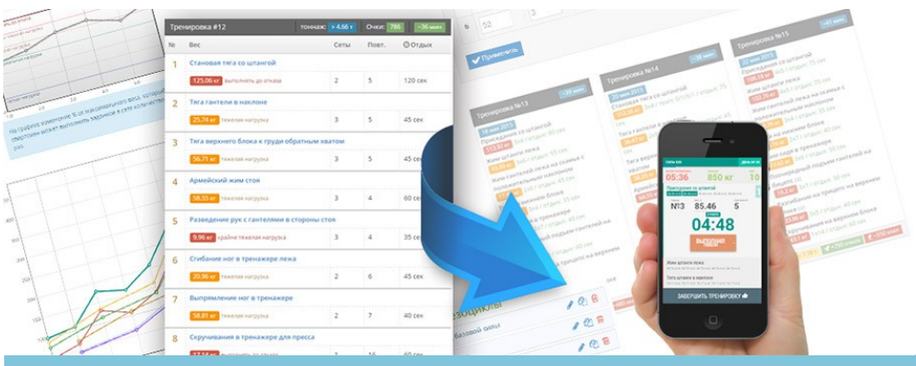
Intermediate | 49 days | 32 workouts | ~50 minutes

https://atletiq.com/en/programms/1208



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

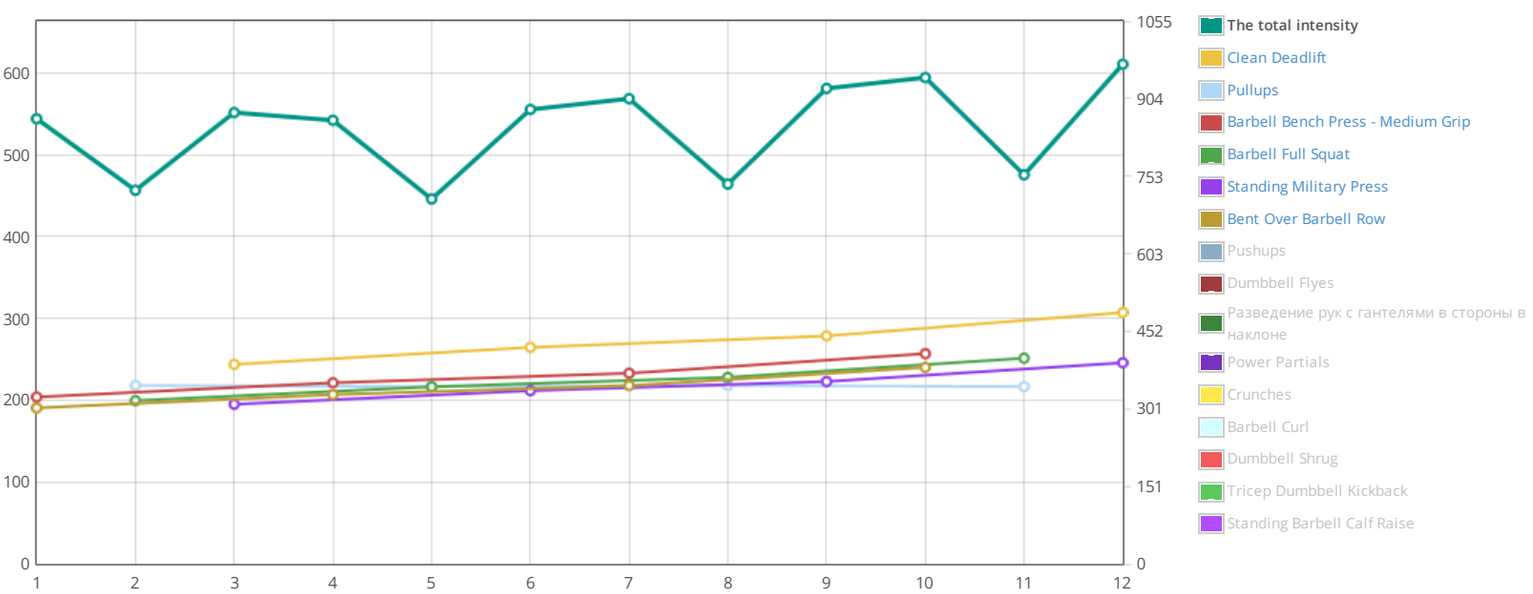
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Bench Press - Medium Grip	5	4-6	70-100 sec
2	Bent Over Barbell Row	5	4-6	70-100 sec
3	Dumbbell Flyes	3	8-12	70-90 sec
4	Разведение рук с гантелями в стороны в наклоне	3	8-12	70-90 sec
5	Crunches	4	15-20 (+max)	90 sec
6	Pushups	4	15-20 (+max)	90 sec
	2 day (rest)			

