

Intermediate

11 days

6 workouts

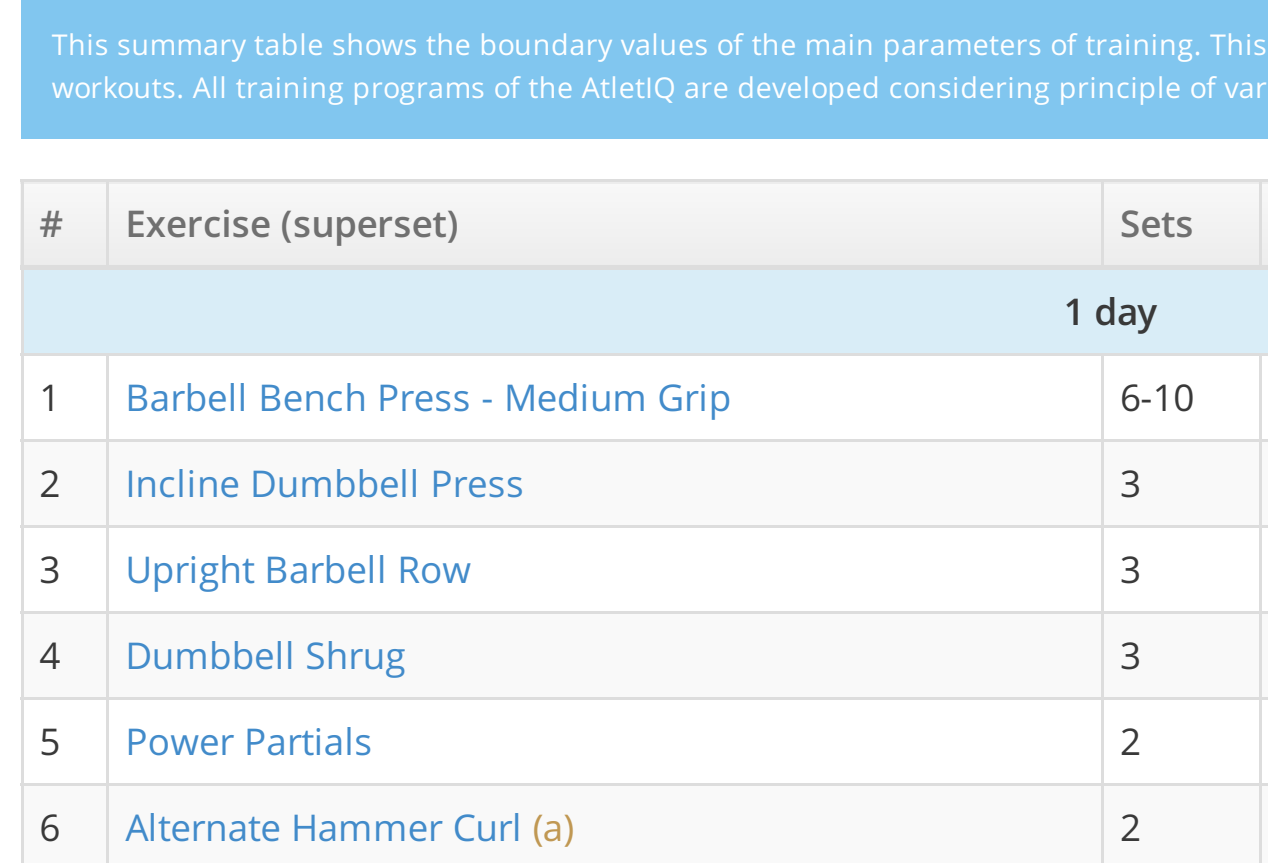
~74 minutes

The psychology of the bodybuilder is predictable: we want to grow record volumes of muscle, but at the same time do not agree to lose in their power. If you are ready to abandon the current strategy of training for the sake of achieving these two goals, we are ready to offer you a solution - for two weeks forget about "machine" pumping and use an exclusive scheme of muscle training without machines from AtletIQ.

