

Update the "equipment": use dumbbells, master the bars, in order to improve strength capabilities and gain in muscle size.

Intermediate 23 days 12 workouts ~43 minutes

Dumbbells and bars are not serious equipment for a real athlete. A month is not a period for the simultaneous development of muscles and strength. Leave skepticism for theorists! Everything is possible in bodybuilding. Undeniable proof - the transformation of the body of users of the new program for the mass and strength development by AtletIQ. And guess, who is "on the front line"? Discredited "amateur" inventory!

<https://atletiq.com/en/programma/turnik-ganteli-brusya-na-silu-i-massu.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 of the program

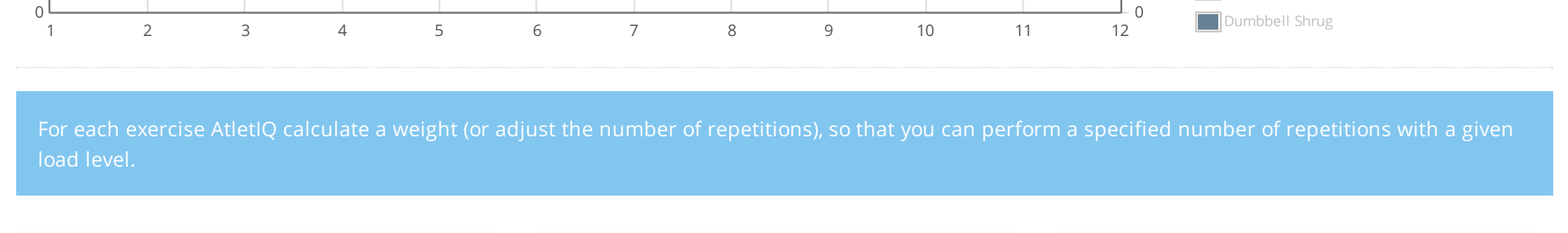
1 «1 месяц» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Chin-Up	8	3	⌚ 30-60 sec
2	Dips - Triceps Version	8	4	⌚ 30-60 sec
3	Dumbbell Bench Press	4	6-20 (+max)	⌚ 45-90 sec
4	Bent-Arm Dumbbell Pullover	3	10-12	⌚ 45-80 sec
5	Cuban Press	3	14-18	⌚ 30-40 sec
6	Hyperextensions (Back Extensions)	2	20	⌚ 40-70 sec
2 day (rest)				
3 day				
1	Wide-Grip Rear Pull-Up	8	3	⌚ 30-60 sec
2	Dumbbell Shoulder Press	4	6-20 (+max)	⌚ 45-90 sec
3	One-Arm Dumbbell Row	3	6-8	⌚ 50-60 sec
4	Hammer Curls	3	8-18 (+max)	⌚ 45-75 sec
5	Lying Dumbbell Tricep Extension	3	8-12	⌚ 35-75 sec
6	Hyperextensions (Back Extensions)	3	20	⌚ 50-60 sec
4 day (rest)				
5 day				
1	Pullups	8	3	⌚ 30-60 sec
2	Incline Dumbbell Flyes	4	6-20 (+max)	⌚ 45-90 sec
3	Standing Dumbbell Upright Row	3	10-12	⌚ 45-80 sec
4	Power Partial	3	10-12	⌚ 45-80 sec
5	Dumbbell Shrug	1	8-14 (+max)	⌚ 60-80 sec
6	Hyperextensions (Back Extensions)	2	20	⌚ 40-70 sec
6 day (rest)				
7 day				
1	Приседания на одной ноге с гантелями	3	6-8	⌚ 50-70 sec
2	Dumbbell Lunges	3	10-12	⌚ 45-80 sec
3	Plie Dumbbell Squat	3	10-12	⌚ 45-80 sec
4	Hanging Leg Raise (a)	3	10	⌚ 45-60 sec
5	Crunches (a)	3	20	⌚ 50-60 sec
6	Hyperextensions (Back Extensions)	3	20	⌚ 50-60 sec
8 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 0:46 min

Chin-Up
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Dips - Triceps Version
2×4 Rest: 60 sec heavy
2×4 Rest: 60 sec very hard
1×4 Rest: 50 sec very hard
1×4 Rest: 60 sec very hard