3 day				
1	Barbell Full Squat	5	4-6	70-100 sec
2	Barbell Curl	3	8-12	70-90 sec
3	Tricep Dumbbell Kickback	3	8-12	70-90 sec
4	Standing Barbell Calf Raise	3	8-12	70-90 sec
5	Crunches	4	15-20 (+max)	90 sec
6	Pullups	4	15-20 (+max)	90 sec
4 day (rest)				
5 day				
1	Clean Deadlift	5	4-6	70-100 sec
2	Standing Military Press	5	4-6	70-100 sec
3	Power Partials	3	8-12	70-90 sec
4	Dumbbell Shrug	3	8-12	70-90 sec
5	Crunches	4	15-20 (+max)	90 sec
6	Pushups	4	15-20 (+max)	90 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 — 58 min

Barbell Bench Press - Medium Grip
5×4 Rest: 100 sec — heavy

Bent Over Barbell Row
5×4 Rest: 100 sec — heavy

Workout #2 — 53 min

Barbell Full Squat
5×4 Rest: 100 sec — heavy

Barbell Curl
3×8 Rest: 80 sec — very hard

Workout #3 — 58 min

Clean Deadlift
5×4 Rest: 100 sec — heavy

Standing Military Press
5×4 Rest: 100 sec — heavy

Dumbbell Flyes
3×8 Rest: 80 sec very hard

Разведение рук с гантелями в стороны в наклоне
3×8 Rest: 80 sec very hard

Crunches
4×20 max Rest: 90 sec to failure

Pushups
4×20 max Rest: 90 sec to failure

> 2.85 T 865 scores 620 kcal

Tricep Dumbbell Kickback
3×8 Rest: 80 sec very hard

Standing Barbell Calf Raise
3×8 Rest: 80 sec very hard

Crunches
4×20 max Rest: 90 sec to failure

Pullups
4×20 max Rest: 90 sec to failure

> 4.18 T 726 scores 520 kcal

Power Partials
3×8 Rest: 80 sec very hard

Dumbbell Shrug
3×8 Rest: 80 sec very hard

Crunches
4×20 max Rest: 90 sec to failure

Pushups
4×20 max Rest: 90 sec to failure

> 3 T 877 scores 630 kcal

Workout #4 59 min

Barbell Bench Press - Medium Grip
5×5 Rest: 100 sec heavy

Bent Over Barbell Row
5×5 Rest: 100 sec heavy

Dumbbell Flyes
3×10 Rest: 90 sec heavy

Разведение рук с гантелями в стороны в наклоне
3×10 Rest: 90 sec heavy

Crunches
4×15 max Rest: 90 sec to failure

Pushups
4×15 max Rest: 90 sec to failure

> 3.47 T 862 scores 620 kcal

Workout #5 55 min

Barbell Full Squat
5×5 Rest: 100 sec heavy

Barbell Curl
3×10 Rest: 90 sec heavy