<https://atletiq.com/en/programma/na-massu-i-siluu-bez-trenazherov.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

1 «2 недели, 6 тренировок»

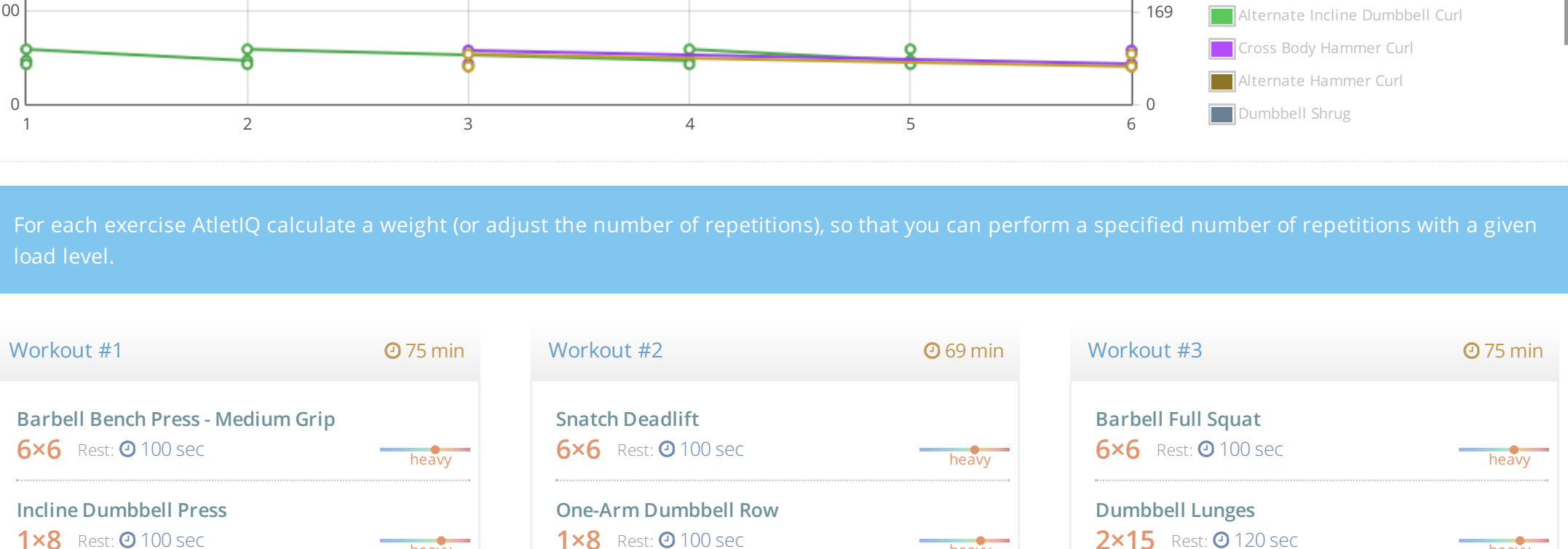
Duration in days: 11 | Amount of training days: 6 | Rest days: 5

