



Intermediate
 23 days
 12 workouts
 ~**65** minutes

<https://atletiq.com/en/programs/1065>

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 «12 тренировок»

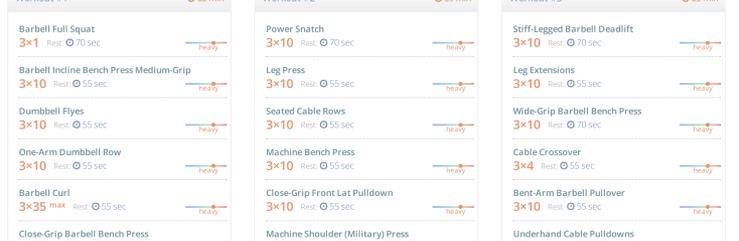
Duration in days: 23
Amount of training days: 12
Rest days: 11

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 Full Squat	3	10-12	⊖ 50-70 sec
2	Barbell Incline Bench Press Medium-Grip	3	10-14	⊖ 40-65 sec
3	Dumbbell Flies	3	10-14	⊖ 40-65 sec
4	One-Arm Dumbbell Row	3	10-14	⊖ 40-65 sec
5	Barbell Curl	3	10-14	⊖ 40-65 sec
6	Close-Grip Barbell Bench Press	3	10-14	⊖ 40-65 sec
7	Standing Low-Pulley Deltoid Raise	3	10-14	⊖ 40-65 sec
8	High Cable Curls	3	10-14	⊖ 40-65 sec
9	Triceps Pushdown	3	10-14	⊖ 40-65 sec
10	Hyperextensions (Back Extensions)	3	15	⊖ 40-65 sec
11	Crunches	3	15	⊖ 40-65 sec
2 day (rest)				
3 day				
1	Power Snatch	3	10-12	⊖ 50-70 sec
2	Leg Press	3	10-14	⊖ 40-65 sec
3	Seated Cable Rows	3	10-14	⊖ 40-65 sec
4	Machine Bench Press	3	10-14	⊖ 40-65 sec
5	Close-Grip Front Lat Pulldown	3	10-14	⊖ 40-65 sec
6	Machine Shoulder (Military) Press	3	10-14	⊖ 40-65 sec
7	Drag Curl	3	10-14	⊖ 40-65 sec
8	Cable Rope Overhead Triceps Extension	3	10-14	⊖ 40-65 sec
9	Crunches	3	15	⊖ 40-65 sec
10	Hyperextensions (Back Extensions)	3	15	⊖ 40-65 sec
11	Seated Calf Raise	3	10-12	⊖ 40-65 sec
4 day (rest)				
5 day				
1	Stiff-Legged Barbell Deadlift	3	10-12	⊖ 50-70 sec
2	Leg Extensions	3	10-14	⊖ 40-65 sec
3	Wide-Grip Barbell Bench Press	3	10-12	⊖ 50-70 sec
4	Cable Crossover	3	10-14	⊖ 40-65 sec
5	Bent-Arm Barbell Pullover	3	10-14	⊖ 40-65 sec
6	Underhand Cable Pulldowns	3	10-14	⊖ 40-65 sec
7	Power Partial	3	10-14	⊖ 40-65 sec
8	Cross Body Hammer Curl	3	10-14	⊖ 40-65 sec
9	Bent Over Low-Pulley Side Lateral	3	10-14	⊖ 40-65 sec
10	Reverse Grip Triceps Pushdown	3	10-14	⊖ 40-65 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 ⊖ 68 min

