



## POWER BODYBUILDING

# BUILD A HUGE BACK!

6 WORKOUTS

30 MIN

Combine exercises in powerlifting and bodybuilding for the big muscles that can cope with serious weight.

Intermediate

11 days

6 workouts

~31 minutes

The program of training with an emphasis on the muscles of the back in the mode of power bodybuilding, the feature of which is that the work is performed with heavy weight. Accordingly, in most exercises it is necessary to perform 6-8 repetitions each set. Strength is the goal, not the pumping, so do not wait for the program to use such methods as drop-sets and supersets.

<https://atletiq.com/en/programmms/756>



Author:  
AtletIQ

AtletIQ — fitness service that brings together coaches and athletes in a single social network with a universal constructor programs and mobile assistant for their performance.

1. Choose a program and perform training with a mobile assistant.
2. The harder the workout, the more points you will earn.
3. Grip in Top athletes as long as possible and become popular.
4. Invite your friends to the service and get bonus Points to activate the closed programs!

### 6 heavy training in the power bodybuilding mode

Powerlifters and bodybuilders are like quarrelling brothers. Some differences they can never fully bridge, and yet, for better or worse, they remain closely related. They do many of the same exercises; bodybuilders squat, deadlift, and bench-press, just as powerlifters crank out sets of triceps extensions, barbell rows, and dumbbell flies for accessory work.

A few bodybuilders — most especially Johnnie Jackson, Stan Efferding, and, in his early years, Ronnie Coleman — have combined powerlifting and bodybuilding to great effect. They've ended the tiff and used a lower-rep, power-intense approach to bodybuilding to become both stronger and larger.

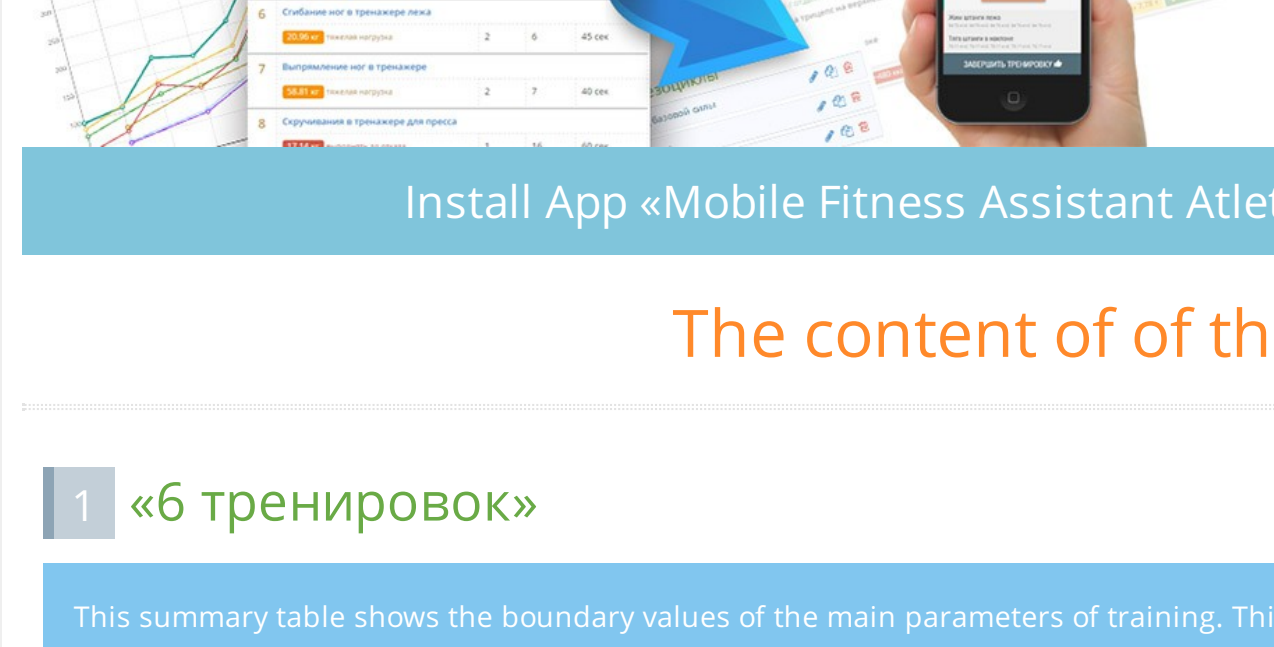
#### ENTER POWER BODYBUILDING

The idea is that prioritizing strength gains, with the big three lifts, will ensure steady progression in both weight on the bar and muscle on your frame. After all, your body is an adaptive organism that naturally resists the change and stress you place on it in the form of weightlifting. So haplessly lifting weights for a generic rep scheme won't get you too far. Your body will figure it out and stop growing. But slowly and steadily increasing the load you're lifting on a weekly basis is a new stressor for your body to adapt to.

