

Open the season of hunting for muscles with the monthly program "Lone wolf"

Intermediate **23** days **12** workouts **~47** minutes

Don't like "schooly" approach to training? Then go on your own, taking with you a training plan from AtletIQ. Only take a chance to go against the rules and you will see how many advantages of training alone there are - complete freedom of maneuvers and absolute concentration at work will give you an unprecedented start to muscle hypertrophy.

<https://atletiq.com/en/programma/trenirovki-na-massu-bez-partnera-volk-odinochka.htm>



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

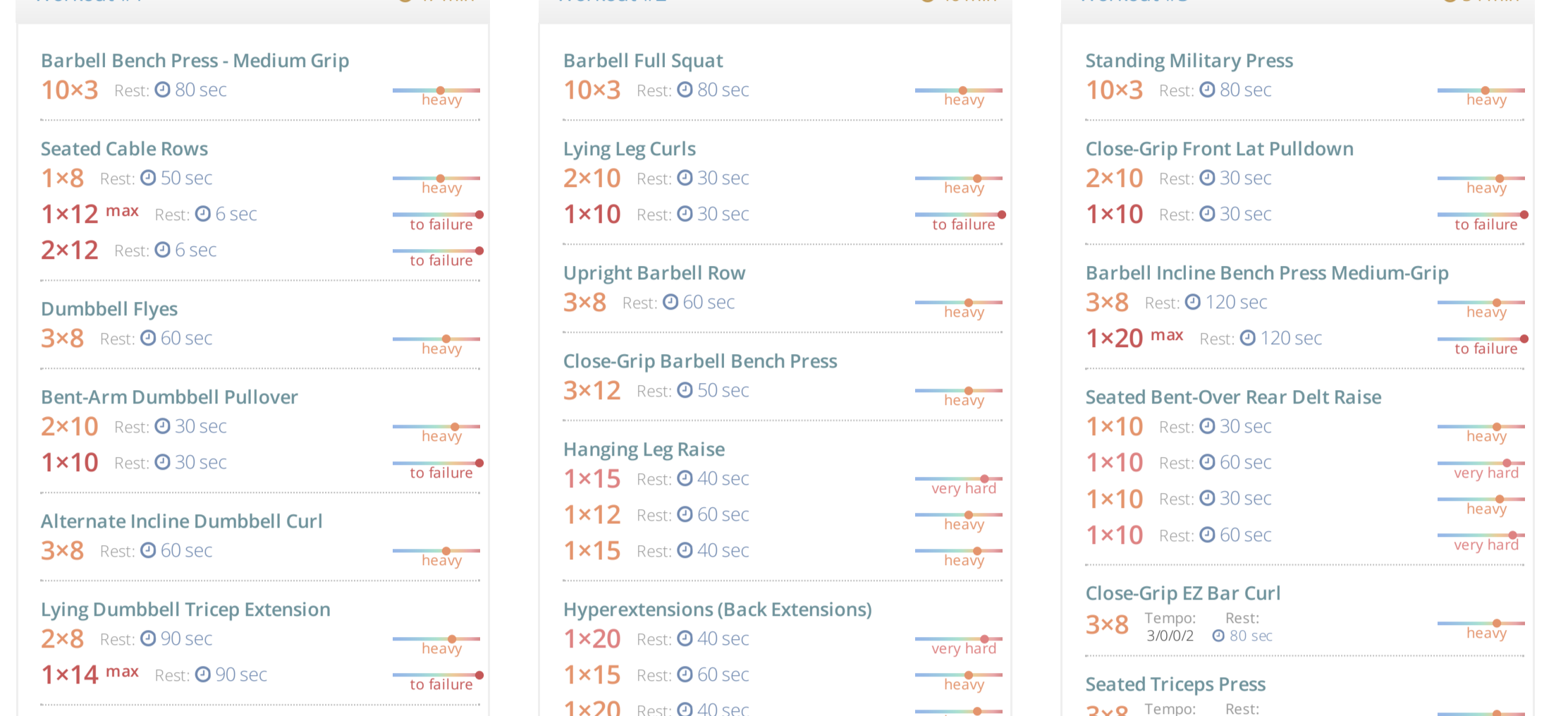
1 «1 МЕСЯЦ» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	60-80 sec
2	Seated Cable Rows	4	8-12 (+max)	60-50 sec
3	Dumbbell Flies	3	8-12	60-70 sec
4	Bent-Arm Dumbbell Pullover	3	10	30 sec
5	Alternate Incline Dumbbell Curl	3	8-12	60-70 sec
6	Lying Dumbbell Tricep Extension	3	6-14 (+max)	75-90 sec
2 day (rest)				
3 day				
1	Barbell Full Squat	6-10	3-6	60-80 sec
2	Lying Leg Curls	3	10	30 sec
3	Upright Barbell Row	3	8-12	60-70 sec
4	Close-Grip Barbell Bench Press	3-4	10-12	50 sec
5	Hanging Leg Raise	3	12-15	40-60 sec
6	Hyperextensions (Back Extensions)	3	15-20	40-60 sec
4 day (rest)				
5 day				
1	Standing Military Press	6-10	3-6	60-80 sec
2	Close-Grip Front Lat Pulldown	3	10	30 sec
3	Barbell Incline Bench Press Medium-Grip	4	8-20 (+max)	90-120 sec
4	Seated Bent-Over Rear Delt Raise	4	10	30-60 sec
5	Close-Grip EZ Bar Curl	3	8	80 sec
6	Seated Triceps Press	3	8	80 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 47 min

