

Intermediate **23** days **12** workouts **~44** minutes

<https://atletiq.com/en/programs/1109>



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

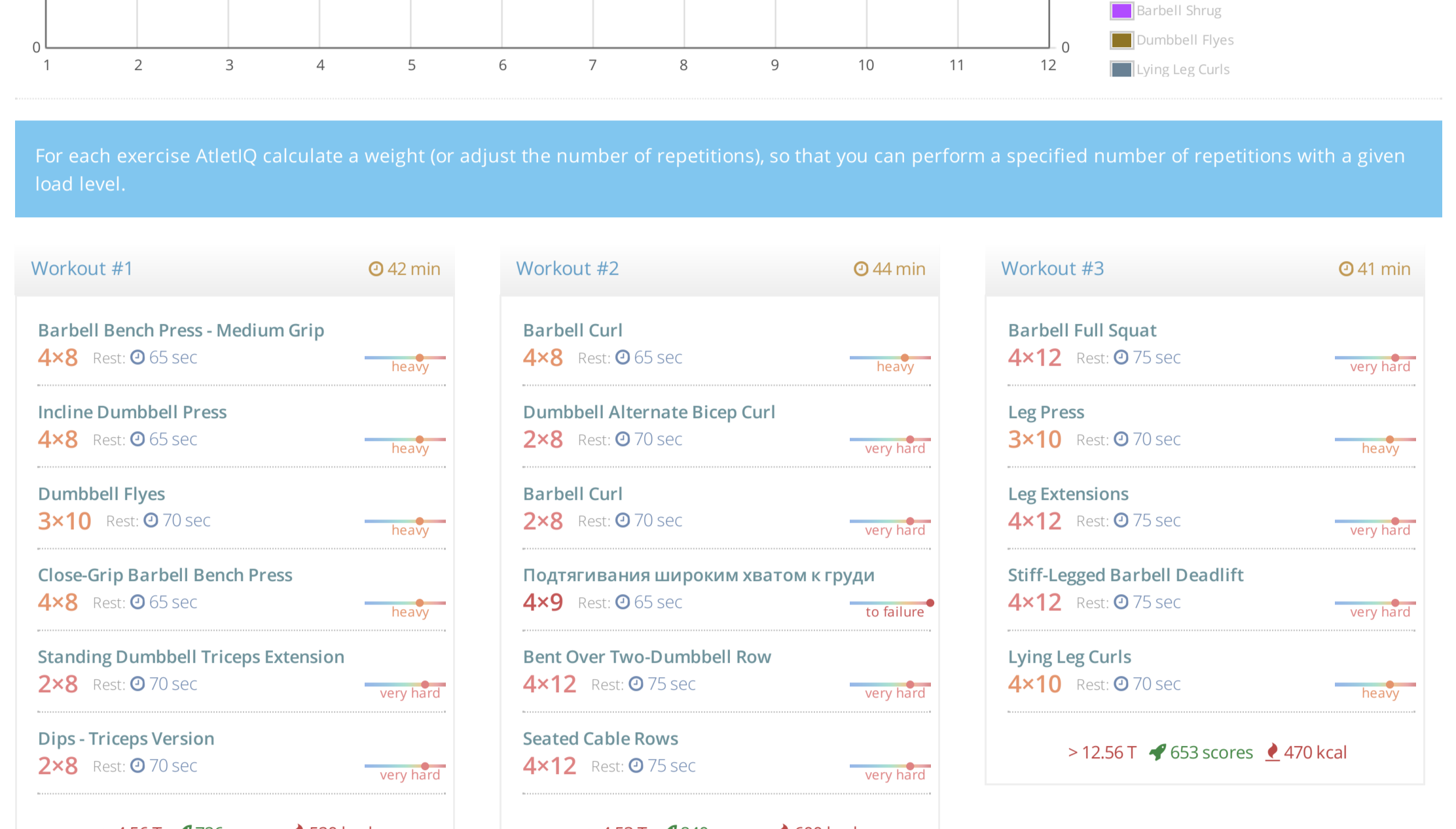
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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 Bench Press - Medium Grip	4	8	65 sec
2	Incline Dumbbell Press	4	8	65 sec
3	Dumbbell Flies	3	10	65-70 sec
4	Close-Grip Barbell Bench Press	4	8	65 sec
5	Standing Dumbbell Triceps Extension	2	8-10	65-70 sec
6	Dips - Triceps Version	2	8-10	65-70 sec
2 day (rest)				
3 day				
1	Barbell Curl	4	8	65 sec
2	Dumbbell Alternate Bicep Curl	2	8-10	65-70 sec
3	Barbell Curl	2	8-10	65-70 sec
4	Подтягивания широким хватом к груди	4	Max	65 sec
5	Bent Over Two-Dumbbell Row	4	12-15	65-80 sec
6	Seated Cable Rows	4	12-15	65-80 sec
4 day (rest)				
5 day				
1	Barbell Full Squat	4	12-15	65-80 sec
2	Leg Press	3	10	65-70 sec
3	Leg Extensions	4	12-15	65-80 sec
4	Stiff-Legged Barbell Deadlift	4	12-15	65-80 sec
5	Lying Leg Curls	4	10-12	65-80 sec
6 day (rest)				
7 day				
1	Seated Barbell Military Press	4	10-12	65-80 sec
2	Power Partial	4	10-12	65-80 sec
3	Разведение рук с гантелями в стороны в наклоне	4	8	65 sec
4	Barbell Shrug	4	8	65 sec
5	Standing Calf Raises	4	12-15	65-80 sec
6	Seated Calf Raise	4	10-12	65-80 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 42 min

