

# 6 weeks of "Bodilift" training in the name of mass and super-strength

Intermediate

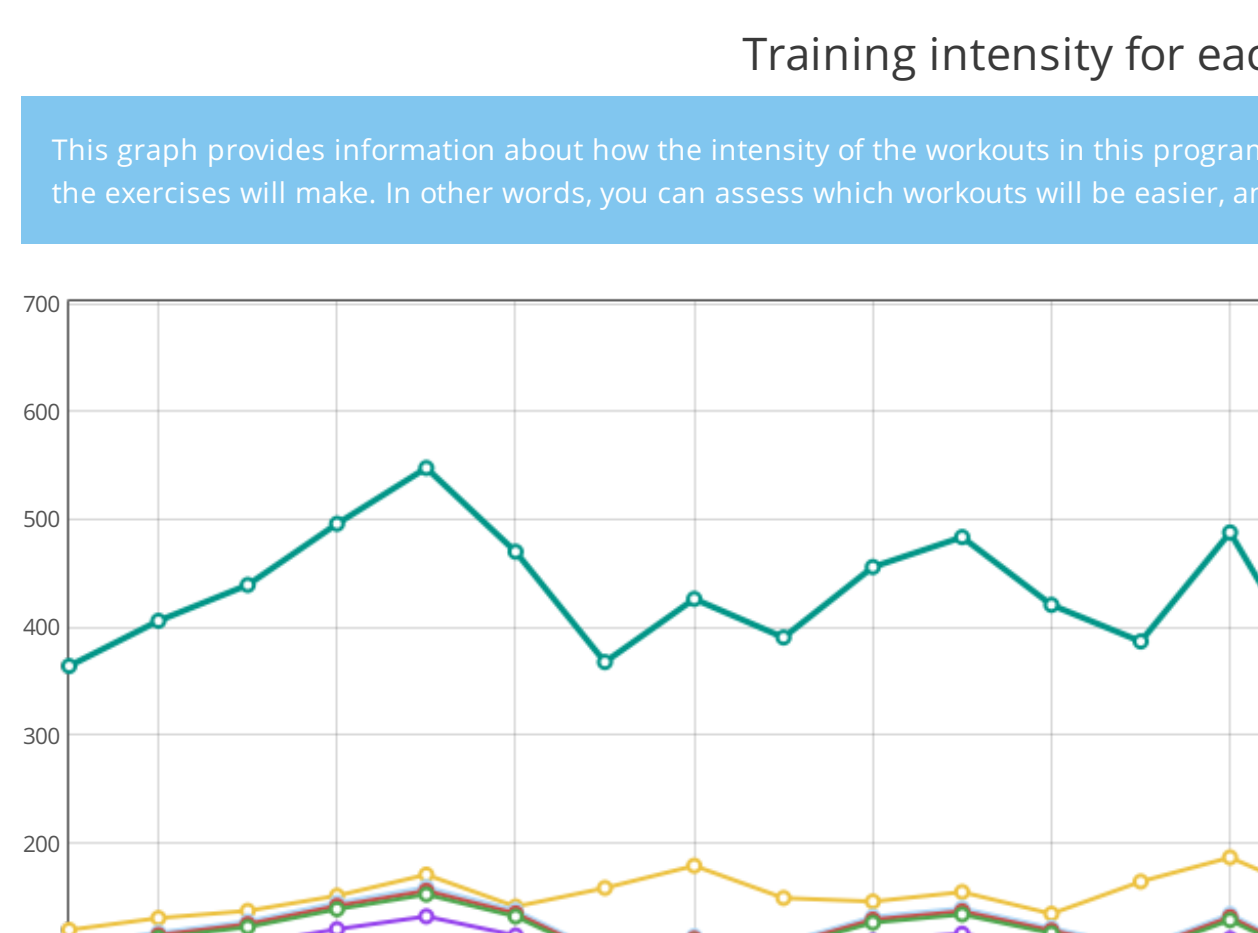
35 days

18 workouts

~80 minutes

From the traditional "pumping" to brutally hard work, from the usual bodybuilding techniques to hard power training - the champion of iron sport must be a universal. AtletIQ offers you an integrated program of "new periodization", which will add to you the volumes and at the same time will endow you with incredible (for a regular athlete) strength.

<https://atletiq.com/en/programs/594>



### 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

1 «6 НЕДЕЛЬ» Duration in days: 35 Amount of training days: 18 Rest days: 17

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
1 day				
1	Barbell Full Squat	1-3	2-10 (+max)	120-240 sec
2	Barbell Bench Press - Medium Grip	1-3	2-10 (+max)	120-240 sec
3	Snatch Deadlift	1-3	4-10 (+max)	120-240 sec
4	Dumbbell Shoulder Press	1-3	2-10 (+max)	120-240 sec
5	Calif Press On The Leg Press Machine	1-3	2-10 (+max)	120-240 sec
6	Close-Grip Front Lat Pulldown	1-3	2-10 (+max)	120-240 sec
7	Cable Crunch	1-3	2-10 (+max)	120-240 sec
2 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.