Tricep Dumbbell Kickback
3×10 Rest: 90 sec heavy

Standing Barbell Calf Raise
3×10 Rest: 90 sec heavy

Crunches
4×15 max Rest: 90 sec to failure

Pullups
4×15 max Rest: 90 sec to failure

> 4.85 T 709 scores 510 kcal

Workout #6 59 min

Clean Deadlift
5×5 Rest: 100 sec heavy

Standing Military Press
5×5 Rest: 100 sec heavy

Power Partials
3×10 Rest: 90 sec heavy

Dumbbell Shrug
3×10 Rest: 90 sec heavy

Crunches
4×15 max Rest: 90 sec to failure

Pushups
4×15 max Rest: 90 sec to failure

> 3.58 T 883 scores 630 kcal

Workout #7 58 min

Barbell Bench Press - Medium Grip
5×5 Rest: 100 sec heavy

Bent Over Barbell Row
5×5 Rest: 100 sec heavy

Dumbbell Flyes
3×12 Rest: 80 sec very hard

Разведение рук с гантелями в стороны в наклоне
3×12 Rest: 80 sec very hard

Crunches
4×20 max Rest: 90 sec to failure

Pushups
4×20 max Rest: 90 sec to failure

> 3.6 T 903 scores 650 kcal

Workout #8 54 min

Barbell Full Squat
5×5 Rest: 100 sec heavy

Barbell Curl
3×12 Rest: 80 sec very hard

Tricep Dumbbell Kickback
3×12 Rest: 80 sec very hard

Standing Barbell Calf Raise
3×12 Rest: 80 sec very hard

Crunches
4×20 max Rest: 90 sec to failure

Pullups
4×20 max Rest: 90 sec to failure

> 5.42 T 738 scores 530 kcal

Workout #9 58 min

Clean Deadlift
5×5 Rest: 100 sec heavy

Standing Military Press
5×5 Rest: 100 sec heavy

Power Partials
3×12 Rest: 80 sec very hard

Dumbbell Shrug
3×12 Rest: 80 sec very hard

Crunches
4×20 max Rest: 90 sec to failure

Pushups
4×20 max Rest: 90 sec to failure

> 3.77 T 924 scores 660 kcal

Workout #10 52 min

Barbell Bench Press - Medium Grip
5×6 Rest: 70 sec very hard

Bent Over Barbell Row
5×6 Rest: 70 sec very hard

Dumbbell Flyes

Workout #11 49 min

Barbell Full Squat
5×6 Rest: 70 sec very hard

Barbell Curl
3×10 Rest: 70 sec very hard

Tricep Dumbbell Kickback

Workout #12 52 min

Clean Deadlift
5×6 Rest: 70 sec very hard

Standing Military Press
5×6 Rest: 70 sec very hard

Power Partials

3×10 Rest: 70 sec very hard

