/3/0 eg Curls Tempo: 3/0/3/0 I Full Sq Tempo: 3/0/3/0 Ess Tempo: 3/0/3/0 I Squat <sup>-</sup> Tempo: 3/0/3/0	<ul> <li>Rest:</li> <li>120 sec</li> <li>Gquat To A Bench Rest:</li> <li>120 sec</li> <li>Rest:</li> <li>120 sec</li> <li>uat Rest:</li> <li>120 sec</li> <li>uat Rest:</li> <li>120 sec</li> <li>I20 sec</li> <li>rest:</li> <li>120 sec</li> </ul>	heavy heavy heavy heavy

2×10	Tempo: 3/0/3/0	Rest: ② 120 sec	heavy
• Incline 2×10	Dumbbe Tempo: 3/0/3/0	Rest:	heavy
• Push-U 2×15	-	st: 🥑 120 sec	to failure
		📌 1234 scores	
Mortes	+ #10		
Workou	t#10		<b>2</b> 58 min
<ul> <li>Triceps</li> </ul>	Pushdo	wn - Rope Attachment	
3×12	Tempo: 3/0/3/0	Rest: 2 120 sec	heavy
	lose-Gri The Hea	p Barbell Triceps Extens ad	ion
3×10	_	Rest:	heavy
Reverse	e Grip Tr	riceps Pushdown	
3×12	Tempo: 3/0/3/0	Rest: ② 120 sec	heavy
• Close-G	irip Barl	bell Bench Press	
2×10	Tempo: 3/0/3/0		heavy
• Triceps	Pushdo	wn	
2×10	Tempo: 3/0/3/0	Rest: <b>1</b> 20 sec	heavy
• Seated	Triceps	Press	
2×10	Tempo: 3/0/3/0	Rest: ② 120 sec	heavy
• Tricep I		ell Kickback	
2×10	Tempo: 3/0/3/0	Rest: <b>2</b> 120 sec	heavy