Barbell Full Squat
3x1 Rest: ⊖ 70 sec heavy

Barbell Incline Bench Press Medium-Grip
3x10 Rest: ⊖ 55 sec heavy

Dumbbell Flies
3x10 Rest: ⊖ 55 sec heavy

One-Arm Dumbbell Row
3x10 Rest: ⊖ 55 sec heavy

Barbell Curl
3x35 max Rest: ⊖ 55 sec heavy

Close-Grip Barbell Bench Press
3x10 Rest: ⊖ 55 sec heavy

Standing Low-Pulley Deltoid Raise
3x10 Rest: ⊖ 55 sec heavy

High Cable Curls
3x10 Rest: ⊖ 55 sec heavy

Triceps Pushdown
3x10 Rest: ⊖ 55 sec heavy

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 55 sec heavy

Crunches
3x15 Rest: ⊖ 55 sec heavy

> 743 T ▲ 863 scores

Workout #2 ⊖ 69 min

Power Snatch
3x10 Rest: ⊖ 70 sec heavy

Leg Press
3x10 Rest: ⊖ 55 sec heavy

Seated Cable Rows
3x10 Rest: ⊖ 55 sec heavy

Machine Bench Press
3x10 Rest: ⊖ 55 sec heavy

Close-Grip Front Lat Pulldown
3x10 Rest: ⊖ 55 sec heavy

Machine Shoulder (Military) Press
3x10 Rest: ⊖ 55 sec heavy

Drag Curl
3x10 Rest: ⊖ 55 sec heavy

Cable Rope Overhead Triceps Extension
3x10 Rest: ⊖ 55 sec heavy

Crunches
3x15 Rest: ⊖ 55 sec heavy

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 55 sec heavy

Seated Calf Raise
3x12 Rest: ⊖ 55 sec very hard

> 1748 T ▲ 1045 scores

Workout #3 ⊖ 63 min

Stiff-Legged Barbell Deadlift
3x10 Rest: ⊖ 70 sec heavy

Leg Extensions
3x4 Rest: ⊖ 55 sec heavy

Wide-Grip Barbell Bench Press
3x10 Rest: ⊖ 70 sec heavy

Cable Crossover
3x4 Rest: ⊖ 55 sec heavy

Bent-Arm Barbell Pullover
3x10 Rest: ⊖ 55 sec heavy

Underhand Cable Pulldowns
3x4 Rest: ⊖ 55 sec heavy

Power Partial
3x10 Rest: ⊖ 55 sec heavy

Cross Body Hammer Curl
3x4 Rest: ⊖ 55 sec heavy

Bent Over Low-Pulley Side Lateral
3x10 Rest: ⊖ 55 sec heavy

Reverse Grip Triceps Pushdown
3x10 Rest: ⊖ 55 sec heavy

> 756 T ▲ 1054 scores

Workout #4 ⊖ 64 min

Barbell Full Squat
3x1 Rest: ⊖ 65 sec very hard

Barbell Incline Bench Press Medium-Grip
3x14 Rest: ⊖ 45 sec heavy

Dumbbell Flies
3x14 Rest: ⊖ 45 sec heavy

One-Arm Dumbbell Row
3x14 Rest: ⊖ 45 sec heavy

Barbell Curl
3x33 max Rest: ⊖ 45 sec heavy

Close-Grip Barbell Bench Press
3x14 Rest: ⊖ 45 sec heavy

Standing Low-Pulley Deltoid Raise
3x14 Rest: ⊖ 45 sec heavy

High Cable Curls
3x14 Rest: ⊖ 45 sec heavy

Triceps Pushdown
3x14 Rest: ⊖ 45 sec heavy

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 45 sec heavy

Crunches
3x15 Rest: ⊖ 45 sec heavy

> 833 T ▲ 830 scores

Workout #5 ⊖ 64 min

Power Snatch
3x12 Rest: ⊖ 65 sec very hard

Leg Press
3x12 Rest: ⊖ 45 sec heavy

Seated Cable Rows
3x14 Rest: ⊖ 45 sec heavy

Machine Bench Press
3x14 Rest: ⊖ 45 sec heavy

Close-Grip Front Lat Pulldown
3x14 Rest: ⊖ 45 sec heavy

Machine Shoulder (Military) Press
3x14 Rest: ⊖ 45 sec heavy

Drag Curl
