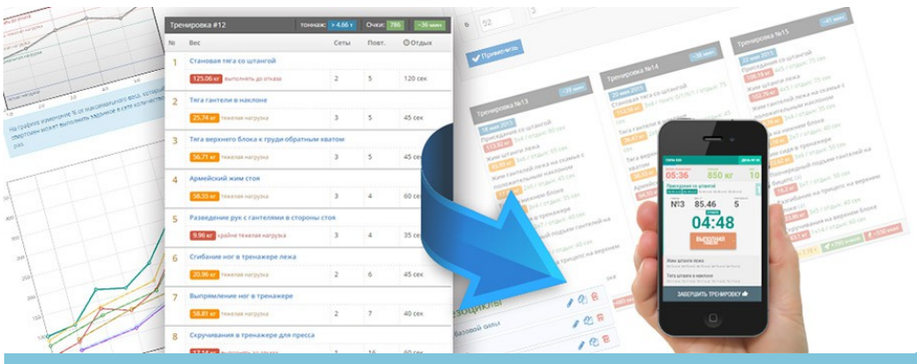
Intermediate | 39 days | 20 workouts | ~44 minutes

https://atletiq.com/en/programms/1103



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 «20 тренировок»

Duration in days: 39 | Amount of training days: 20 | Rest days: 19

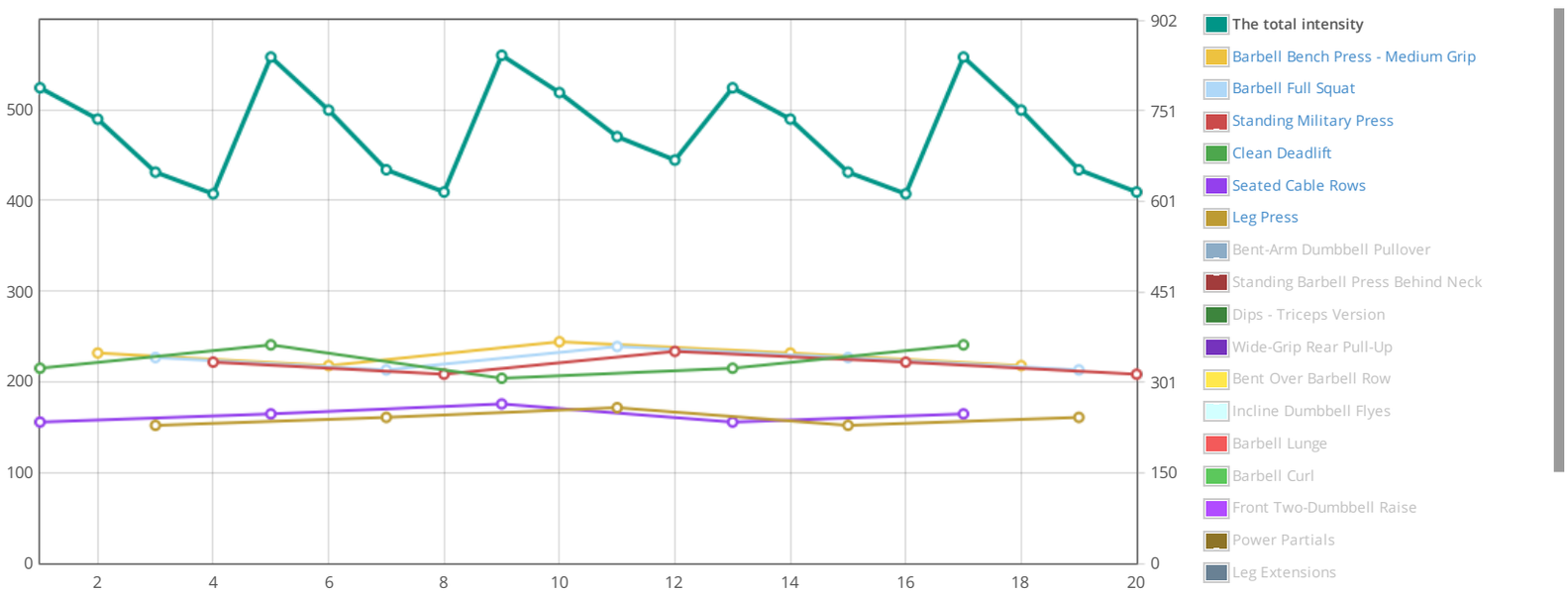
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Hyperextensions (Back Extensions)	3	10-15	70-80 sec
2	Clean Deadlift	4	6-10	70-80 sec
3	Wide-Grip Rear Pull-Up	3	10-15	70-80 sec
4	Bent Over Barbell Row	3	10-15	70-80 sec
5	Seated Cable Rows	4	8-15	70-80 sec
6	Barbell Curl	4	8-15	70-80 sec
	2 day (rest)			

