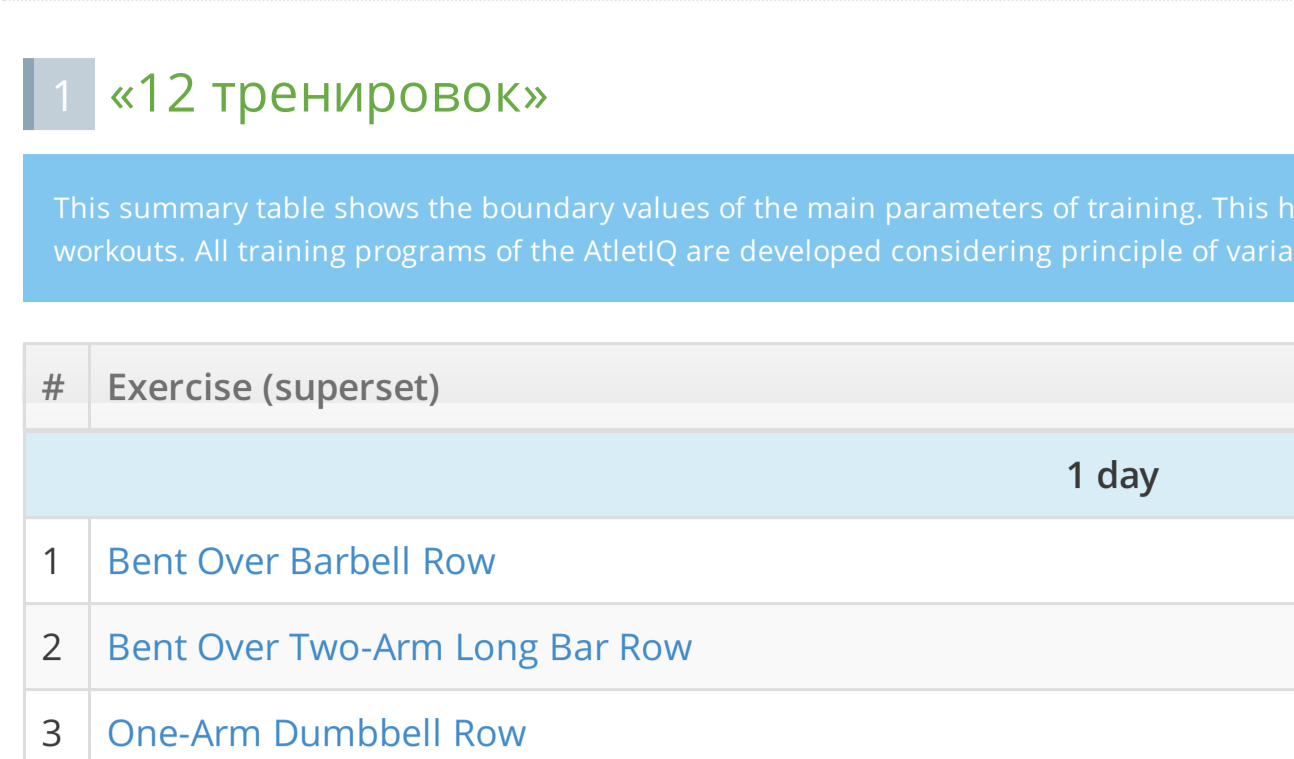


СПИНЕЗИС

ЧЕТЫРЕХДНЕВНЫЙ ВЗРЫВНОЙ СПЛИТ НА СПИНУ

Intermediate **23** days **12** workouts **~43** minutes

<https://atletiq.com/en/programs/1139>



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

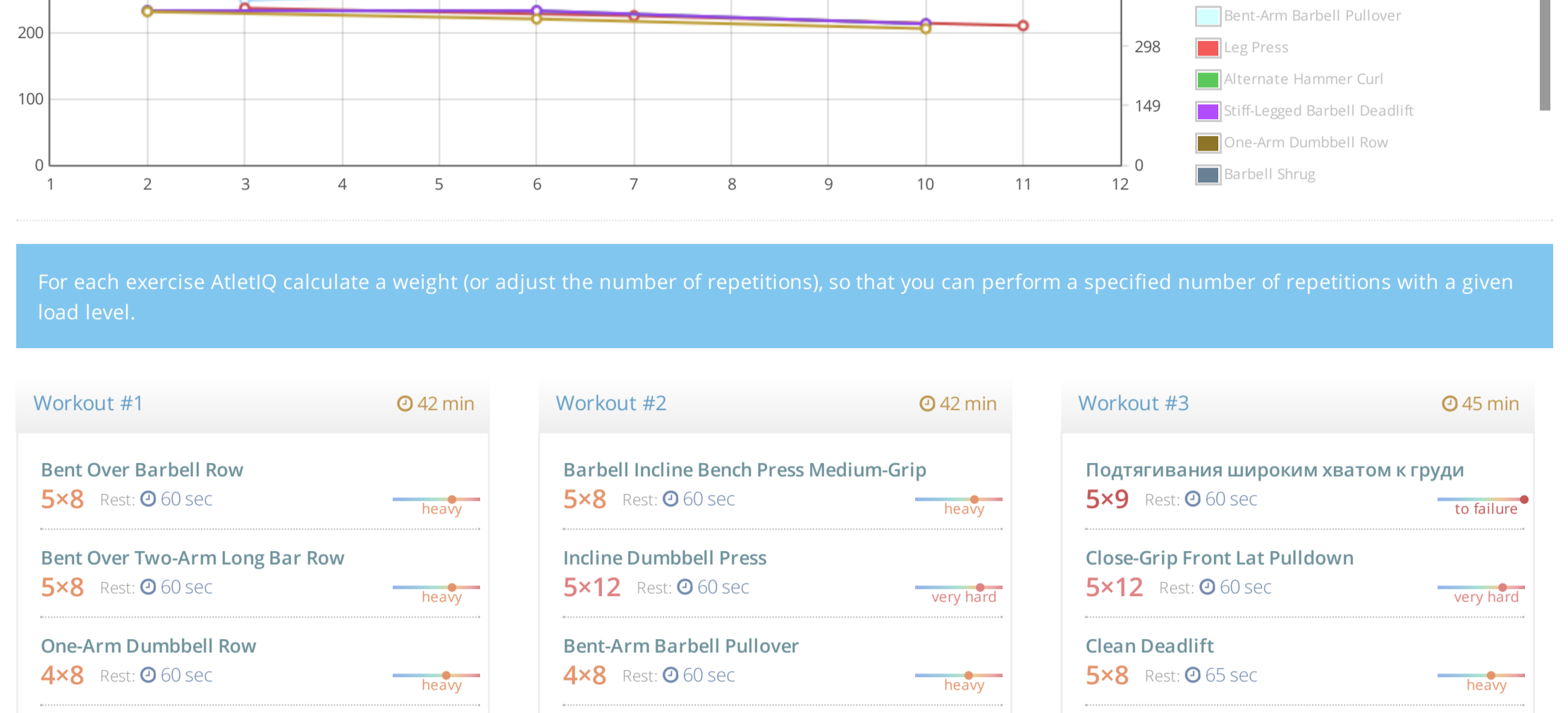
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Bent Over Barbell Row	5	8-10	60-80 sec
2	Bent Over Two-Arm Long Bar Row	5	8-10	60-80 sec
3	One-Arm Dumbbell Row	4	8-12	60-75 sec
4	Seated Cable Rows	5	8-10	60-80 sec
5	Alternate Hammer Curl	5	12-15	60-75 sec
2 day (rest)				
3 day				
1	Barbell Incline Bench Press Medium-Grip	5	8-10	60-80 sec
2	Incline Dumbbell Press	5	12-15	60-75 sec
3	Bent-Arm Barbell Pullover	4	8-12	60-75 sec
4	Dumbbell Bench Press (a)	5	8-10	60-80 sec
5	Lying Close-Grip Barbell Triceps Extension Behind The Head (a)	5	12-15	60-75 sec
4 day (rest)				
5 day				
1	Подтягивания широким хватом к груди	5	10-15 (+max)	60-80 sec
2	Close-Grip Front Lat Pulldown	5	12-15	60-75 sec
3	Clean Deadlift	5	6-8	65-80 sec
4	Upright Barbell Row	5	12-15	60-75 sec
5	Barbell Shrug	5	18-22	60-80 sec
6 day (rest)				
7 day				
1	Barbell Full Squat	5	8-10	60-80 sec
2	Leg Press	4	8-12	60-75 sec
3	Stiff-Legged Barbell Deadlift	4	8-12	60-75 sec
4	Standing Barbell Calf Raise	5	18-22	60-80 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