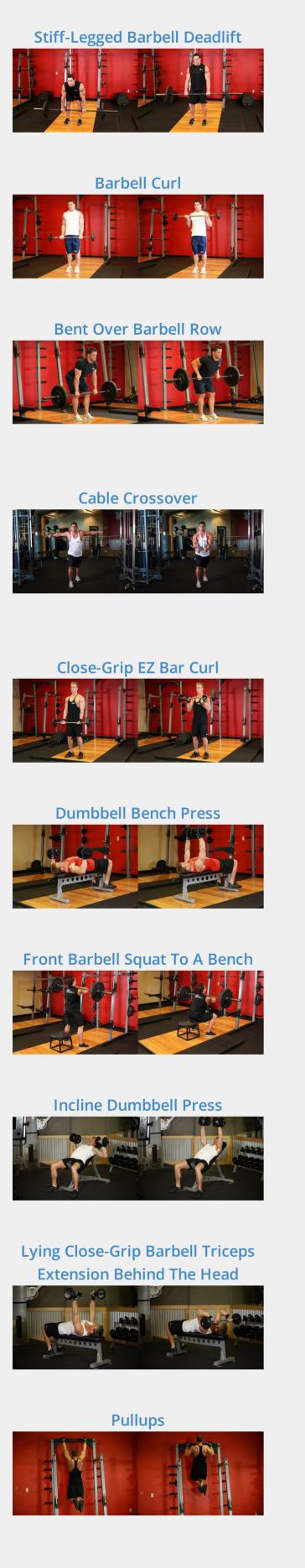
45 scores

Decline Dumbbell Bench Press

# Directory of the exercises

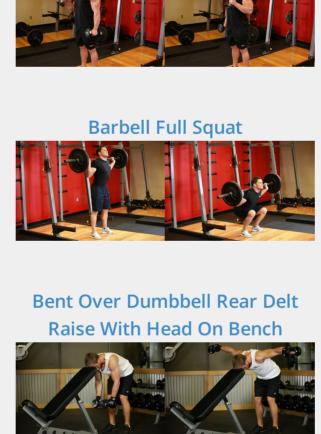
**Alternate Hammer Curl** 

793 scores





**Smith Machine Overhead Shoulder Press** 



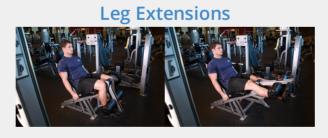




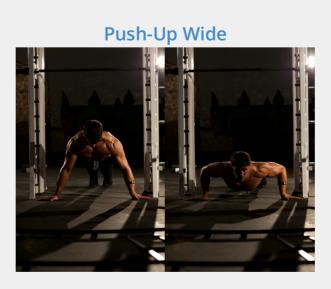


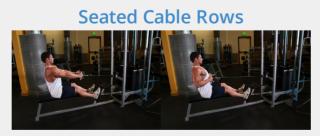




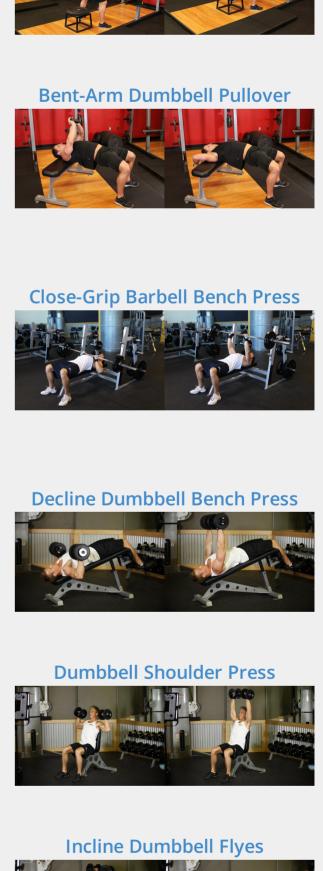












Alternate Incline Dumbbell Curl

**Barbell Squat To A Bench** 





























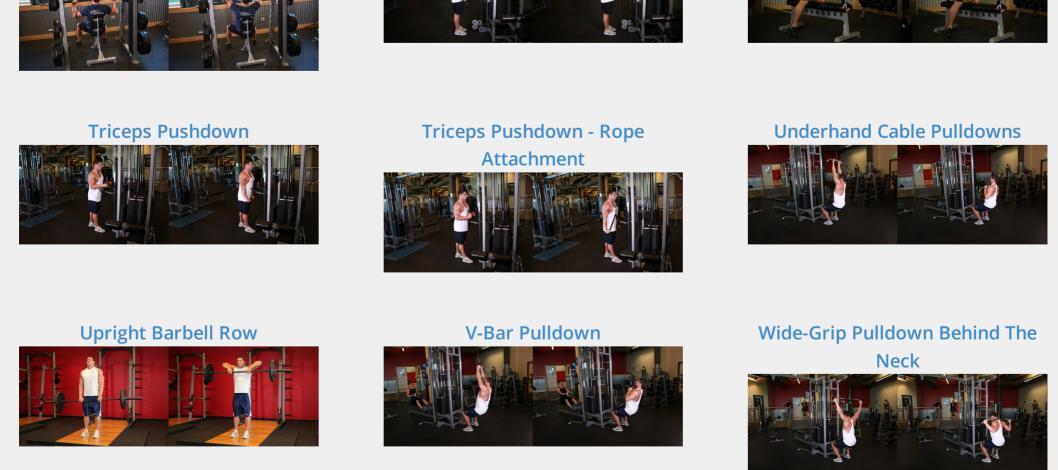












### General recommendations on training with AtletIQ

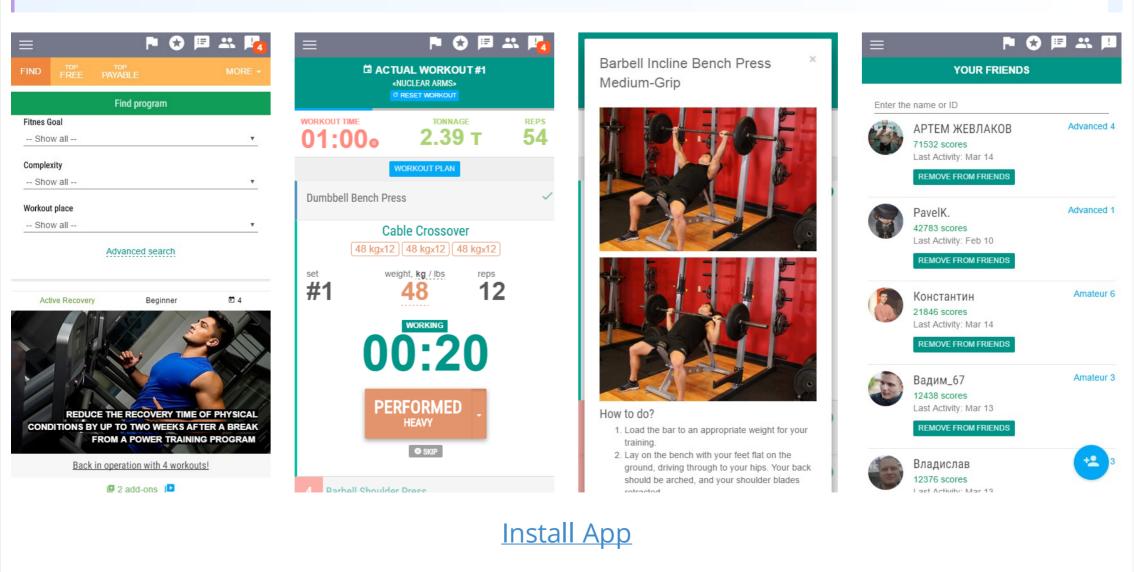
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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.



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 © 2017 — AtletIQ.com