3 day				
1	Hanging Leg Raise	3	10-15	70-80 sec
2	Barbell Bench Press - Medium Grip	5	6-12	70-90 sec
3	Incline Dumbbell Flyes	3	10-15	70-80 sec
4	Dips - Triceps Version	4	6-10	70-80 sec
5	Triceps Pushdown	3	10-15	70-80 sec
6	Bent-Arm Dumbbell Pullover	3	10-15	70-80 sec
4 day (rest)				
5 day				
1	Barbell Full Squat	5	6-12	70-90 sec
2	Leg Press	4	8-15	70-80 sec
3	Barbell Lunge	3	10-15	70-80 sec
4	Leg Extensions	3	10-15	70-80 sec
5	Lying Leg Curls	3	10-15	70-80 sec
6 day (rest)				
7 day				
1	Decline Crunch	3	10-15	70-80 sec
2	Standing Military Press	5	6-12	70-90 sec
3	Standing Barbell Press Behind Neck	4	8-15	70-80 sec
4	Power Partials	3	10-15	70-80 sec
5	Front Two-Dumbbell Raise	3	10-15	70-80 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 — 47 min

- Hyperextensions (Back Extensions) 3×10 Rest: 75 sec — heavy
- Clean Deadlift 4×6 Rest: 80 sec — heavy
- Wide-Grip Rear Pull-Up 3×10 Rest: 75 sec — heavy
- Bent Over Barbell Row 3×10 Rest: 75 sec — heavy
- Seated Cable Rows 4×8 Rest: 75 sec — heavy
- Barbell Curl 4×8 Rest: 75 sec — heavy

> 5.29 T 789 scores 570 kcal

Workout #2 — 47 min

- Hanging Leg Raise 3×10 Rest: 75 sec — heavy
- Barbell Bench Press - Medium Grip 5×12 Rest: 75 sec — very hard
- Incline Dumbbell Flyes 3×10 Rest: 75 sec — heavy
- Dips - Triceps Version 4×6 Rest: 80 sec — heavy
- Triceps Pushdown 3×10 Rest: 75 sec — heavy
- Bent-Arm Dumbbell Pullover 3×10 Rest: 75 sec — heavy

> 4.7 T 737 scores 530 kcal

Workout #3 — 40 min

- Barbell Full Squat 5×12 Rest: 75 sec — very hard
- Leg Press 4×8 Rest: 75 sec — heavy
- Barbell Lunge 3×10 Rest: 75 sec — heavy
- Leg Extensions 3×10 Rest: 75 sec — heavy
- Lying Leg Curls 3×10 Rest: 75 sec — heavy

> 10.85 T 649 scores 470 kcal

Workout #4 — 40 min

- Decline Crunch 3×10 Rest: 75 sec — heavy
- Standing Military Press 5×12 Rest: 75 sec — very hard
- Standing Barbell Press Behind Neck 4×8 Rest: 75 sec — heavy
- Power Partials 3×10 Rest: 75 sec — heavy
- Front Two-Dumbbell Raise 3×10 Rest: 75 sec — heavy