In addition to focusing on the three power lifts, the other thing that distinguishes power bodybuilding is its emphasis on heavy sets of relatively low reps. Most sets should be in the six- to eight-rep range. Strength is the goal, not the pump, so skip techniques like dropsets and supersets. Instead, rely on forced reps or controlled cheating to eke out another rep or two. Watch power bodybuilders Branch Warren and Jackson charge through a brutal session, and you'll quickly understand that—on exercises like pulldowns, dumbbell laterals, and EZ-bar curls—they'd rather loosen their form to keep a set going than stay strict and miss out on that extra rep. After all, it's those extra reps over the course of a workout that are crucial to growth.

#### 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 «6 ТРЕНИРОВОК»

Duration in days: 11

Amount of training days: 6

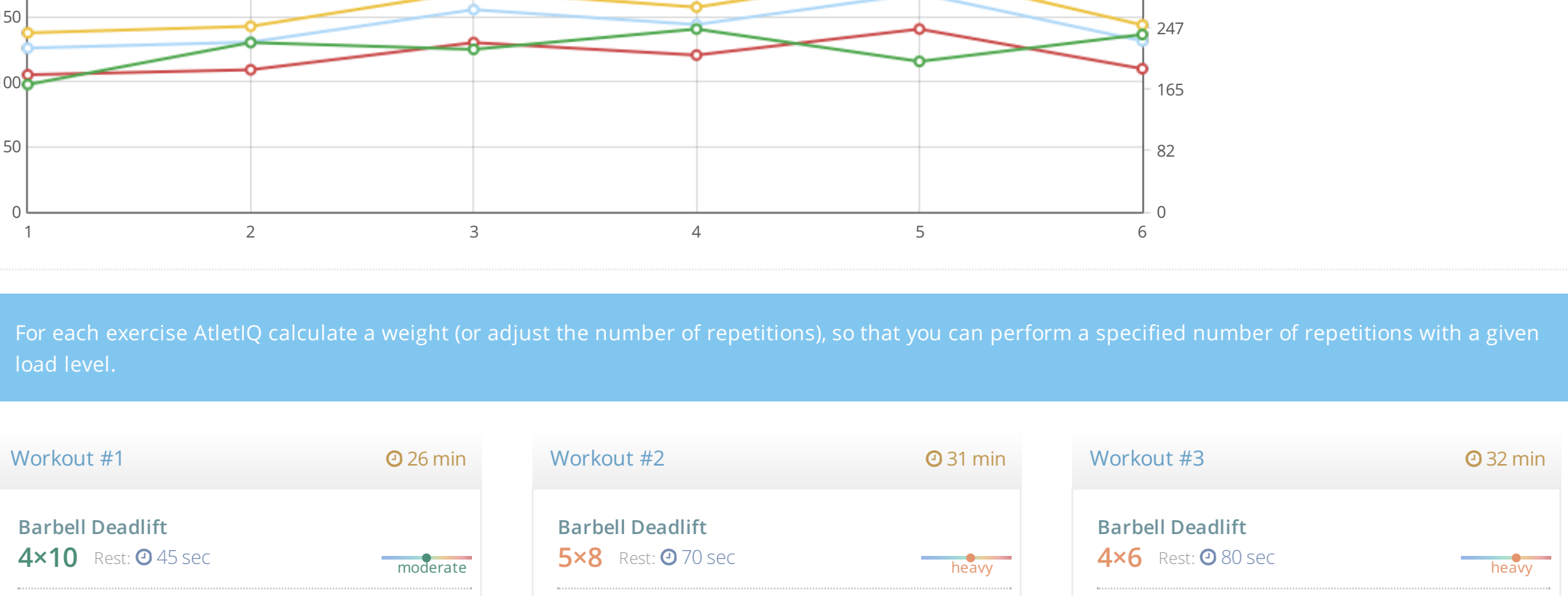
Rest days: 5

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
<b>1 day</b>				
1	Barbell Deadlift	4-5	4-10	45-85 sec
2	Bent Over Barbell Row	3-4	6-8	60-80 sec
3	Bent Over Two-Arm Long Bar Row	3-4	6-8	60-80 sec
4	Close-Grip Front Lat Pulldown	3-4	6-8	60-80 sec
<b>2 day (rest)</b>				