- Barbell Bench Press - Medium Grip 4x8 Rest: 65 sec **heavy**
- Incline Dumbbell Press 4x8 Rest: 65 sec **heavy**
- Dumbbell Flies 3x10 Rest: 70 sec **heavy**
- Close-Grip Barbell Bench Press 4x8 Rest: 65 sec **heavy**
- Standing Dumbbell Triceps Extension 2x8 Rest: 70 sec **very hard**
- Dips - Triceps Version 2x8 Rest: 70 sec **very hard**

> 4.56 T **726** scores **520** kcal

Workout #2 44 min

- Barbell Curl 4x8 Rest: 65 sec **heavy**
- Dumbbell Alternate Bicep Curl 2x8 Rest: 70 sec **very hard**
- Barbell Curl 2x8 Rest: 70 sec **very hard**
- Подтягивания широким хватом к груди 4x9 Rest: 65 sec **to failure**
- Bent Over Two-Dumbbell Row 4x12 Rest: 75 sec **very hard**
- Seated Cable Rows 4x12 Rest: 75 sec **very hard**

> 4.53 T **840** scores **600** kcal

Workout #3 41 min

- Barbell Full Squat 4x12 Rest: 75 sec **very hard**
- Leg Press 3x10 Rest: 70 sec **heavy**
- Leg Extensions 4x12 Rest: 75 sec **very hard**
- Stiff-Legged Barbell Deadlift 4x12 Rest: 75 sec **very hard**
- Lying Leg Curls 4x10 Rest: 70 sec **heavy**

> 12.56 T **653** scores **470** kcal

Workout #4 49 min

- Seated Barbell Military Press 4x10 Rest: 70 sec **heavy**
- Power Partial 4x10 Rest: 70 sec **heavy**
- Разведение рук с гантелями в стороны в наклоне 4x8 Rest: 65 sec **heavy**
- Barbell Shrug 4x8 Rest: 65 sec **heavy**
- Standing Calf Raises 4x12 Rest: 75 sec **very hard**
- Seated Calf Raise 4x10 Rest: 70 sec **heavy**

> 8.87 T **634** scores **460** kcal

Workout #5 42 min

- Barbell Bench Press - Medium Grip 4x8 Rest: 65 sec **heavy**
- Incline Dumbbell Press 4x8 Rest: 65 sec **heavy**
- Dumbbell Flies 3x10 Rest: 70 sec **heavy**
- Close-Grip Barbell Bench Press 4x8 Rest: 65 sec **heavy**
- Standing Dumbbell Triceps Extension 2x8 Rest: 70 sec **very hard**
- Dips - Triceps Version 2x8 Rest: 70 sec **very hard**