> 3.22 T 613 scores 440 kcal

Workout #5 — 49 min

- Hyperextensions (Back Extensions) 3×12 Rest: 80 sec — heavy
- Clean Deadlift 4×8 Rest: 80 sec — very hard
- Wide-Grip Rear Pull-Up 3×12 Rest: 80 sec — heavy
- Bent Over Barbell Row 3×12 Rest: 80 sec — heavy
- Seated Cable Rows 4×12 Rest: 80 sec — heavy
- Barbell Curl 4×12 Rest: 80 sec — heavy

> 6.76 T 840 scores 600 kcal

Workout #6 — 50 min

- Hanging Leg Raise 3×12 Rest: 80 sec — heavy
- Barbell Bench Press - Medium Grip 5×9 Rest: 90 sec — heavy
- Incline Dumbbell Flyes 3×12 Rest: 80 sec — heavy
- Dips - Triceps Version 4×8 Rest: 80 sec — very hard
- Triceps Pushdown 3×12 Rest: 80 sec — heavy
- Bent-Arm Dumbbell Pullover 3×12 Rest: 80 sec — heavy

> 4.32 T 752 scores 540 kcal

Workout #7 — 43 min

- Barbell Full Squat 5×9 Rest: 90 sec — heavy
- Leg Press 4×12 Rest: 80 sec — heavy
- Barbell Lunge 3×12 Rest: 80 sec — heavy
- Leg Extensions 3×12 Rest: 80 sec — heavy
- Lying Leg Curls 3×12 Rest: 80 sec — heavy

> 11.93 T 653 scores 470 kcal

Workout #8 — 43 min

- Decline Crunch 3×12 Rest: 80 sec — heavy
- Standing Military Press 5×9 Rest: 90 sec — heavy
- Standing Barbell Press Behind Neck 4×12 Rest: 80 sec — heavy
- Power Partials 3×12 Rest: 80 sec — heavy
- Front Two-Dumbbell Raise 3×12 Rest: 80 sec — heavy

> 3.4 T 616 scores 440 kcal

Workout #9 — 46 min

- Hyperextensions (Back Extensions) 3×15 Rest: 70 sec — very hard
- Clean Deadlift 4×10 Rest: 70 sec — heavy
- Wide-Grip Rear Pull-Up 3×15 Rest: 70 sec — very hard
- Bent Over Barbell Row 3×15 Rest: 70 sec — very hard
- Seated Cable Rows 4×15 Rest: 70 sec — very hard
- Barbell Curl 4×15 Rest: 70 sec — very hard

> 7.91 T 843 scores 610 kcal

Workout #10 — 46 min

- Hanging Leg Raise — 3×15 — Rest: 70 sec — very hard
- Barbell Bench Press - Medium Grip — 5×6 — Rest: 70 sec — heavy
- Incline Dumbbell Flyes — 3×15 — Rest: 70 sec — very hard
- Dips - Triceps Version — 4×10 — Rest: 70 sec — heavy
- Triceps Pushdown — 3×15 — Rest: 70 sec — very hard
- Bent-Arm Dumbbell Pullover — 3×15 — Rest: 70 sec — very hard

> 4.07 T 781 scores 560 kcal

Workout #11 — 39 min

- Barbell Full Squat — 5×6 — Rest: 70 sec — heavy
- Leg Press — 4×15 — Rest: 70 sec — very hard
- Barbell Lunge — 3×15 — Rest: 70 sec — very hard
- Leg Extensions — 3×15 — Rest: 70 sec — very hard
- Lying Leg Curls — 3×15 — Rest: 70 sec — very hard

> 12.9 T 708 scores 510 kcal

Workout #12 — 39 min

- Decline Crunch — 3×15 — Rest: 70 sec — very hard
- Standing Military Press — 5×6 — Rest: 70 sec — heavy
- Standing Barbell Press Behind Neck — 4×15 — Rest: 70 sec — very hard
- Power Partials — 3×15 — Rest: 70 sec — very hard
- Front Two-Dumbbell Raise — 3×15 — Rest: 70 sec — very hard