Разведение рук с гантелями в стороны в наклоне
3×10 Rest: 70 sec very hard

Crunches
4×15 max Rest: 90 sec to failure

Pushups
4×15 max Rest: 90 sec to failure

> 4.04 T 945 scores 680 kcal

3×10 Rest: 70 sec very hard

Standing Barbell Calf Raise
3×10 Rest: 70 sec very hard

Crunches
4×15 max Rest: 90 sec to failure

Pullups
4×15 max Rest: 90 sec to failure

> 5.28 T 756 scores 540 kcal

3×10 Rest: 70 sec very hard

Dumbbell Shrug
3×10 Rest: 70 sec very hard

Crunches
4×15 max Rest: 90 sec to failure

Pushups
4×15 max Rest: 90 sec to failure

> 4.08 T 971 scores 700 kcal

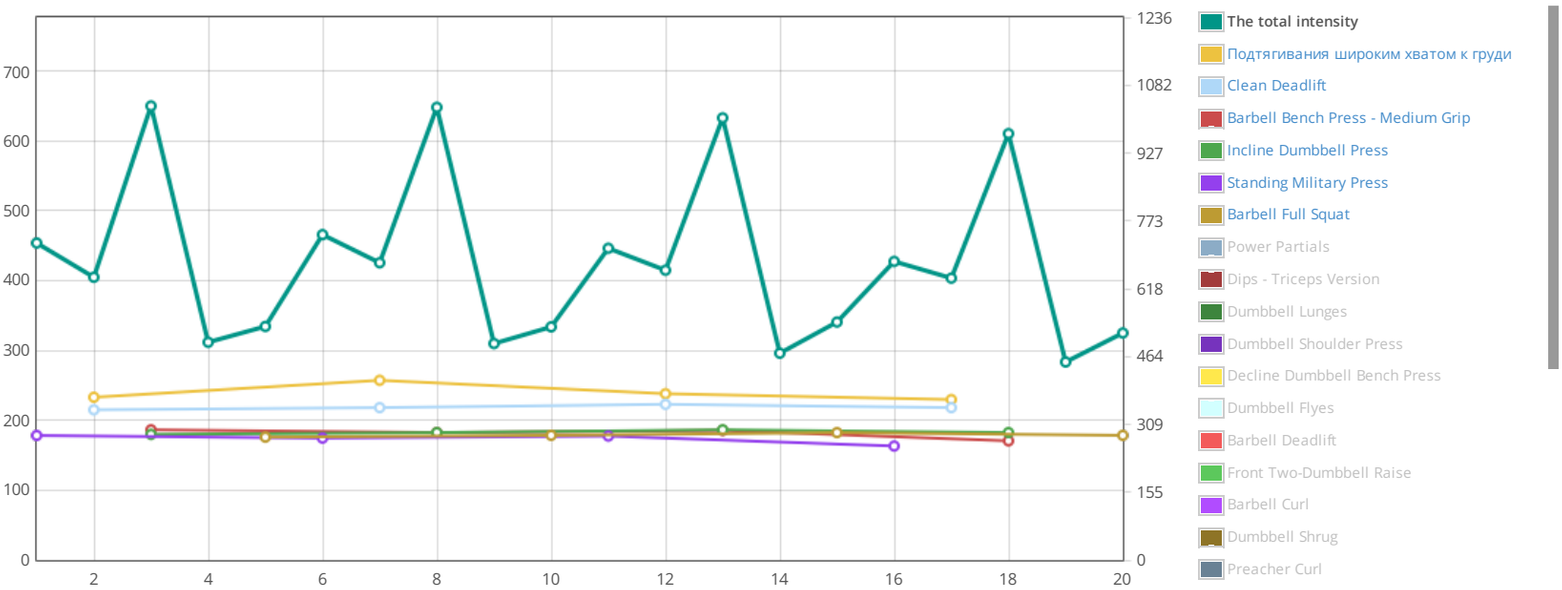
2 «20 тренировок»

Duration in days: 26 | Amount of training days: 20 | Rest days: 6

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Standing Military Press	4	8-12	80-90 sec
2	Dumbbell Shoulder Press	4	8-12	80-90 sec
3	Front Two-Dumbbell Raise	3	8-10	80-90 sec
4	Power Partials	5	6-10	80-90 sec
5	Разведение рук с гантелями в стороны в наклоне	3	10-15	80-90 sec
	2 day			
1	Подтягивания широким хватом к груди	5	6-10	80-90 sec
2	One-Arm Dumbbell Row	3	10-15	80-90 sec
3	Clean Deadlift	4	6-10	80-90 sec
4	Dumbbell Shrug	4	8-12	80-90 sec
	3 day			
1	Barbell Bench Press - Medium Grip	4	8-12	80-90 sec
2	Incline Dumbbell Press	4	6-10	80-90 sec
3	Decline Dumbbell Bench Press	3	8-10	80-90 sec
4	Dumbbell Flyes	4	8-12	80-90 sec
5	Dips - Triceps Version	4	15-20 (+max)	90 sec
6	Standing Bent-Over Two-Arm Dumbbell Triceps Extension	3	10-15	80-90 sec
7	Dumbbell One-Arm Triceps Extension	3	8-10	80-90 sec
8	Lying Close-Grip Barbell Triceps Extension Behind The Head	4	8-12	80-90 sec
	4 day			
1	Barbell Curl	4	8-12	80-90 sec
2	Preacher Curl	4	8-12	80-90 sec
3	Hammer Curls	4	6-10	80-90 sec
4	Concentration Curls	3	8-10	80-90 sec

5	Reverse Barbell Curl	3	8-10	80-90 sec
5 day				
1	Dumbbell Lunges	4	8-12	80-90 sec
2	Barbell Full Squat	4	6-10	80-90 sec
3	Barbell Deadlift	4	6-10	80-90 sec
4	Standing Barbell Calf Raise	4	8-12	80-90 sec
6 day (rest)				
7 day (rest)				