3x14 Rest: ⊖ 45 sec heavy

Cable Rope Overhead Triceps Extension
3x14 Rest: ⊖ 45 sec heavy

Crunches
3x15 Rest: ⊖ 45 sec heavy

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 45 sec heavy

Seated Calf Raise
3x12 Rest: ⊖ 40 sec heavy

> 2034 T ▲ 1022 scores

Workout #6 ⊖ 59 min

Stiff-Legged Barbell Deadlift
3x12 Rest: ⊖ 65 sec very hard

Leg Extensions
3x12 Rest: ⊖ 45 sec heavy

Wide-Grip Barbell Bench Press
3x12 Rest: ⊖ 65 sec very hard

Cable Crossover
3x4 Rest: ⊖ 55 sec heavy

Bent-Arm Barbell Pullover
3x14 Rest: ⊖ 45 sec heavy

Underhand Cable Pulldowns
3x14 Rest: ⊖ 45 sec heavy

Power Partial
3x14 Rest: ⊖ 45 sec heavy

Cross Body Hammer Curl
3x14 Rest: ⊖ 45 sec heavy

Bent Over Low-Pulley Side Lateral
3x14 Rest: ⊖ 45 sec heavy

Reverse Grip Triceps Pushdown
3x14 Rest: ⊖ 45 sec heavy

> 908 T ▲ 1046 scores

Workout #7 ⊖ 73 min

Barbell Full Squat
3x1 Rest: ⊖ 65 sec heavy

Barbell Incline Bench Press Medium-Grip
3x12 Rest: ⊖ 55 sec very hard

Dumbbell Flies
3x12 Rest: ⊖ 45 sec very hard

One-Arm Dumbbell Row
3x12 Rest: ⊖ 55 sec very hard

Barbell Curl
3x38 max Rest: ⊖ 65 sec very hard

Close-Grip Barbell Bench Press
3x12 Rest: ⊖ 55 sec very hard

Standing Low-Pulley Deltoid Raise
3x12 Rest: ⊖ 55 sec very hard

High Cable Curls
3x12 Rest: ⊖ 65 sec very hard

Triceps Pushdown
3x12 Rest: ⊖ 65 sec very hard

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 65 sec very hard

Crunches
3x15 Rest: ⊖ 65 sec very hard

> 822 T ▲ 944 scores

Workout #8 ⊖ 73 min

Power Snatch
3x10 Rest: ⊖ 65 sec heavy

Leg Press
3x12 Rest: ⊖ 65 sec very hard

Seated Cable Rows
3x12 Rest: ⊖ 65 sec very hard

Machine Bench Press
3x12 Rest: ⊖ 65 sec very hard

Close-Grip Front Lat Pulldown
3x12 Rest: ⊖ 65 sec very hard

Machine Shoulder (Military) Press
3x12 Rest: ⊖ 65 sec very hard

Drag Curl
3x12 Rest: ⊖ 65 sec very hard

Cable Rope Overhead Triceps Extension
3x12 Rest: ⊖ 65 sec very hard

Crunches
3x15 Rest: ⊖ 65 sec very hard

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 65 sec very hard

Seated Calf Raise
3x12 Rest: ⊖ 55 sec very hard

> 1957 T ▲ 1126 scores

Workout #9 ⊖ 67 min

Stiff-Legged Barbell Deadlift
3x10 Rest: ⊖ 65 sec heavy

Leg Extensions
3x12 Rest: ⊖ 65 sec very hard

Wide-Grip Barbell Bench Press
3x10 Rest: ⊖ 65 sec heavy

Cable Crossover
3x4 Rest: ⊖ 55 sec very hard

Bent-Arm Barbell Pullover
3x12 Rest: ⊖ 65 sec very hard

Underhand Cable Pulldowns
3x12 Rest: ⊖ 65 sec very hard

Power Partial
3x12 Rest: ⊖ 65 sec very hard

Cross Body Hammer Curl
3x12 Rest: ⊖ 65 sec very hard

Bent Over Low-Pulley Side Lateral
3x12 Rest: ⊖ 65 sec very hard

Reverse Grip Triceps Pushdown
3x12 Rest: ⊖ 65 sec very hard