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 |
|---------------------|-------------------------------------|------|--------------|-------------------|
| 1 day | | | | |
| 1 | Barbell Bench Press - Medium Grip | 6-10 | 3-6 | 70-100 sec |
| 2 | Incline Dumbbell Press | 3 | 8-25 (+max) | 80-120 sec |
| 3 | Upright Barbell Row | 3 | 10-25 (+max) | 80-120 sec |
| 4 | Dumbbell Shrug | 3 | 15-25 (+max) | 80-120 sec |
| 5 | Power Partial | 2 | 12-25 (+max) | 100-120 sec |
| 6 | Alternate Hammer Curl (a) | 2 | 12-25 (+max) | 100-120 sec |
| 7 | Tricep Dumbbell Kickback (a) | 2 | 12-25 (+max) | 100-120 sec |
| 8 | Calf Raise On A Dumbbell | 3 | 20-25 (+max) | 100-120 sec |
| 2 day (rest) | | | | |
| 3 day | | | | |
| 1 | Snatch Deadlift | 6-10 | 3-6 | 70-100 sec |
| 2 | One-Arm Dumbbell Row | 3 | 8-25 (+max) | 80-120 sec |
| 3 | Incline Dumbbell Press | 3 | 8-25 (+max) | 80-120 sec |
| 4 | Seated Bent-Over Rear Delt Raise | 2 | 12-25 (+max) | 100-120 sec |
| 5 | Alternate Incline Dumbbell Curl (a) | 3 | 15-25 (+max) | 80-120 sec |
| 6 | Lying Dumbbell Tricep Extension (a) | 3 | 15-25 (+max) | 80-120 sec |
| 7 | Calf Raise On A Dumbbell | 3 | 20-25 (+max) | 100-120 sec |
| 4 day (rest) | | | | |
| 5 day | | | | |
| 1 | Barbell Full Squat | 6-10 | 3-6 | 70-100 sec |
| 2 | Dumbbell Lunges | 3 | 15-25 (+max) | 80-120 sec |
| 3 | Dumbbell Shoulder Press | 3 | 8-25 (+max) | 80-120 sec |
| 4 | One-Arm Side Laterals | 3 | 12-25 (+max) | 80-120 sec |
| 5 | Dumbbell One-Arm Upright Row | 2 | 12-25 (+max) | 100-120 sec |
| 6 | Cross Body Hammer Curl | 2 | 12-25 (+max) | 100-120 sec |
| 7 | Standing Dumbbell Triceps Extension | 2 | 12-25 (+max) | 100-120 sec |
| 8 | Calf Raise On A Dumbbell | 3 | 20-25 (+max) | 100-120 sec |
| 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 75 min

Barbell Bench Press - Medium Grip
6x6 Rest: 100 sec

Incline Dumbbell Press
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

Upright Barbell Row
2x10 Rest: 120 sec
1x25 max Rest: 80 sec

Dumbbell Shrug
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Power Partial
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Alternate Hammer Curl
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Tricep Dumbbell Kickback
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Calf Raise On A Dumbbell
2x25 max Rest: 120 sec
1x20 Rest: 120 sec

866 scores

Workout #2 69 min

Snatch Deadlift
6x6 Rest: 100 sec

One-Arm Dumbbell Row
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

Incline Dumbbell Press
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

Seated Bent-Over Rear Delt Raise
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Alternate Incline Dumbbell Curl
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Lying Dumbbell Tricep Extension
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Calf Raise On A Dumbbell
2x25 max Rest: 120 sec
1x20 Rest: 120 sec

896 scores

Workout #3 75 min

Barbell Full Squat
6x6 Rest: 100 sec

Dumbbell Lunges
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Dumbbell Shoulder Press
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

One-Arm Side Laterals
2x12 Rest: 100 sec
1x25 max Rest: 80 sec

Dumbbell One-Arm Upright Row
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Cross Body Hammer Curl
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Standing Dumbbell Triceps Extension
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Calf Raise On A Dumbbell
2x25 max Rest: 120 sec
1x20 Rest: 120 sec

900 scores

Workout #4 76 min

Barbell Bench Press - Medium Grip
10x3 Rest: 70 sec

Incline Dumbbell Press
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

Upright Barbell Row
2x10 Rest: 120 sec
1x25 max Rest: 80 sec

Dumbbell Shrug
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Power Partial
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Alternate Hammer Curl
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Tricep Dumbbell Kickback
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Calf Raise On A Dumbbell
2x25 max Rest: 120 sec
1x20 Rest: 120 sec

897 scores

Workout #5 71 min

Snatch Deadlift
10x3 Rest: 70 sec

One-Arm Dumbbell Row
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

Incline Dumbbell Press
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

Seated Bent-Over Rear Delt Raise
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Alternate Incline Dumbbell Curl
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Lying Dumbbell Tricep Extension
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Calf Raise On A Dumbbell
2x25 max Rest: 120 sec
1x20 Rest: 120 sec