5x8 Rest: 60 sec heavy

Bent Over Barbell Row

5x8 Rest: 60 sec heavy

Bent Over Two-Arm Long Bar Row

4x8 Rest: 60 sec heavy

One-Arm Dumbbell Row

5x8 Rest: 60 sec heavy

Seated Cable Rows

5x12 Rest: 60 sec very hard

Alternate Hammer Curl

> 6.4T 882 scores 630 kcal

Workout #2 42 min

5x8 Rest: 60 sec heavy

Barbell Incline Bench Press Medium-Grip

5x12 Rest: 60 sec very hard

Incline Dumbbell Press

5x8 Rest: 60 sec heavy

Bent-Arm Barbell Pullover

4x8 Rest: 60 sec heavy

Dumbbell Bench Press

5x8 Rest: 60 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head

5x12 Rest: 60 sec very hard

> 5.81T 972 scores 700 kcal

Workout #3 45 min

5x9 Rest: 60 sec to failure

Подтягивания широким хватом к груди

5x9 Rest: 60 sec to failure

Close-Grip Front Lat Pulldown

5x12 Rest: 60 sec very hard

Clean Deadlift

5x8 Rest: 65 sec heavy

Upright Barbell Row

5x12 Rest: 60 sec very hard

Barbell Shrug

5x18 Rest: 75 sec heavy

> 10.66T 1128 scores 810 kcal

Workout #4 34 min

5x8 Rest: 60 sec heavy

Barbell Full Squat

5x8 Rest: 60 sec heavy

Leg Press

4x8 Rest: 60 sec heavy

Stiff-Legged Barbell Deadlift

5x8 Rest: 60 sec heavy

Standing Barbell Calf Raise

5x18 Rest: 75 sec heavy

> 13.61T 578 scores 420 kcal

Workout #5 43 min

5x8 Rest: 60 sec heavy

Bent Over Barbell Row

5x8 Rest: 60 sec heavy

Bent Over Two-Arm Long Bar Row

5x8 Rest: 60 sec heavy

One-Arm Dumbbell Row

4x10 Rest: 70 sec heavy

Seated Cable Rows

5x8 Rest: 60 sec heavy

Alternate Hammer Curl

5x13 Rest: 65 sec heavy

> 6.57T 878 scores 630 kcal

Workout #6 43 min

5x8 Rest: 60 sec heavy

Barbell Incline Bench Press Medium-Grip

5x8 Rest: 60 sec heavy

Incline Dumbbell Press

5x13 Rest: 65 sec heavy

Bent-Arm Barbell Pullover

4x10 Rest: 70 sec heavy

Dumbbell Bench Press

5x8 Rest: 60 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head

5x13 Rest: 65 sec heavy

> 6.02T 961 scores 690 kcal

Workout #7 47 min

5x9 Rest: 60 sec to failure

Подтягивания широким хватом к груди

5x9 Rest: 60 sec to failure

Close-Grip Front Lat Pulldown

5x13 Rest: 65 sec heavy

Clean Deadlift

5x6 Rest: 75 sec heavy

Upright Barbell Row

5x13 Rest: 65 sec heavy

Barbell Shrug

5x18 Rest: 80 sec very hard

> 10.5T 1111 scores 800 kcal

Workout #8 36 min

5x8 Rest: 60 sec heavy

Barbell Full Squat

5x8 Rest: 60 sec heavy

Leg Press

4x10 Rest: 70 sec heavy

Stiff-Legged Barbell Deadlift

4x10 Rest: 70 sec heavy

Standing Barbell Calf Raise

5x18 Rest: 80 sec very hard

> 14.95T 590 scores 420 kcal

Workout #9 49 min

5x10 Rest: 80 sec heavy

Bent Over Barbell Row

5x10 Rest: 80 sec heavy

Bent Over Two-Arm Long Bar Row

5x10 Rest: 80 sec heavy

One-Arm Dumbbell Row

4x12 Rest: 75 sec very hard

Seated Cable Rows

5x10 Rest: 80 sec heavy

Alternate Hammer Curl

5x14 Rest: 75 sec heavy

> 7.66T 828 scores 600 kcal

Workout #10 49 min

5x10 Rest: 80 sec heavy

Barbell Incline Bench Press Medium-Grip

5x10 Rest: 80 sec heavy

Incline Dumbbell Press

5x14 Rest: 75 sec heavy

Bent-Arm Barbell Pullover

4x12 Rest: 75 sec very hard

Dumbbell Bench Press

5x10 Rest: 80 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head

5x14 Rest: 75 sec heavy

> 6.67T 916 scores 660 kcal

Workout #11 51 min

5x15 max Rest: 80 sec to failure

Подтягивания широким хватом к груди

5x15 max Rest: 80 sec to failure

Close-Grip Front Lat Pulldown

5x14 Rest: 80 sec heavy

Clean Deadlift

5x8 Rest: 80 sec heavy

Upright Barbell Row

5x14 Rest: 75 sec heavy

Barbell Shrug

5x20 Rest: 80 sec very hard

> 11.33T 1092 scores 780 kcal

Workout #12 38 min

5x10 Rest: 80 sec heavy

Barbell Full Squat

5x10 Rest: 80 sec heavy

Leg Press

4x12 Rest: 75 sec very hard

Stiff-Legged Barbell Deadlift

4x12 Rest: 75 sec very hard

Standing Barbell Calf Raise

5x20 Rest: 80 sec very hard

> 16.85T 596 scores 430 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 program 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 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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