> 833 T ▲ 1125 scores

Workout #10 ⊖ 61 min

Barbell Full Squat
3x1 Rest: ⊖ 50 sec heavy

Barbell Incline Bench Press Medium-Grip
3x14 Rest: ⊖ 40 sec heavy

Dumbbell Flies
3x14 Rest: ⊖ 40 sec heavy

One-Arm Dumbbell Row
3x14 Rest: ⊖ 40 sec heavy

Barbell Curl
3x33 max Rest: ⊖ 40 sec heavy

Close-Grip Barbell Bench Press
3x14 Rest: ⊖ 40 sec heavy

Standing Low-Pulley Deltoid Raise
3x14 Rest: ⊖ 40 sec heavy

High Cable Curls
3x14 Rest: ⊖ 40 sec heavy

Triceps Pushdown
3x14 Rest: ⊖ 40 sec heavy

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 40 sec heavy

Crunches
3x15 Rest: ⊖ 40 sec heavy

> 833 T ▲ 828 scores

Workout #11 ⊖ 61 min

Power Snatch
3x12 Rest: ⊖ 50 sec heavy

Leg Press
3x12 Rest: ⊖ 40 sec heavy

Seated Cable Rows
3x14 Rest: ⊖ 40 sec heavy

Machine Bench Press
3x14 Rest: ⊖ 40 sec heavy

Close-Grip Front Lat Pulldown
3x14 Rest: ⊖ 40 sec heavy

Machine Shoulder (Military) Press
3x14 Rest: ⊖ 40 sec heavy

Drag Curl
3x14 Rest: ⊖ 40 sec heavy

Cable Rope Overhead Triceps Extension
3x14 Rest: ⊖ 40 sec heavy

Crunches
3x15 Rest: ⊖ 40 sec heavy

Hyperextensions (Back Extensions)
3x15 Rest: ⊖ 40 sec heavy

Seated Calf Raise
3x12 Rest: ⊖ 40 sec heavy

> 203 T ▲ 1005 scores

Workout #12 ⊖ 56 min

Stiff-Legged Barbell Deadlift
3x12 Rest: ⊖ 50 sec heavy

Leg Extensions
3x4 Rest: ⊖ 40 sec heavy

Wide-Grip Barbell Bench Press
3x4 Rest: ⊖ 50 sec heavy

Cable Crossover
3x4 Rest: ⊖ 40 sec heavy

Bent-Arm Barbell Pullover
3x14 Rest: ⊖ 40 sec heavy

Underhand Cable Pulldowns
3x14 Rest: ⊖ 40 sec heavy

Power Partial
3x14 Rest: ⊖ 40 sec heavy

Cross Body Hammer Curl
3x14 Rest: ⊖ 40 sec heavy

Bent Over Low-Pulley Side Lateral
3x14 Rest: ⊖ 40 sec heavy

Reverse Grip Triceps Pushdown
3x14 Rest: ⊖ 40 sec heavy

> 89 T ▲ 1018 scores

Directory of the exercises

Stiff-Legged Barbell Deadlift

Barbell Curl

Barbell Full Squat

Barbell Incline Bench Press Medium-Grip

Bent Over Low-Pulley Side Lateral

Bent-Arm Barbell Pullover

Cable Crossover

Cable Rope Overhead Triceps Extension

Close-Grip Barbell Bench Press

Close-Grip Front Lat Pulldown

Cross Body Hammer Curl

Crunches

Drag Curl

Dumbbell Flies

High Cable Curls

Hyperextensions (Back Extensions)

Leg Extensions

Leg Press

Machine Bench Press

Machine Shoulder (Military) Press

One-Arm Dumbbell Row

Power Partial

Power Snatch

Reverse Grip Triceps Pushdown

Seated Cable Rows

Seated Calf Raise

Standing Low-Pulley Deltoid Raise

Triceps Pushdown

Underhand Cable Pulldowns

Wide-Grip Barbell Bench Press

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 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.

Find program

Filter by name or ID