> 3.42 T 669 scores 480 kcal

Workout #13 — 47 min

- Hyperextensions (Back Extensions) — 3×10 — Rest: 75 sec — heavy
- Clean Deadlift — 4×6 — Rest: 80 sec — heavy
- Wide-Grip Rear Pull-Up — 3×10 — Rest: 75 sec — heavy
- Bent Over Barbell Row — 3×10 — Rest: 75 sec — heavy
- Seated Cable Rows — 4×8 — Rest: 75 sec — heavy
- Barbell Curl — 4×8 — Rest: 75 sec — heavy

> 5.29 T 789 scores 570 kcal

Workout #14 — 47 min

- Hanging Leg Raise — 3×10 — Rest: 75 sec — heavy
- Barbell Bench Press - Medium Grip — 5×12 — Rest: 75 sec — very hard
- Incline Dumbbell Flyes — 3×10 — Rest: 75 sec — heavy
- Dips - Triceps Version — 4×6 — Rest: 80 sec — heavy
- Triceps Pushdown — 3×10 — Rest: 75 sec — heavy
- Bent-Arm Dumbbell Pullover — 3×10 — Rest: 75 sec — heavy

> 4.7 T 737 scores 530 kcal

Workout #15 — 40 min

- Barbell Full Squat — 5×12 — Rest: 75 sec — very hard
- Leg Press — 4×8 — Rest: 75 sec — heavy
- Barbell Lunge — 3×10 — Rest: 75 sec — heavy
- Leg Extensions — 3×10 — Rest: 75 sec — heavy
- Lying Leg Curls — 3×10 — Rest: 75 sec — heavy

> 10.85 T 649 scores 470 kcal

Workout #16 — 40 min

- Decline Crunch — 3×10 — Rest: 75 sec — heavy
- Standing Military Press — 5×12 — Rest: 75 sec — very hard
- Standing Barbell Press Behind Neck — 4×8 — Rest: 75 sec — heavy
- Power Partials — 3×10 — Rest: 75 sec — heavy
- Front Two-Dumbbell Raise — 3×10 — Rest: 75 sec — heavy

> 3.22 T 613 scores 440 kcal

Workout #17 — 49 min

- Hyperextensions (Back Extensions) — 3×12 — Rest: 80 sec — heavy
- Clean Deadlift — 4×8 — Rest: 80 sec — very hard
- Wide-Grip Rear Pull-Up — 3×12 — Rest: 80 sec — heavy
- Bent Over Barbell Row — 3×12 — Rest: 80 sec — heavy
- Seated Cable Rows — 4×12 — Rest: 80 sec — heavy
- Barbell Curl — 4×12 — Rest: 80 sec — heavy

> 6.76 T 840 scores 600 kcal

Workout #18 — 50 min

- Hanging Leg Raise — 3×12 — Rest: 80 sec — heavy
- Barbell Bench Press - Medium Grip — 5×9 — Rest: 90 sec — heavy
- Incline Dumbbell Flyes — 3×12 — Rest: 80 sec — heavy
- Dips - Triceps Version — 4×8 — Rest: 80 sec — very hard
- Triceps Pushdown — 3×12 — Rest: 80 sec — heavy
- Bent-Arm Dumbbell Pullover — 3×12 — Rest: 80 sec — heavy

