

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

Intermediate

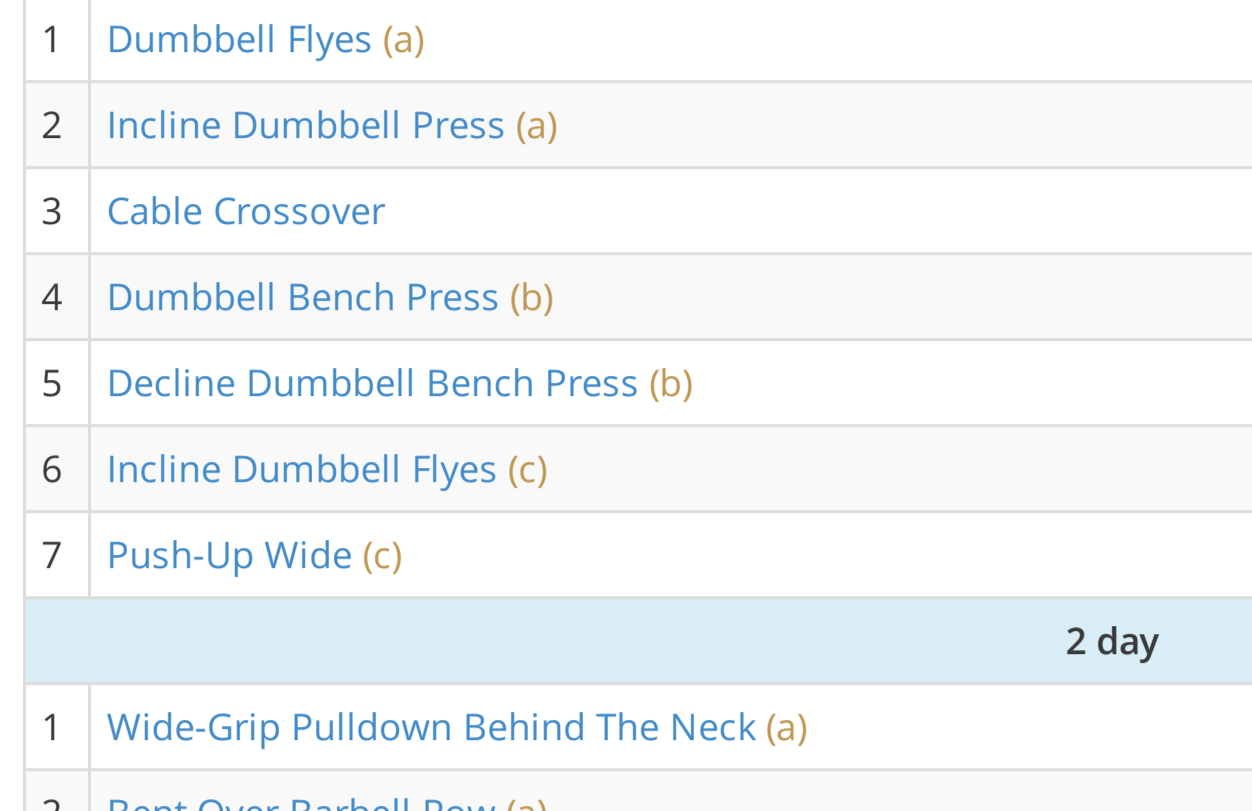
13 days

12 workouts

~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>



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

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Dumbbell Flies (a)	3	10-12	120 sec
2	Incline Dumbbell Press (a)	3	8-10	120 sec
3	Cable Crossover	3	10-12	120 sec
4	Dumbbell Bench Press (b)	2	8-10	120 sec
5	Decline Dumbbell Bench Press (b)	2	8-10	120 sec
6	Incline Dumbbell Flies (c)	2	8-10	120 sec
7	Push-Up Wide (c)	2	10-15 (+max)	120 sec
2 day				
1	Wide-Grip Pulldown Behind The Neck (a)	3	10-12	120 sec
2	Bent Over Barbell Row (a)	3	8-10	120 sec
3	V-Bar Pulldown	3	10-12	120 sec
4	Seated Cable Rows (b)	2	8-10	120 sec
5	Underhand Cable Pulldowns (b)	2	8-10	120 sec
6	Bent-Arm Dumbbell Pullover (c)	2	8-10	120 sec
7	Pullups (c)	2	10-15 (+max)	120 sec
3 day				
1	Seated Barbell Military Press (a)	3	10-12	120 sec
2	Power Partials (a)	3	8-10	120 sec
3	Front Two-Dumbbell Raise	3	10-12	120 sec
4	Smith Machine Overhead Shoulder Press (b)	2	8-10	120 sec
5	Dumbbell Shoulder Press (b)	2	8-10	120 sec
6	Upright Barbell Row (c)	2	8-10	120 sec
7	Bent Over Dumbbell Rear Delt Raise With Head On Bench (c)	2	8-10	120 sec
4 day				
1	Triceps Pushdown - Rope Attachment (a)	3	10-12	120 sec
2	Lying Close-Grip Barbell Triceps Extension Behind The Head (a)	3	8-10	120 sec
3	Reverse Grip Triceps Pushdown	3	10-12	120 sec
4	Close-Grip Barbell Bench Press (b)	2	8-10	120 sec
5	Triceps Pushdown (b)	2	8-10	120 sec
6	Seated Triceps Press (c)	2	8-10	120 sec
7	Tricep Dumbbell Kickback (c)	2	8-10	120 sec
5 day				
1	Standing Biceps Cable Curl (a)	3	10-12	120 sec
2	Barbell Curl (a)	3	8-10	120 sec
3	Cable Hammer Curls - Rope Attachment	3	10-12	120 sec
4	Close-Grip EZ Bar Curl (b)	2	8-10	120 sec
5	Alternate Incline Dumbbell Curl (b)	2	8-10	120 sec
6	Alternate Hammer Curl (c)	2	8-10	120 sec
7	Concentration Curls (c)	2	8-10	120 sec
6 day				
1	Leg Extensions (a)	3	10-12	120 sec
2	Front Barbell Squat To A Bench (a)	3	8-10	120 sec
3	Lying Leg Curls	3	10-12	120 sec
4	Barbell Full Squat (b)	2	8-10	120 sec
5	Leg Press (b)	2	8-10	120 sec
6	Barbell Squat To A Bench (c)	2	8-10	120 sec
7	Stiff-Legged Barbell Deadlift (c)	2	10-12	120 sec
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 58 min