931 scores

Workout #6 77 min

Barbell Full Squat
10x3 Rest: 70 sec

Dumbbell Lunges
2x15 Rest: 120 sec
1x25 max Rest: 80 sec

Dumbbell Shoulder Press
1x8 Rest: 100 sec
1x10 Rest: 120 sec
1x25 max Rest: 80 sec

One-Arm Side Laterals
2x12 Rest: 100 sec
1x25 max Rest: 80 sec

Dumbbell One-Arm Upright Row
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

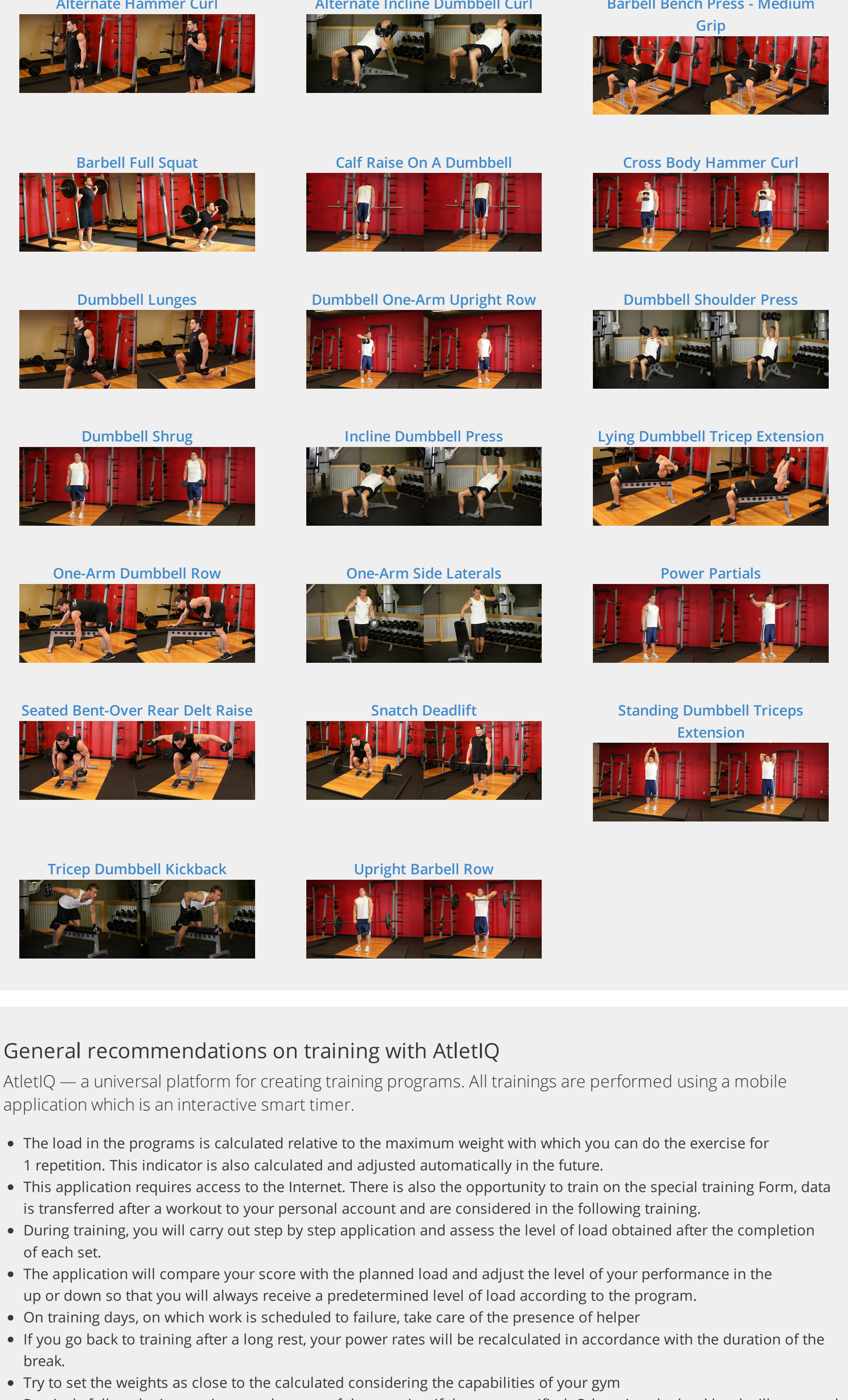
Cross Body Hammer Curl
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Standing Dumbbell Triceps Extension
1x12 Rest: 100 sec
1x25 max Rest: 120 sec