#### 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.

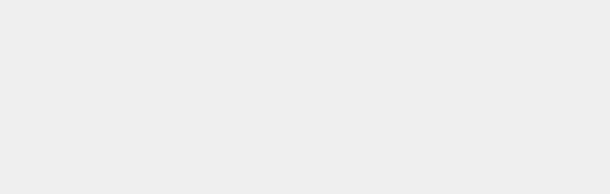
Workout #	Duration	Intensity	Score
Workout #1	26 min	Moderate	467 scores
Workout #2	31 min	Heavy	513 scores
Workout #3	32 min	Heavy	581 scores
Workout #4	32 min	Very hard	563 scores
Workout #5	32 min	Heavy	608 scores
Workout #6	32 min	Heavy	522 scores

### Directory of the exercises

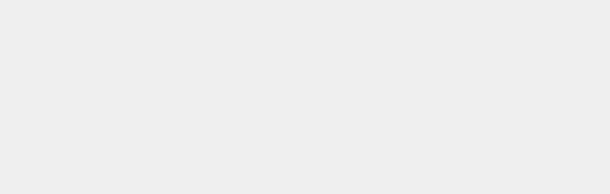
#### Barbell Deadlift



#### Bent Over Barbell Row



#### Bent Over Two-Arm Long Bar Row



#### Close-Grip Front Lat Pulldown



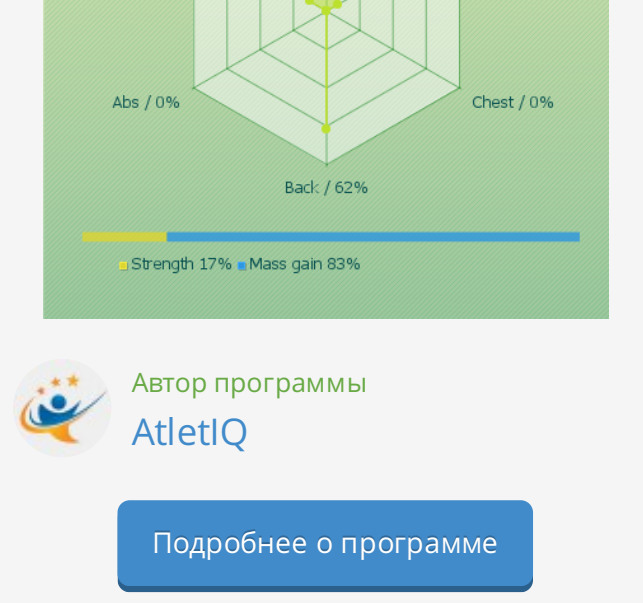
THE WAY TO THE HUGE BACK INVARIABLY LIES THROUGH THE PAIN AND THIS POWER PROGRAM!

### «Build a Huge Back with 30 minute Power Bodybuilding Workouts!»

Mass Gain

The program of training with an emphasis on the muscles of the back in the mode of power bodybuilding, the feature of which is that the work is performed with heavy weight. Accordingly, in most exercises it is necessary to perform 6-8 repetitions each set. Strength is the goal, not the pumping, so do not wait for the program to use such methods as drop-sets and supersets.