- 3x10 Dumbbell Flies (Tempo: 30/5/0, Rest: 120 sec)
- 3x8 Incline Dumbbell Press (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Cable Crossover (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Dumbbell Bench Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Decline Dumbbell Bench Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Incline Dumbbell Flies (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Push-Up Wide (Tempo: 30/5/0, Rest: 120 sec)

1296 scores

Workout #2 58 min

- 3x10 Wide-Grip Pulldown Behind The Neck (Tempo: 30/5/0, Rest: 120 sec)
- 3x8 Bent Over Barbell Row (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 V-Bar Pulldown (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Seated Cable Rows (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Underhand Cable Pulldowns (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Bent-Arm Dumbbell Pullover (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Pullups (Tempo: 30/5/0, Rest: 120 sec)

1353 scores

Workout #3 58 min

- 3x10 Seated Barbell Military Press (Tempo: 30/5/0, Rest: 120 sec)
- 3x8 Power Partials (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Front Two-Dumbbell Raise (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Smith Machine Overhead Shoulder Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Dumbbell Shoulder Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Upright Barbell Row (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Bent Over Dumbbell Rear Delt Raise With Head On Bench (Tempo: 30/5/0, Rest: 120 sec)

1164 scores

Workout #4 58 min

- 3x10 Triceps Pushdown - Rope Attachment (Tempo: 30/5/0, Rest: 120 sec)
- 3x8 Lying Close-Grip Barbell Triceps Extension Behind The Head (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Reverse Grip Triceps Pushdown (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Close-Grip Barbell Bench Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Triceps Pushdown (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Seated Triceps Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Tricep Dumbbell Kickback (Tempo: 30/5/0, Rest: 120 sec)

678 scores

Workout #5 58 min

- 3x10 Standing Biceps Cable Curl (Tempo: 30/5/0, Rest: 120 sec)
- 3x8 Barbell Curl (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Cable Hammer Curls - Rope Attachment (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Close-Grip EZ Bar Curl (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Alternate Incline Dumbbell Curl (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Alternate Hammer Curl (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Concentration Curls (Tempo: 30/5/0, Rest: 120 sec)

833 scores

Workout #6 58 min

- 3x10 Leg Extensions (Tempo: 30/5/0, Rest: 120 sec)
- 3x8 Front Barbell Squat To A Bench (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Lying Leg Curls (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Barbell Full Squat (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Leg Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Barbell Squat To A Bench (Tempo: 30/5/0, Rest: 120 sec)
- 2x8 Stiff-Legged Barbell Deadlift (Tempo: 30/5/0, Rest: 120 sec)

1147 scores

Workout #7 58 min

- 3x12 Dumbbell Flies (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Incline Dumbbell Press (Tempo: 30/5/0, Rest: 120 sec)
- 3x12 Cable Crossover (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Dumbbell Bench Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Decline Dumbbell Bench Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Incline Dumbbell Flies (Tempo: 30/5/0, Rest: 120 sec)
- 2x15 Push-Up Wide (Tempo: 30/5/0, Rest: 120 sec)

1234 scores

Workout #8 58 min

- 3x12 Wide-Grip Pulldown Behind The Neck (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Bent Over Barbell Row (Tempo: 30/5/0, Rest: 120 sec)
- 3x12 V-Bar Pulldown (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Seated Cable Rows (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Underhand Cable Pulldowns (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Bent-Arm Dumbbell Pullover (Tempo: 30/5/0, Rest: 120 sec)
- 2x15 Pullups (Tempo: 30/5/0, Rest: 120 sec)