Dumbbell Bench Press
1×8 Rest: 60 sec heavy
1×8 Rest: 45 sec heavy
1×8 Rest: 70 sec heavy
1×18 max Rest: 70 sec to failure

Bent-Arm Dumbbell Pullover
3×10 Rest: 60 sec heavy

Cuban Press
3×14 Rest: 30 sec heavy

Hyperextensions (Back Extensions)
2×20 Rest: 40 sec heavy

987 scores

Workout #2 0:45 min

Wide-Grip Rear Pull-Up
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Dumbbell Shoulder Press
1×8 Rest: 60 sec heavy
1×8 Rest: 45 sec heavy
1×8 Rest: 70 sec heavy
1×18 max Rest: 70 sec to failure

One-Arm Dumbbell Row
3×6 Rest: 60 sec very hard

Hammer Curls
1×10 Rest: 45 sec heavy
1×10 Rest: 75 sec heavy
1×18 max Rest: 75 sec to failure

Lying Dumbbell Tricep Extension
1×12 Rest: 35 sec very hard
1×10 Rest: 40 sec heavy
1×10 Rest: 40 sec very hard

Hyperextensions (Back Extensions)
3×20 Rest: 60 sec heavy

819 scores

Workout #3 0:41 min

Pullups
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Incline Dumbbell Flyes
1×8 Rest: 60 sec heavy
1×8 Rest: 45 sec heavy
1×8 Rest: 70 sec heavy
1×18 max Rest: 70 sec to failure

Standing Dumbbell Upright Row
3×10 Rest: 60 sec heavy

Power Partial
3×10 Rest: 60 sec heavy

Dumbbell Shrug
1×10 Rest: 80 sec very hard

Hyperextensions (Back Extensions)
2×20 Rest: 40 sec heavy

702 scores

Workout #4 0:39 min

Приседания на одной ноге с гантелями
3×6 Rest: 60 sec heavy

Dumbbell Lunges
3×12 Rest: 45 sec heavy

Plie Dumbbell Squat
3×10 Rest: 60 sec heavy

Hanging Leg Raise
3×10 Rest: 60 sec heavy

Crunches
3×20 Rest: 60 sec heavy

Hyperextensions (Back Extensions)
3×20 Rest: 60 sec heavy

503 scores

Workout #5 0:47 min

Chin-Up
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Dips - Triceps Version
2×4 Rest: 60 sec heavy
2×4 Rest: 60 sec very hard
2×4 Rest: 60 sec very hard
1×4 Rest: 50 sec very hard
1×4 Rest: 60 sec very hard

Dumbbell Bench Press
1×6 Rest: 60 sec heavy
1×6 Rest: 45 sec heavy
1×6 Rest: 90 sec heavy
1×15 max Rest: 70 sec to failure

Bent-Arm Dumbbell Pullover
3×12 Rest: 45 sec heavy

Cuban Press
3×16 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×20 Rest: 60 sec very hard

1007 scores

Workout #6 0:46 min

Wide-Grip Rear Pull-Up
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Dumbbell Shoulder Press
1×8 Rest: 60 sec heavy
1×6 Rest: 45 sec heavy
1×6 Rest: 90 sec very hard
1×15 max Rest: 70 sec to failure

One-Arm Dumbbell Row
3×7 Rest: 50 sec very hard

Hammer Curls
1×8 Rest: 45 sec heavy
1×8 Rest: 75 sec heavy
1×15 max Rest: 75 sec to failure

Lying Dumbbell Tricep Extension
1×8 Rest: 75 sec very hard
1×8 Rest: 75 sec very hard
1×8 Rest: 75 sec very hard

Hyperextensions (Back Extensions)
3×20 Rest: 50 sec heavy

850 scores

Workout #7 0:40 min

Pullups
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Incline Dumbbell Flyes
1×6 Rest: 60 sec heavy
1×6 Rest: 45 sec heavy
1×6 Rest: 90 sec very hard
1×15 max Rest: 70 sec to failure