Training intensity for each exercise



Workout #1 — 44 min

Standing Military Press
4×8 Rest: 80 sec — heavy

Dumbbell Shoulder Press
4×8 Rest: 80 sec — heavy

Front Two-Dumbbell Raise
3×8 Rest: 90 sec — very hard

Power Partials
5×10 Rest: 90 sec — very hard

Разведение рук с гантелями в стороны в наклоне
3×10 Rest: 80 sec — heavy

> 2.33 T 722 scores 520 kcal

Workout #2 — 36 min

Подтягивания широким хватом к груди
5×7 Rest: 90 sec — very hard

One-Arm Dumbbell Row
3×10 Rest: 80 sec — heavy

Clean Deadlift
4×6 Rest: 80 sec — heavy

Dumbbell Shrug
4×8 Rest: 80 sec — heavy

> 3.18 T 644 scores 460 kcal

Workout #3 — 68 min

Barbell Bench Press - Medium Grip
4×8 Rest: 80 sec — heavy

Incline Dumbbell Press
4×6 Rest: 80 sec — heavy

Decline Dumbbell Bench Press
3×8 Rest: 90 sec — very hard

Dumbbell Flyes
4×8 Rest: 80 sec — heavy

Dips - Triceps Version
4×20 max Rest: 90 sec — to failure

Standing Bent-Over Two-Arm Dumbbell Triceps Extension
3×10 Rest: 80 sec — heavy

Dumbbell One-Arm Triceps Extension
3×8 Rest: 90 sec — very hard

Lying Close-Grip Barbell Triceps Extension Behind The Head
4×8 Rest: 80 sec — heavy

> 4.44 T 1034 scores 740 kcal

Workout #4 — 42 min

Workout #5 — 35 min

Workout #6 — 46 min

Barbell Curl
4×8 Rest: 80 sec heavy

Preacher Curl
4×8 Rest: 80 sec heavy

Hammer Curls
4×6 Rest: 80 sec heavy

Concentration Curls
3×8 Rest: 90 sec very hard

Reverse Barbell Curl
3×8 Rest: 90 sec very hard

> 2.7 T 496 scores 360 kcal

Dumbbell Lunges
4×8 Rest: 80 sec heavy

Barbell Full Squat
4×6 Rest: 80 sec heavy

Barbell Deadlift
4×6 Rest: 80 sec heavy

Standing Barbell Calf Raise
4×8 Rest: 80 sec heavy

> 6.5 T 532 scores 380 kcal

Standing Military Press
4×10 Rest: 90 sec very hard

Dumbbell Shoulder Press
4×10 Rest: 90 sec very hard

Front Two-Dumbbell Raise
3×8 Rest: 90 sec very hard

Power Partials
5×8 Rest: 90 sec very hard

Разведение рук с гантелями в стороны в наклоне
3×12 Rest: 90 sec very hard

> 2.56 T 741 scores 530 kcal

Workout #7 38 min

Подтягивания широким хватом к груди
5×7 Rest: 90 sec very hard

One-Arm Dumbbell Row
3×12 Rest: 90 sec very hard

Clean Deadlift
4×10 Rest: 90 sec very hard

Dumbbell Shrug
4×10 Rest: 90 sec very hard

> 4.2 T 677 scores 490 kcal

Workout #8 71 min

Barbell Bench Press - Medium Grip
4×10 Rest: 90 sec very hard

Incline Dumbbell Press
4×10 Rest: 90 sec very hard

Decline Dumbbell Bench Press
3×8 Rest: 90 sec very hard

Dumbbell Flyes
4×10 Rest: 90 sec very hard

Dips - Triceps Version
4×15 max Rest: 90 sec to failure

Standing Bent-Over Two-Arm Dumbbell Triceps Extension
3×12 Rest: 90 sec very hard

Dumbbell One-Arm Triceps Extension
3×8 Rest: 90 sec very hard

Lying Close-Grip Barbell Triceps Extension Behind The Head
4×10 Rest: 90 sec very hard