> 4.53 T **721** scores **520** kcal

Workout #6 43 min

- Barbell Curl 4x8 Rest: 65 sec **heavy**
- Dumbbell Alternate Bicep Curl 2x8 Rest: 70 sec **very hard**
- Barbell Curl 2x8 Rest: 70 sec **very hard**
- Подтягивания широким хватом к груди 4x9 Rest: 65 sec **to failure**
- Bent Over Two-Dumbbell Row 4x12 Rest: 75 sec **heavy**
- Seated Cable Rows 4x12 Rest: 65 sec **heavy**

> 4.57 T **802** scores **580** kcal

Workout #7 39 min

- Barbell Full Squat 4x13 Rest: 65 sec **heavy**
- Leg Press 3x10 Rest: 65 sec **heavy**
- Leg Extensions 4x13 Rest: 65 sec **heavy**
- Stiff-Legged Barbell Deadlift 4x13 Rest: 65 sec **heavy**
- Lying Leg Curls 4x10 Rest: 70 sec **heavy**

> 12.48 T **598** scores **430** kcal

Workout #8 48 min

- Seated Barbell Military Press 4x10 Rest: 70 sec **heavy**
- Power Partial 4x10 Rest: 70 sec **heavy**
- Разведение рук с гантелями в стороны в наклоне 4x8 Rest: 65 sec **heavy**
- Barbell Shrug 4x8 Rest: 65 sec **heavy**
- Standing Calf Raises 4x13 Rest: 65 sec **heavy**
- Seated Calf Raise 4x10 Rest: 70 sec **heavy**

> 8.88 T **627** scores **450** kcal

Workout #9 42 min

- Barbell Bench Press - Medium Grip 4x8 Rest: 65 sec **heavy**
- Incline Dumbbell Press 4x8 Rest: 65 sec **heavy**
- Dumbbell Flies 3x10 Rest: 70 sec **heavy**
- Close-Grip Barbell Bench Press 4x8 Rest: 65 sec **heavy**
- Standing Dumbbell Triceps Extension 2x10 Rest: 65 sec **heavy**
- Dips - Triceps Version 2x10 Rest: 65 sec **heavy**

> 4.59 T **708** scores **510** kcal

Workout #10 45 min

- Barbell Curl 4x8 Rest: 65 sec **heavy**
- Dumbbell Alternate Bicep Curl 2x10 Rest: 65 sec **heavy**
- Barbell Curl 2x10 Rest: 65 sec **heavy**
- Подтягивания широким хватом к груди 4x9 Rest: 65 sec **to failure**
- Bent Over Two-Dumbbell Row 4x14 Rest: 80 sec **heavy**
- Seated Cable Rows 4x14 Rest: 80 sec **heavy**

> 4.91 T **605** scores **580** kcal

Workout #11 43 min

- Barbell Full Squat 4x14 Rest: 80 sec **heavy**
- Leg Press 3x10 Rest: 70 sec **heavy**
- Leg Extensions 4x14 Rest: 80 sec **heavy**
- Stiff-Legged Barbell Deadlift 4x14 Rest: 80 sec **heavy**
- Lying Leg Curls 4x12 Rest: 80 sec **very hard**

> 13.38 T **641** scores **460** kcal

Workout #12 51 min

- Seated Barbell Military Press 4x12 Rest: 80 sec **very hard**
- Power Partial 4x12 Rest: 80 sec **very hard**
- Разведение рук с гантелями в стороны в наклоне 4x8 Rest: 65 sec **heavy**
- Barbell Shrug 4x8 Rest: 65 sec **heavy**
- Standing Calf Raises 4x14 Rest: 80 sec **heavy**
- Seated Calf Raise 4x12 Rest: 80 sec **very hard**

> 9.71 T **660** scores **470** 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 level and adjust the level of your 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.



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Workout routines Gain Strength / Bulking / Cutting
 AtletIQ — fitness service that brings together coaches and athletes into one special network with a special designer of workout routines and mobile assistant for their performance.
 Affiliate program for coaches
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