> 4.32 T 752 scores 540 kcal

Workout #19 — 43 min

- Barbell Full Squat

Workout #20 — 43 min

- Decline Crunch

5×9 Rest: 90 sec heavy

Leg Press
4×12 Rest: 80 sec heavy

Barbell Lunge
3×12 Rest: 80 sec heavy

Leg Extensions
3×12 Rest: 80 sec heavy

Lying Leg Curls
3×12 Rest: 80 sec heavy

> 11.93 T 653 scores 470 kcal

3×12 Rest: 80 sec heavy

Standing Military Press
5×9 Rest: 90 sec heavy

Standing Barbell Press Behind Neck
4×12 Rest: 80 sec heavy

Power Partials
3×12 Rest: 80 sec heavy

Front Two-Dumbbell Raise
3×12 Rest: 80 sec heavy

> 3.4 T 616 scores 440 kcal

Directory of the exercises

General recommendations on training with AtletIQ

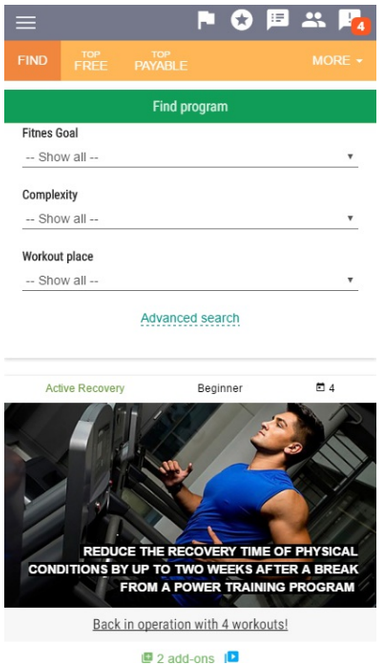
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

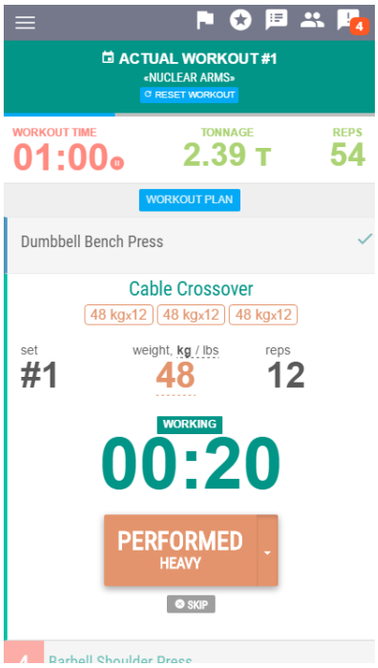
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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 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 the planned.

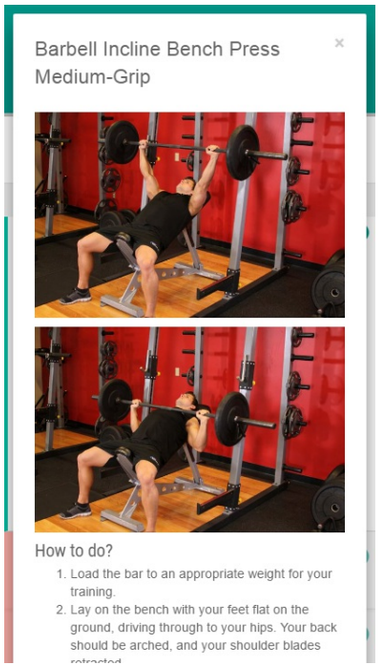
How to use mobile assistant?

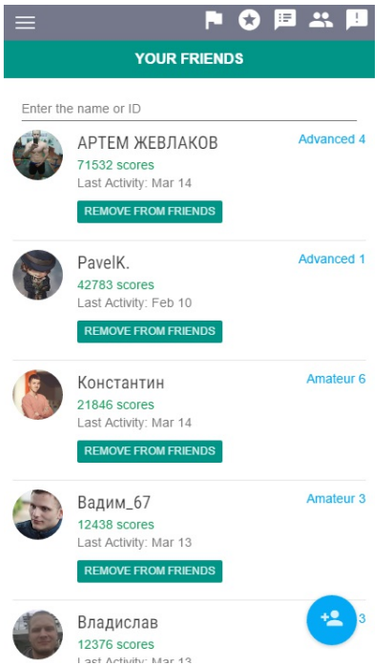
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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