> 5.32 T 1031 scores 740 kcal

Workout #9 45 min

Barbell Curl
4×10 Rest: 90 sec very hard

Preacher Curl
4×10 Rest: 90 sec very hard

Hammer Curls
4×10 Rest: 90 sec very hard

Concentration Curls
3×8 Rest: 90 sec very hard

Reverse Barbell Curl
3×8 Rest: 90 sec very hard

> 3.17 T 493 scores 350 kcal

Workout #10 38 min

Dumbbell Lunges
4×10 Rest: 90 sec very hard

Barbell Full Squat
4×10 Rest: 90 sec very hard

Barbell Deadlift
4×10 Rest: 90 sec very hard

Standing Barbell Calf Raise
4×10 Rest: 90 sec very hard

> 8.94 T 531 scores 380 kcal

Workout #11 46 min

Standing Military Press
4×12 Rest: 90 sec very hard

Dumbbell Shoulder Press
4×12 Rest: 90 sec very hard

Front Two-Dumbbell Raise
3×10 Rest: 90 sec heavy

Power Partials
5×8 Rest: 90 sec heavy

Разведение рук с гантелями в стороны в наклоне
3×15 Rest: 90 sec heavy

> 2.86 T 710 scores 510 kcal

Workout #12 39 min

Подтягивания широким хватом к груди
5×7 Rest: 90 sec heavy

One-Arm Dumbbell Row
3×15 Rest: 90 sec heavy

Clean Deadlift
4×8 Rest: 90 sec heavy

Dumbbell Shrug
4×12 Rest: 90 sec very hard

> 4.14 T 658 scores 470 kcal

Workout #13 71 min

Workout #14 45 min

Workout #15 38 min

Barbell Bench Press - Medium Grip
4×12 Rest: 90 sec very hard

Incline Dumbbell Press
4×8 Rest: 90 sec heavy

Decline Dumbbell Bench Press
3×10 Rest: 90 sec heavy

Dumbbell Flyes
4×12 Rest: 90 sec very hard

Dips - Triceps Version
4×20 max Rest: 90 sec to failure

Standing Bent-Over Two-Arm Dumbbell Triceps Extension
3×15 Rest: 90 sec heavy

Dumbbell One-Arm Triceps Extension
3×10 Rest: 90 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head
4×12 Rest: 90 sec very hard

> 5.74 T 1007 scores 720 kcal

Barbell Curl
4×12 Rest: 90 sec very hard

Preacher Curl
4×12 Rest: 90 sec very hard

Hammer Curls
4×8 Rest: 90 sec heavy

Concentration Curls
3×10 Rest: 90 sec heavy

Reverse Barbell Curl
3×10 Rest: 90 sec heavy

> 3.48 T 471 scores 340 kcal

Dumbbell Lunges
4×12 Rest: 90 sec very hard

Barbell Full Squat
4×8 Rest: 90 sec heavy

Barbell Deadlift
4×8 Rest: 90 sec heavy

Standing Barbell Calf Raise
4×12 Rest: 90 sec very hard

> 8.6 T 542 scores 390 kcal

Workout #16
43 min

Standing Military Press
4×10 Rest: 80 sec heavy

Dumbbell Shoulder Press
4×10 Rest: 80 sec heavy

Front Two-Dumbbell Raise
3×10 Rest: 80 sec heavy

Power Partials
5×6 Rest: 80 sec heavy

Разведение рук с гантелями в стороны в наклоне
3×10 Rest: 80 sec very hard

> 2.47 T 680 scores 490 kcal

Workout #17
36 min

Подтягивания широким хватом к груди
5×7 Rest: 80 sec heavy

One-Arm Dumbbell Row
3×10 Rest: 80 sec very hard

Clean Deadlift
4×10 Rest: 80 sec very hard

Dumbbell Shrug
4×10 Rest: 80 sec heavy

> 4.1 T 643 scores 460 kcal

Workout #18
67 min

Barbell Bench Press - Medium Grip
4×10 Rest: 80 sec heavy

Incline Dumbbell Press
4×10 Rest: 80 sec very hard

Decline Dumbbell Bench Press
3×10 Rest: 80 sec heavy

Dumbbell Flyes
4×10 Rest: 80 sec heavy

Dips - Triceps Version
4×15 max Rest: 90 sec to failure

Standing Bent-Over Two-Arm Dumbbell Triceps Extension
3×10 Rest: 80 sec very hard

Dumbbell One-Arm Triceps Extension
3×10 Rest: 80 sec heavy

Lying Close-Grip Barbell Triceps Extension Behind The Head
4×10 Rest: 80 sec heavy