Barbell Bench Press - Medium Grip
10x3 Rest: 60 sec

Seated Cable Rows
1x8 Rest: 30 sec
1x12 max Rest: 6 sec
2x12 Rest: 6 sec

Dumbbell Flies
3x8 Rest: 60 sec

Bent-Arm Dumbbell Pullover
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Alternate Incline Dumbbell Curl
3x8 Rest: 60 sec

Lying Dumbbell Tricep Extension
2x8 Rest: 90 sec
1x14 max Rest: 90 sec

920 scores

Workout #2 46 min

Barbell Full Squat
10x3 Rest: 80 sec

Lying Leg Curls
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Upright Barbell Row
3x8 Rest: 60 sec

Close-Grip Barbell Bench Press
3x12 Rest: 50 sec

Hanging Leg Raise
1x15 Rest: 40 sec
1x12 Rest: 60 sec
1x15 Rest: 40 sec

Hyperextensions (Back Extensions)
1x20 Rest: 40 sec
1x15 Rest: 60 sec
1x20 Rest: 40 sec

686 scores

Workout #3 54 min

Standing Military Press
10x3 Rest: 80 sec

Close-Grip Front Lat Pulldown
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Barbell Incline Bench Press Medium-Grip
3x8 Rest: 120 sec
1x20 max Rest: 120 sec

Seated Bent-Over Rear Delt Raise
1x10 Rest: 60 sec
1x10 Rest: 30 sec
1x10 Rest: 60 sec

Close-Grip EZ Bar Curl
3x8 Tempo: 30/60 Rest: 80 sec

Seated Triceps Press
3x8 Tempo: 30/60 Rest: 80 sec

999 scores

Workout #4 43 min

Barbell Bench Press - Medium Grip
6x6 Rest: 80 sec

Seated Cable Rows
1x8 Rest: 30 sec
1x12 max Rest: 6 sec
2x12 Rest: 6 sec

Dumbbell Flies
3x10 Rest: 65 sec

Bent-Arm Dumbbell Pullover
1x10 Rest: 30 sec
1x10 Rest: 30 sec

Alternate Incline Dumbbell Curl
3x10 Rest: 65 sec

Lying Dumbbell Tricep Extension
2x6 Rest: 90 sec
1x12 max Rest: 90 sec

905 scores

Workout #5 43 min

Barbell Full Squat
6x6 Rest: 80 sec

Lying Leg Curls
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Upright Barbell Row
3x10 Rest: 65 sec

