

Pass the 4-week fitness experiment, make a massive body

3-4 3-5 3-4 3-5 3-5 10-15 3-4 6-10 3-4 6-10 3 day (rest)

4 day

5 day

6 day (rest)

7 day (rest)

Training intensity for each exercise

3-4

3-4

3-4

3-4

3-4

3-4

3-4

3-4

3-4

3-4

3-4

3-4

8-12

8-12

8-12

8-12

8-12

8-12

8-12

8-12

8-12

10-15

10-15

8-12

② 90-120 sec

② 60-100 sec

② 80-120 sec

② 60-100 sec

② 60-100 sec

② 80-120 sec

The total intensity

Close-Grip Front Lat Pulldown

Barbell Incline Bench Press Medium-Grip

Incline Dumbbell Press

Seated Cable Rows

Front Barbell Squat

Dumbbell Flyes Power Partials

One-Arm Dumbbell Row

Bent Over Barbell Row

Barbell Full Squat Standing Military Press

Lying Leg Curls Hammer Curls

Barbell Incline Bench Press Medium-Grip

Barbell Bench Press - Medium Grip

② 61 min

heavy

heavy

heavy

heavy

heavy

heavy

46 min

heavy

heavy

heavy

heavy

② 58 min

heavy

heavy

heavy

heavy

heavy

heavy

heavy

46 min

heavy

heavy

heavy

heavy

heavy

② 66 min

heavy

heavy

heavy

heavy

heavy

heavy

Barbell Lunge

Leg Press

673

16

Workout #3

4×8 Rest: **②** 80 sec

4×8 Rest: **②** 80 sec

Seated Cable Rows

4×8 Rest: **②** 80 sec

4×8 Rest: **②** 80 sec

4×8 Rest: **②** 80 sec

4×8 Rest: **②** 80 sec

Triceps Pushdown

4×8 Rest: **②** 80 sec

Workout #6

Barbell Full Squat 3×5 Rest: **②** 110 sec

Clean Deadlift

Leg Press

3×5 Rest: **②** 110 sec

5×12 Rest: **②** 80 sec

3×8 Rest: **②** 110 sec

3×8 Rest: **②** 110 sec

Lying Leg Curls

Seated Calf Raise

Workout #9

4×4 Rest: **②** 90 sec

4×6 Rest: **②** 90 sec

4×4 Rest: **②** 90 sec

4×6 Rest: **②** 90 sec

4×4 Rest: **②** 90 sec

3×6 Rest: **○** 50 sec

Behind The Head

Workout #12

Front Barbell Squat

4×9 Rest: **0** 90 sec

4×9 Rest: **0** 90 sec

3×10 Rest: **②** 100 sec

3×10 Rest: **②** 100 sec

Barbell Lunge

Leg Extensions

Lying Leg Curls

Seated Calf Raise

Workout #15

3×12 Rest: **②** 120 sec

3×12 Rest: **②** 120 sec

3×12 Rest: **①** 120 sec

One-Arm Dumbbell Row

3×12 Rest: **②** 120 sec

3×12 Rest: **①** 120 sec

3×12 Rest: **②** 120 sec

3×12 Rest: **①** 120 sec

7717 scores

Barbell Full Squat

Bent Over Barbell Row

Dumbbell Flyes

Incline Dumbbell Press

Lying Close-Grip Barbell Triceps

Extension Behind The Head

Power Partials

Standing Military Press

Advanced 4

Advanced 1

Amateur 6

Amateur 3

YOUR FRIENDS

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

71532 scores Last Activity: Mar 14

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14 REMOVE FROM FRIENDS

Вадим_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Last Activity: Feb 10

REMOVE FROM FRIENDS

Enter the name or ID

Triceps Pushdown

Power Partials

Hammer Curls

Seated Cable Rows

Dumbbell Flyes

4×9 Rest: **②** 90 sec

3×6 Rest: **⊙** 50 sec

Barbell Curl

Standing Military Press

Incline Dumbbell Press

Bent Over Barbell Row

Close-Grip Front Lat Pulldown

Lying Close-Grip Barbell Triceps Extension

₹ 862 scores

₹ 497 scores

Barbell Incline Bench Press Medium-Grip

Barbell Bench Press - Medium Grip

₹ 776 scores

₹ 596 scores

Power Partials

Hammer Curls

One-Arm Dumbbell Row

Dumbbell Flyes

Barbell Full Squat Clean Deadlift Leg Press Lying Leg Curls Seated Calf Raise

Barbell Incline Bench Press Medium-Grip **Dumbbell Flyes Seated Cable Rows**

One-Arm Dumbbell Row

Power Partials Hammer Curls Triceps Pushdown

1 2 3

Barbell Lunge Leg Extensions Lying Leg Curls Seated Calf Raise

3 4 5

Workout #1 **②** 53 min Barbell Bench Press - Medium Grip **3×4** Rest: **②** 90 sec **Incline Dumbbell Press** 4×6 Rest: **②** 80 sec