> 5.27 T 971 scores 700 kcal

Workout #19
42 min

Barbell Curl
4×10 Rest: 80 sec heavy

Preacher Curl
4×10 Rest: 80 sec heavy

Hammer Curls
4×10 Rest: 80 sec very hard

Concentration Curls
3×10 Rest: 80 sec heavy

Workout #20
36 min

Dumbbell Lunges
4×10 Rest: 80 sec heavy

Barbell Full Squat
4×10 Rest: 80 sec very hard

Barbell Deadlift
4×10 Rest: 80 sec very hard

Standing Barbell Calf Raise
4×10 Rest: 80 sec heavy

Reverse Barbell Curl
3×10 Rest: 80 sec
heavy
> 3.26 T 451 scores 320 kcal

> 8.84 T 517 scores 370 kcal

Directory of the exercises

General recommendations on training with AtletIQ

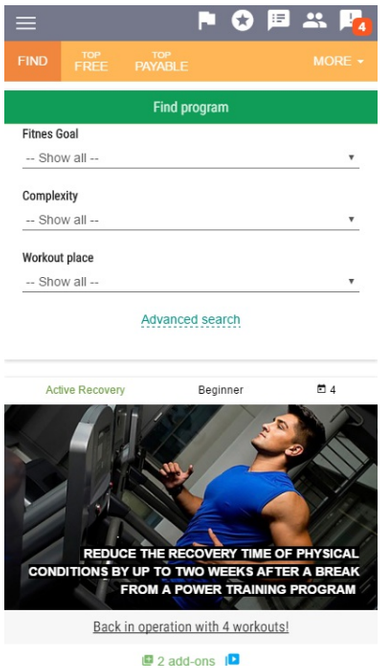
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

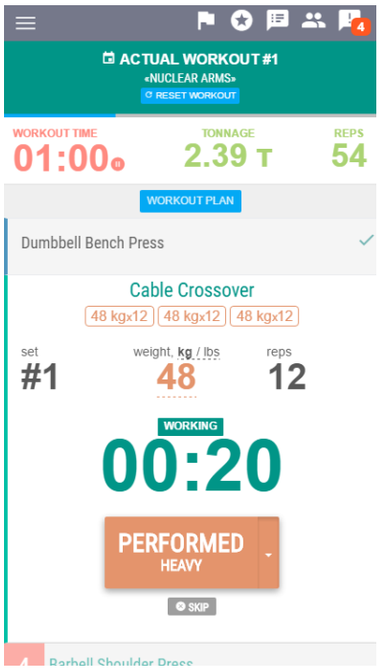
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

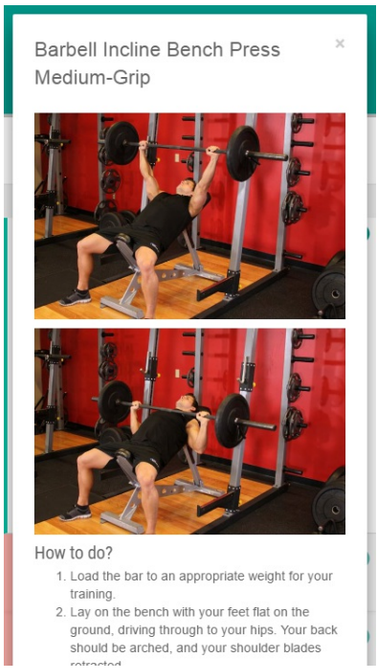
How to use mobile assistant?

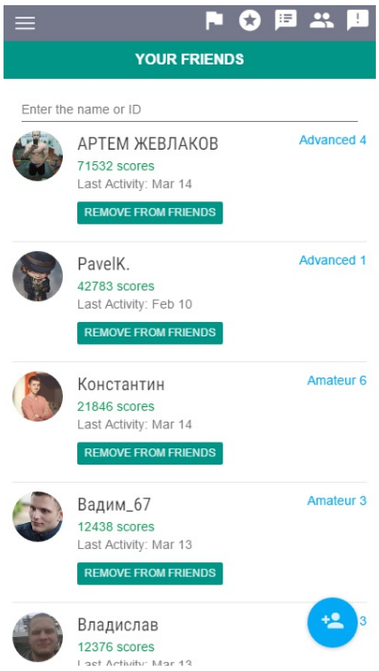
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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