Скачать в PDF

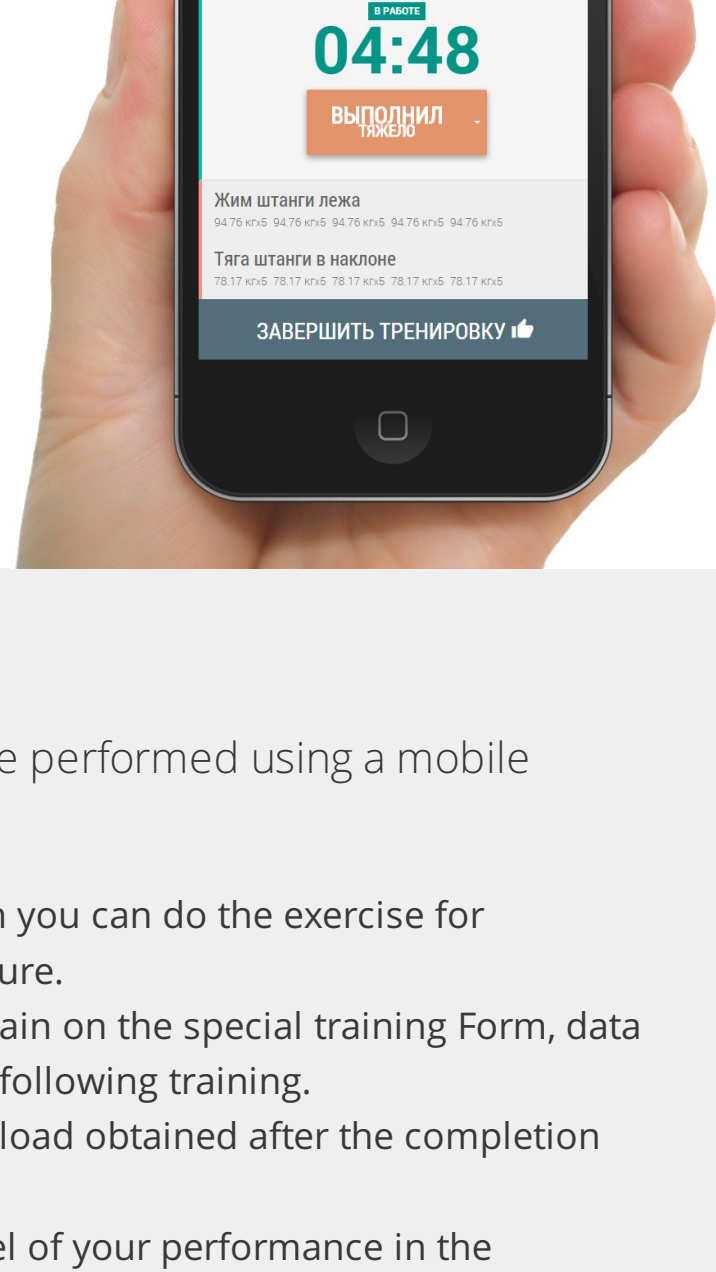


Автор программы  
AtletIQ

Подробнее о программе

Install App:

<https://atletiq.com/app>



### General recommendations on training with AtletIQ

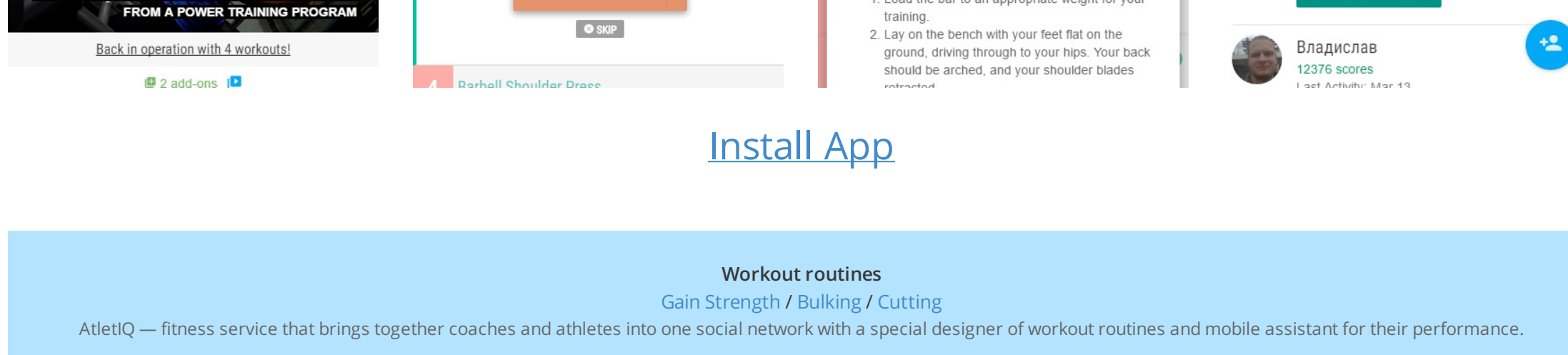
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 recorded 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 day, to which work is scheduled to failure, take care of the presence of a helper
- If you go back to training after a long rest, your failure 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 program, 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](#)

© 2017 — AtletIQ.com