Bent Over Barbell Row

Close-Grip Front Lat Pulldown

Lying Close-Grip Barbell Triceps Extension

₹ 764 scores

₡ 470 scores

Barbell Incline Bench Press Medium-Grip

3×4 Rest: **②** 90 sec

4×6 Rest: **②** 80 sec

3×4 Rest: **②** 90 sec

3×6 Rest: **②** 55 sec

Behind The Head

Workout #4

3×6 Rest: **②** 55 sec

Front Barbell Squat

4×8 Rest: **②** 80 sec

4×8 Rest: **②** 80 sec

3×15 Rest: **○** 70 sec

3×15 Rest: **②** 70 sec

Barbell Lunge

Leg Extensions

Lying Leg Curls

Seated Calf Raise

Workout #7

3×10 Rest: **②** 110 sec

3×10 Rest: **②** 110 sec

3×10 Rest: **②** 110 sec

One-Arm Dumbbell Row

3×10 Rest: **②** 110 sec

₡ 655 scores

₡ 600 scores

Triceps Pushdown

Workout #10

Barbell Full Squat

Clean Deadlift

Lying Leg Curls

4×6 Rest: **②** 90 sec

Seated Calf Raise

Workout #13

4×3 Rest: **①** 120 sec

Incline Dumbbell Press

3×10 Rest: **②** 120 sec

Bent Over Barbell Row

Close-Grip Front Lat Pulldown

4×3 Rest: **①** 120 sec

3×10 Rest: @ 120 sec

Standing Military Press

4×3 Rest: **①** 120 sec

2×10 Rest: **②** 90 sec

2×10 Rest: **②** 90 sec

Behind The Head

Workout #16

Barbell Lunge

Leg Extensions

Lying Leg Curls

Seated Calf Raise 3×12 Rest: **②** 120 sec

Front Barbell Squat **3×12** Rest: **②** 120 sec

3×12 Rest: **②** 120 sec

4×15 Rest: **②** 60 sec

4×15 Rest: **②** 60 sec

Lying Close-Grip Barbell Triceps Extension

₹ 782 scores

₹ 506 scores

Barbell Bench Press - Medium

Grip

Barbell Incline Bench Press

Medium-Grip

Clean Deadlift

Front Barbell Squat

Leg Extensions

Barbell Curl

Barbell Bench Press - Medium Grip

4×6 Rest: **②** 90 sec

Leg Press

4×4 Rest: **②** 90 sec

4×4 Rest: **②** 90 sec

4×10 Rest: **②** 100 sec

Power Partials

Hammer Curls

Seated Cable Rows

Dumbbell Flyes

4×8 Rest: **②** 80 sec

Barbell Curl

Standing Military Press

8

heavy

heavy

heavy

heavy

heavy

heavy

heavy

41 min

heavy

heavy

heavy

heavy

② 63 min

heavy

heavy

heavy

heavy

heavy

heavy

48 min

heavy

heavy

heavy

heavy

② 66 min

heavy

heavy

heavy

heavy

heavy

heavy

② 44 min

heavy

heavy

heavy

heavy

Workout #2

Barbell Full Squat

3×4 Rest: **②** 90 sec

3×4 Rest: **②** 90 sec

3×15 Rest: **②** 70 sec

Clean Deadlift

Lying Leg Curls

4×6 Rest: **○** 80 sec

Seated Calf Raise

Workout #5

3×5 Rest: **②** 110 sec

Incline Dumbbell Press

Bent Over Barbell Row

Close-Grip Front Lat Pulldown

Lying Close-Grip Barbell Triceps Extension

₹ 752 scores

₹ 475 scores

Barbell Incline Bench Press Medium-Grip

3×5 Rest: **②** 110 sec

3×8 Rest: **②** 110 sec