<b>Workout #1</b> 66 min Barbell Full Squat 3x8 Rest: 120 sec moderate Barbell Bench Press - Medium Grip 3x8 Rest: 120 sec moderate Snatch Deadlift 3x10 Rest: 120 sec moderate Dumbbell Shoulder Press 3x8 Rest: 120 sec moderate Calif Press On The Leg Press Machine 3x8 Rest: 120 sec moderate Close-Grip Front Lat Pulldown 3x8 Rest: 120 sec moderate Cable Crunch 3x8 Rest: 120 sec moderate 591 scores	<b>Workout #2</b> 66 min Barbell Full Squat 3x8 Rest: 120 sec heavy Barbell Bench Press - Medium Grip 3x8 Rest: 120 sec heavy Snatch Deadlift 3x10 Rest: 120 sec heavy Dumbbell Shoulder Press 3x8 Rest: 120 sec heavy Calif Press On The Leg Press Machine 3x8 Rest: 120 sec heavy Close-Grip Front Lat Pulldown 3x8 Rest: 120 sec heavy Cable Crunch 3x8 Rest: 120 sec heavy 659 scores	<b>Workout #3</b> 66 min Barbell Full Squat 3x8 Rest: 120 sec heavy Barbell Bench Press - Medium Grip 3x8 Rest: 120 sec heavy Snatch Deadlift 3x10 Rest: 120 sec heavy Dumbbell Shoulder Press 3x8 Rest: 120 sec heavy Calif Press On The Leg Press Machine 3x8 Rest: 120 sec heavy Close-Grip Front Lat Pulldown 3x8 Rest: 120 sec heavy Cable Crunch 3x8 Rest: 120 sec heavy 713 scores
<b>Workout #4</b> 80 min Barbell Full Squat 3x6 Rest: 170 sec heavy Barbell Bench Press - Medium Grip 3x6 Rest: 170 sec heavy Snatch Deadlift 3x8 Rest: 180 sec heavy Dumbbell Shoulder Press 3x6 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x6 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x6 Rest: 180 sec heavy Cable Crunch 3x6 Rest: 180 sec heavy 805 scores	<b>Workout #5</b> 87 min Barbell Full Squat 3x6 Rest: 180 sec very hard Barbell Bench Press - Medium Grip 3x6 Rest: 180 sec very hard Snatch Deadlift 3x8 Rest: 180 sec very hard Dumbbell Shoulder Press 3x6 Rest: 180 sec very hard Calif Press On The Leg Press Machine 3x6 Rest: 180 sec very hard Close-Grip Front Lat Pulldown 3x6 Rest: 180 sec very hard Cable Crunch 3x6 Rest: 180 sec very hard 889 scores	<b>Workout #6</b> 80 min Barbell Full Squat 3x6 Rest: 180 sec heavy Barbell Bench Press - Medium Grip 3x6 Rest: 180 sec heavy Snatch Deadlift 3x8 Rest: 180 sec heavy Dumbbell Shoulder Press 3x6 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x6 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x6 Rest: 180 sec heavy Cable Crunch 3x6 Rest: 180 sec heavy 763 scores
<b>Workout #7</b> 86 min Barbell Full Squat 3x3 Rest: 180 sec heavy Barbell Bench Press - Medium Grip 3x3 Rest: 180 sec heavy Snatch Deadlift 3x6 Rest: 180 sec heavy Dumbbell Shoulder Press 3x3 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x3 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x3 Rest: 180 sec heavy Cable Crunch 3x3 Rest: 180 sec heavy 597 scores	<b>Workout #8</b> 93 min Barbell Full Squat 3x3 Rest: 200 sec very hard Barbell Bench Press - Medium Grip 3x3 Rest: 200 sec very hard Snatch Deadlift 3x6 Rest: 200 sec very hard Dumbbell Shoulder Press 3x4 Rest: 200 sec very hard Calif Press On The Leg Press Machine 3x3 Rest: 200 sec very hard Close-Grip Front Lat Pulldown 3x3 Rest: 200 sec very hard Cable Crunch 3x3 Rest: 200 sec very hard 692 scores	<b>Workout #9</b> 86 min Barbell Full Squat 3x4 Rest: 180 sec heavy Barbell Bench Press - Medium Grip 3x4 Rest: 180 sec heavy Snatch Deadlift 3x6 Rest: 180 sec heavy Dumbbell Shoulder Press 3x4 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x4 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x4 Rest: 180 sec heavy Cable Crunch 3x4 Rest: 180 sec heavy 634 scores