Close-Grip Barbell Bench Press
4x10 Rest: 50 sec

Hanging Leg Raise
1x15 Rest: 40 sec
1x12 Rest: 60 sec
1x15 Rest: 40 sec

Hyperextensions (Back Extensions)
1x20 Rest: 40 sec
1x15 Rest: 60 sec
1x20 Rest: 40 sec

699 scores

Workout #6 49 min

Standing Military Press
6x6 Rest: 80 sec

Close-Grip Front Lat Pulldown
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Barbell Incline Bench Press Medium-Grip
3x8 Rest: 120 sec
1x20 max Rest: 120 sec

Seated Bent-Over Rear Delt Raise
1x10 Rest: 60 sec
1x10 Rest: 30 sec
1x10 Rest: 60 sec

Close-Grip EZ Bar Curl
3x8 Tempo: 30/60 Rest: 80 sec

Seated Triceps Press
3x8 Tempo: 30/60 Rest: 80 sec

987 scores

Workout #7 48 min

Barbell Bench Press - Medium Grip
10x3 Rest: 60 sec

Seated Cable Rows
1x8 Rest: 30 sec
1x12 max Rest: 6 sec
2x12 Rest: 6 sec

Dumbbell Flies
3x8 Rest: 70 sec

Bent-Arm Dumbbell Pullover
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Alternate Incline Dumbbell Curl
3x8 Rest: 70 sec

Lying Dumbbell Tricep Extension
2x8 Rest: 90 sec
1x14 max Rest: 90 sec

948 scores

Workout #8 47 min

Barbell Full Squat
10x3 Rest: 80 sec

Lying Leg Curls
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Upright Barbell Row
3x8 Rest: 60 sec

Close-Grip Barbell Bench Press
3x10 Rest: 50 sec

Hanging Leg Raise
1x15 Rest: 40 sec
1x12 Rest: 60 sec
1x15 Rest: 40 sec

Hyperextensions (Back Extensions)
1x20 Rest: 40 sec
1x15 Rest: 60 sec
1x20 Rest: 40 sec

709 scores

Workout #9 54 min

Standing Military Press
10x3 Rest: 80 sec

Close-Grip Front Lat Pulldown
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Barbell Incline Bench Press Medium-Grip
3x8 Rest: 120 sec
1x20 max Rest: 120 sec

Seated Bent-Over Rear Delt Raise
1x10 Rest: 60 sec
1x10 Rest: 30 sec
1x10 Rest: 60 sec

Close-Grip EZ Bar Curl
3x8 Tempo: 30/60 Rest: 80 sec

Seated Triceps Press
3x8 Tempo: 30/60 Rest: 80 sec

999 scores

Workout #10 43 min

Barbell Bench Press - Medium Grip
6x6 Rest: 80 sec

Seated Cable Rows
1x8 Rest: 30 sec
1x12 max Rest: 6 sec
2x12 Rest: 6 sec

Dumbbell Flies
3x12 Rest: 65 sec

Bent-Arm Dumbbell Pullover
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Alternate Incline Dumbbell Curl
3x12 Rest: 65 sec

Lying Dumbbell Tricep Extension
2x6 Rest: 90 sec
1x12 max Rest: 90 sec

919 scores

Workout #11 43 min

Barbell Full Squat
6x6 Rest: 80 sec

Lying Leg Curls
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Upright Barbell Row
3x12 Rest: 65 sec

Close-Grip Barbell Bench Press
4x12 Rest: 50 sec

Hanging Leg Raise
1x15 Rest: 40 sec
1x12 Rest: 60 sec
1x15 Rest: 40 sec

Hyperextensions (Back Extensions)
1x20 Rest: 40 sec
1x15 Rest: 60 sec
1x20 Rest: 40 sec