1292 scores

Workout #9 58 min

- 3x12 Seated Barbell Military Press (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Power Partials (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Front Two-Dumbbell Raise (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Smith Machine Overhead Shoulder Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Dumbbell Shoulder Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Upright Barbell Row (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Bent Over Dumbbell Rear Delt Raise With Head On Bench (Tempo: 30/5/0, Rest: 120 sec)

1111 scores

Workout #10 58 min

- 3x12 Triceps Pushdown - Rope Attachment (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Lying Close-Grip Barbell Triceps Extension Behind The Head (Tempo: 30/5/0, Rest: 120 sec)
- 3x12 Reverse Grip Triceps Pushdown (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Close-Grip Barbell Bench Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Triceps Pushdown (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Seated Triceps Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Tricep Dumbbell Kickback (Tempo: 30/5/0, Rest: 120 sec)

645 scores

Workout #11 58 min

- 3x12 Standing Biceps Cable Curl (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Barbell Curl (Tempo: 30/5/0, Rest: 120 sec)
- 3x12 Cable Hammer Curls - Rope Attachment (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Close-Grip EZ Bar Curl (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Alternate Incline Dumbbell Curl (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Alternate Hammer Curl (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Concentration Curls (Tempo: 30/5/0, Rest: 120 sec)

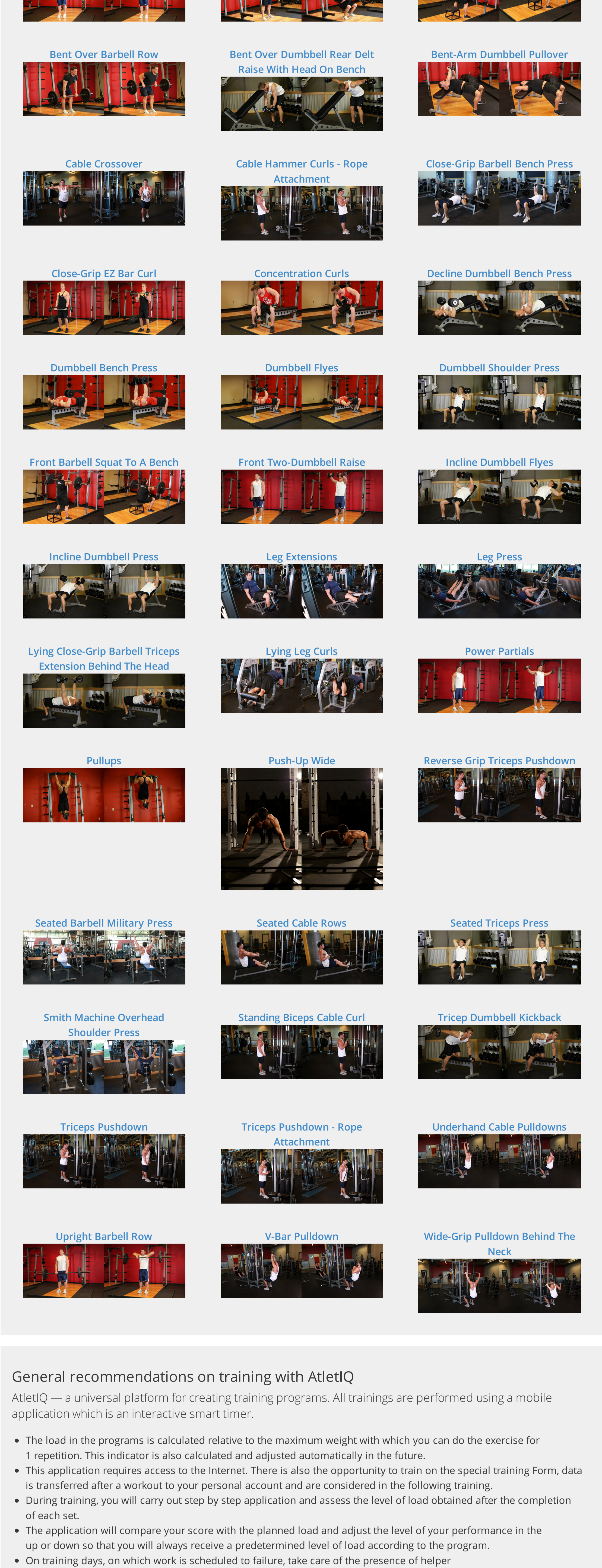
793 scores

Workout #12 58 min

- 3x12 Leg Extensions (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Front Barbell Squat To A Bench (Tempo: 30/5/0, Rest: 120 sec)
- 3x10 Lying Leg Curls (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Barbell Full Squat (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Leg Press (Tempo: 30/5/0, Rest: 120 sec)
- 2x10 Barbell Squat To A Bench (Tempo: 30/5/0, Rest: 120 sec)
- 2x12 Stiff-Legged Barbell Deadlift (Tempo: 30/5/0, Rest: 120 sec)

1097 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 failure 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 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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