<b>Workout #10</b> 83 min Barbell Full Squat 3x9 Rest: 170 sec heavy Barbell Bench Press - Medium Grip 3x9 Rest: 170 sec heavy Snatch Deadlift 3x9 Rest: 170 sec heavy Dumbbell Shoulder Press 3x9 Rest: 170 sec heavy Calif Press On The Leg Press Machine 3x9 Rest: 170 sec heavy Close-Grip Front Lat Pulldown 3x9 Rest: 170 sec heavy Cable Crunch 3x9 Rest: 170 sec heavy 740 scores	<b>Workout #11</b> 87 min Barbell Full Squat 3x10 Rest: 180 sec very hard Barbell Bench Press - Medium Grip 3x10 Rest: 180 sec very hard Snatch Deadlift 3x10 Rest: 180 sec very hard Dumbbell Shoulder Press 3x10 Rest: 180 sec very hard Calif Press On The Leg Press Machine 3x10 Rest: 180 sec very hard Close-Grip Front Lat Pulldown 3x10 Rest: 180 sec very hard Cable Crunch 3x10 Rest: 180 sec very hard 785 scores	<b>Workout #12</b> 80 min Barbell Full Squat 3x9 Rest: 180 sec heavy Barbell Bench Press - Medium Grip 3x9 Rest: 180 sec heavy Snatch Deadlift 3x9 Rest: 180 sec heavy Dumbbell Shoulder Press 3x9 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x9 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x9 Rest: 180 sec heavy Cable Crunch 3x9 Rest: 180 sec heavy 683 scores
<b>Workout #13</b> 86 min Barbell Full Squat 3x3 Rest: 180 sec heavy Barbell Bench Press - Medium Grip 3x3 Rest: 180 sec heavy Snatch Deadlift 3x6 Rest: 180 sec heavy Dumbbell Shoulder Press 3x3 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x3 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x3 Rest: 180 sec heavy Cable Crunch 3x3 Rest: 180 sec heavy 628 scores	<b>Workout #14</b> 93 min Barbell Full Squat 3x4 Rest: 200 sec very hard Barbell Bench Press - Medium Grip 3x4 Rest: 200 sec very hard Snatch Deadlift 3x6 Rest: 200 sec very hard Dumbbell Shoulder Press 3x4 Rest: 200 sec very hard Calif Press On The Leg Press Machine 3x4 Rest: 200 sec very hard Close-Grip Front Lat Pulldown 3x4 Rest: 200 sec very hard Cable Crunch 3x4 Rest: 200 sec very hard 792 scores	<b>Workout #15</b> 86 min Barbell Full Squat 3x3 Rest: 180 sec heavy Barbell Bench Press - Medium Grip 3x3 Rest: 180 sec heavy Snatch Deadlift 3x6 Rest: 180 sec heavy Dumbbell Shoulder Press 3x3 Rest: 180 sec heavy Calif Press On The Leg Press Machine 3x3 Rest: 180 sec heavy Close-Grip Front Lat Pulldown 3x3 Rest: 180 sec heavy Cable Crunch 3x3 Rest: 180 sec heavy 566 scores
<b>Workout #16</b> 86 min Barbell Full Squat 3x2 Rest: 180 sec very hard Barbell Bench Press - Medium Grip 3x2 Rest: 180 sec very hard Snatch Deadlift 3x4 Rest: 180 sec very hard Dumbbell Shoulder Press 3x2 Rest: 180 sec very hard Calif Press On The Leg Press Machine 3x2 Rest: 180 sec very hard Close-Grip Front Lat Pulldown 3x2 Rest: 180 sec very hard Cable Crunch 3x2 Rest: 180 sec very hard 613 scores	<b>Workout #17</b> 79 min Barbell Full Squat 3x2 Rest: 160 sec heavy Barbell Bench Press - Medium Grip 3x2 Rest: 160 sec heavy Snatch Deadlift 3x4 Rest: 160 sec heavy Dumbbell Shoulder Press 3x2 Rest: 160 sec heavy Calif Press On The Leg Press Machine 3x2 Rest: 160 sec heavy Close-Grip Front Lat Pulldown 3x2 Rest: 160 sec heavy Cable Crunch 3x2 Rest: 160 sec heavy 466 scores	<b>Workout #18</b> 51 min Barbell Full Squat 1x2 max Rest: 240 sec to failure Barbell Bench Press - Medium Grip 1x2 max Rest: 240 sec to failure Snatch Deadlift 1x4 max Rest: 240 sec to failure Dumbbell Shoulder Press 1x2 max Rest: 240 sec to failure Calif Press On The Leg Press Machine 1x2 max Rest: 240 sec to failure Close-Grip Front Lat Pulldown 1x2 max Rest: 240 sec to failure Cable Crunch 1x2 max Rest: 240 sec to failure 306 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 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 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 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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