710 scores

Workout #12 49 min

Standing Military Press
6x6 Rest: 80 sec

Close-Grip Front Lat Pulldown
2x10 Rest: 30 sec
1x10 Rest: 30 sec

Barbell Incline Bench Press Medium-Grip
3x8 Rest: 120 sec
1x20 max Rest: 120 sec

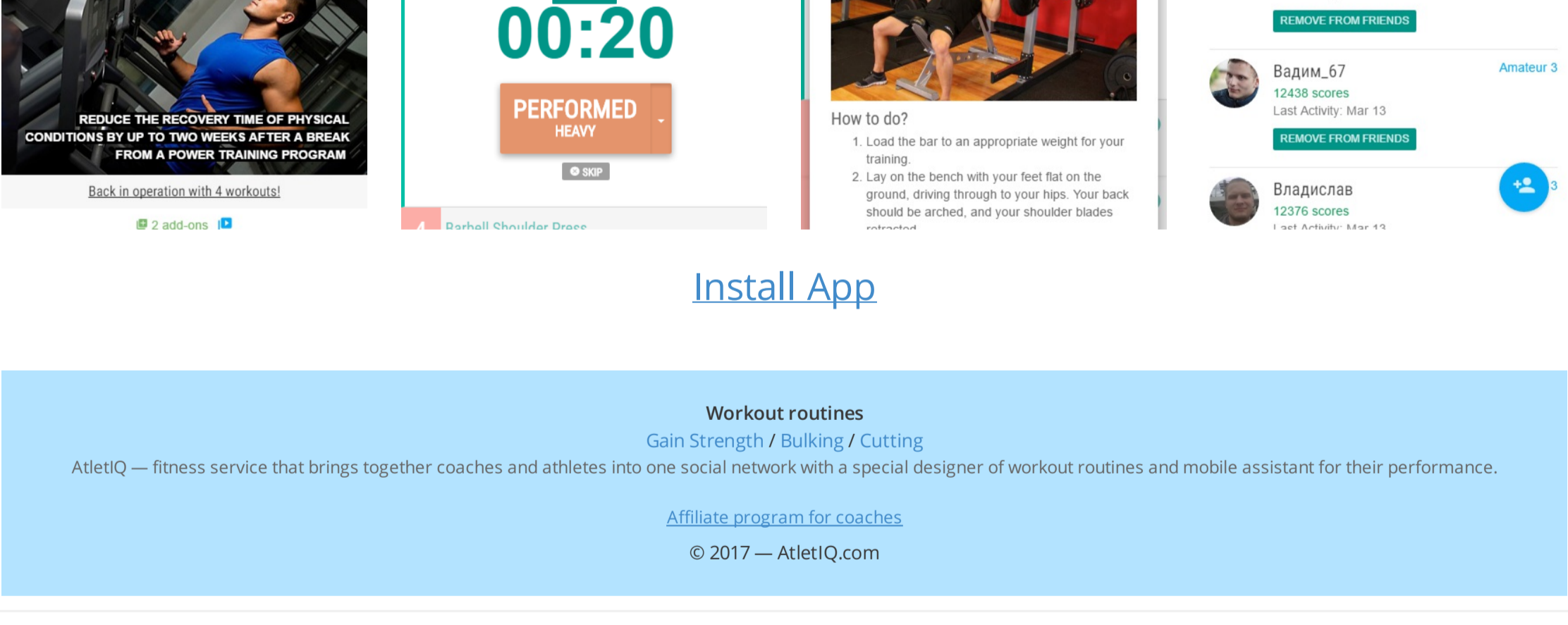
Seated Bent-Over Rear Delt Raise
1x10 Rest: 60 sec
1x10 Rest: 30 sec
1x10 Rest: 60 sec

Close-Grip EZ Bar Curl
3x8 Tempo: 30/60 Rest: 80 sec

Seated Triceps Press
3x8 Tempo: 30/60 Rest: 80 sec

987 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 training.

- 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 level 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 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.

[Add a program for coaches](#)

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