Standing Dumbbell Upright Row
3×12 Rest: 45 sec heavy

Power Partial
3×12 Rest: 45 sec heavy

Dumbbell Shrug
1×8 Rest: 60 sec heavy

Hyperextensions (Back Extensions)
2×20 Rest: 60 sec very hard

716 scores

Workout #8 0:38 min

Приседания на одной ноге с гантелями
3×8 Rest: 50 sec heavy

Dumbbell Lunges
3×10 Rest: 80 sec heavy

Plie Dumbbell Squat
3×10 Rest: 45 sec heavy

Hanging Leg Raise
3×10 Rest: 50 sec heavy

Crunches
3×20 Rest: 50 sec heavy

Hyperextensions (Back Extensions)
3×20 Rest: 50 sec heavy

502 scores

Workout #9 0:49 min

Chin-Up
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Dips - Triceps Version
2×4 Rest: 60 sec heavy
2×4 Rest: 60 sec very hard
2×4 Rest: 60 sec very hard
1×4 Rest: 50 sec very hard
1×4 Rest: 60 sec very hard

Dumbbell Bench Press
1×10 Rest: 60 sec heavy
1×10 Rest: 45 sec heavy
1×10 Rest: 70 sec very hard
1×20 max Rest: 70 sec to failure

Bent-Arm Dumbbell Pullover
3×10 Rest: 80 sec heavy

Cuban Press
3×18 Rest: 40 sec very hard

Hyperextensions (Back Extensions)
2×20 Rest: 70 sec very hard

1022 scores

Workout #10 0:45 min

Wide-Grip Rear Pull-Up
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Dumbbell Shoulder Press
1×10 Rest: 60 sec heavy
1×10 Rest: 45 sec heavy
1×10 Rest: 70 sec very hard
1×20 max Rest: 70 sec to failure

One-Arm Dumbbell Row
3×8 Rest: 60 sec very hard

Hammer Curls
1×10 Rest: 45 sec heavy
1×10 Rest: 75 sec heavy
1×18 max Rest: 75 sec to failure

Lying Dumbbell Tricep Extension
1×12 Rest: 35 sec very hard
1×10 Rest: 40 sec heavy
1×10 Rest: 40 sec very hard

Hyperextensions (Back Extensions)
3×20 Rest: 55 sec heavy

829 scores

Workout #11 0:44 min

Pullups
1×3 Rest: 30 sec heavy
2×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 40 sec very hard
1×3 Rest: 50 sec very hard
1×3 Rest: 60 sec very hard

Incline Dumbbell Flyes
1×10 Rest: 60 sec heavy
1×10 Rest: 45 sec heavy
1×10 Rest: 70 sec very hard
1×20 max Rest: 70 sec to failure

Standing Dumbbell Upright Row
3×10 Rest: 80 sec heavy

Power Partial
3×10 Rest: 80 sec heavy

Dumbbell Shrug
1×14 max Rest: 60 sec to failure

Hyperextensions (Back Extensions)
2×20 Rest: 70 sec very hard

724 scores

Workout #12 0:40 min

Приседания на одной ноге с гантелями
3×6 Rest: 70 sec very hard

Dumbbell Lunges
3×10 Rest: 80 sec heavy

Plie Dumbbell Squat
3×10 Rest: 80 sec heavy

Hanging Leg Raise
3×10 Rest: 45 sec heavy

Crunches
3×20 Rest: 55 sec heavy

Hyperextensions (Back Extensions)
3×20 Rest: 55 sec heavy

524 scores

Directory of the exercises

Bent-Arm Dumbbell Pullover

Chin-Up

Crunches

Cuban Press

Dips - Triceps Version

Dumbbell Bench Press

Dumbbell Lunges

Dumbbell Shoulder Press

Dumbbell Shrug

Hammer Curls

Hanging Leg Raise

Hyperextensions (Back Extensions)

Incline Dumbbell Flyes

Lying Dumbbell Tricep Extension

One-Arm Dumbbell Row

Plie Dumbbell Squat

Power Partial

Pullups

Standing Dumbbell Upright Row

Wide-Grip Rear Pull-Up

Приседания на одной ноге с гантелями

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 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.
- Previously 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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