Standing Military Press

3×5 Rest: **②** 110 sec

2×8 Rest: **②** 70 sec

Behind The Head 2×8 Rest: **②** 70 sec

Workout #8

Front Barbell Squat

Barbell Lunge

Leg Extensions

Lying Leg Curls

Seated Calf Raise

Workout #11

4×9 Rest: **②** 90 sec

4×9 Rest: **②** 90 sec

Seated Cable Rows

4x9 Rest: @ 90 sec

4×9 Rest: **○** 90 sec

4×9 Rest: **②** 90 sec

4×9 Rest: **②** 90 sec

Triceps Pushdown 4×9 Rest: **②** 90 sec

Workout #14

Barbell Full Squat

Clean Deadlift

Leg Press

4x3 Rest: **0** 120 sec

4×3 Rest: **②** 120 sec

4×15 Rest: **②** 60 sec

3×10 Rest: **②** 120 sec

3×10 Rest: **②** 120 sec

Lying Leg Curls

Seated Calf Raise

₹ 821 scores

₹ 587 scores

Directory of the exercises

Barbell Curl

Barbell Lunge

Close-Grip Front Lat Pulldown

Hammer Curls

Leg Press

One-Arm Dumbbell Row

Seated Calf Raise

How to use mobile assistant?

Barbell Incline Bench Press

Medium-Grip

How to do?

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 © 2017 — AtletIQ.com

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back

should be arched, and your shoulder blades

2. Lay on the bench with your feet flat on the

P 🐼 🗏 😃 🥦

12

54

☐ ACTUAL WORKOUT #1

«NUCLEAR ARMS»

Cable Crossover

weight, **kg** / lbs

PERFORMED

Parhall Shoulder Dross

TONNAGE

2.39 T

Power Partials

Hammer Curls

One-Arm Dumbbell Row

Dumbbell Flyes

3×10 Rest: **②** 110 sec

3×10 Rest: **②** 110 sec

4×12 Rest: **②** 80 sec

4×12 Rest: **②** 80 sec

3×10 Rest: **②** 110 sec

Barbell Curl

3×8 Rest: **②** 110 sec

Barbell Bench Press - Medium Grip

4×6 Rest: **②** 80 sec

₹ 480 scores

Leg Press

10

12

40 min

heavy

heavy

heavy

heavy

② 56 min

heavy

heavy

heavy

heavy

heavy

② 45 min

heavy

heavy

heavy

heavy

② 66 min

heavy

heavy

heavy

heavy

heavy

heavy

② 49 min

heavy

heavy

heavy

heavy

Lying Leg Curls Seated Cable Rows Triceps Pushdown

General recommendations on training with AtletIQ of each set. break.

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 • 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 • 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. 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.

P 😯 🗏 📇 隆 Find program WORKOUT TIME Fitnes Goal 01:00 -- Show all -Complexity -- Show all -**Dumbbell Bench Press** Workout place -- Show all -48 kgx12 48 kgx12 48 kgx12 Advanced search #1 Active Recovery Beginner

REDUCE THE RECOVERY TIME OF PHYSICAL

FROM A POWER TRAINING PROGRAM

CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK

Back in operation with 4 workouts!

■ 2 add-ons