Calf Raise On A Dumbbell
2x25 max Rest: 120 sec
1x20 Rest: 120 sec

931 scores

Directory of the exercises



General recommendations on training with AtletIQ

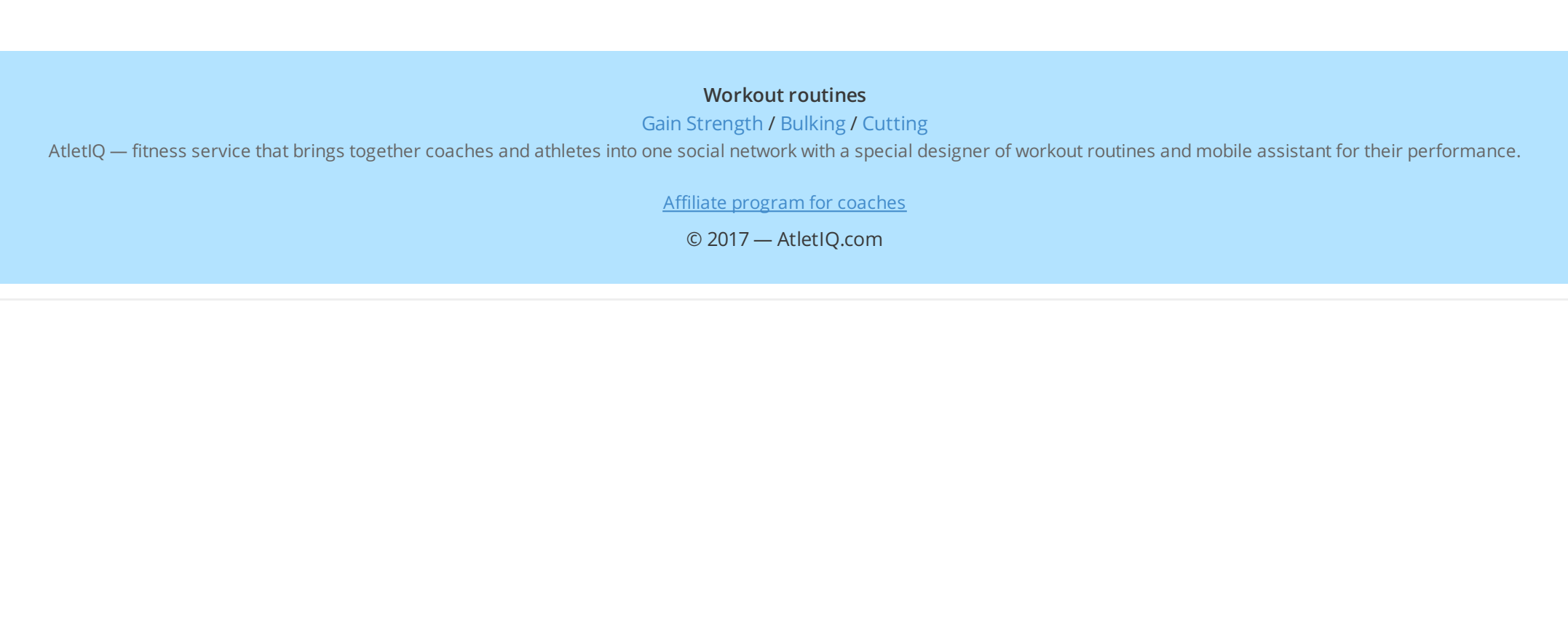
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 results 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 read 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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