

FullActive

We gain mass and burn fat with a phenomenal training complex for the whole body FullActive

Intermediate **64** days **28** workouts **~67** minutes

Bodybuilding program "FullActive" contains 7 different, but carefully selected sets of exercises, alternating every other day. These trainings are aimed primarily at stimulating hypertrophy of predominantly large muscle groups, but apart from this, in the process of training, the overall endurance of the organism and the strength of muscles develop. The program is recommended to athletes who have basic experience in the gym.

<https://atletiq.com/en/programms/287>

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

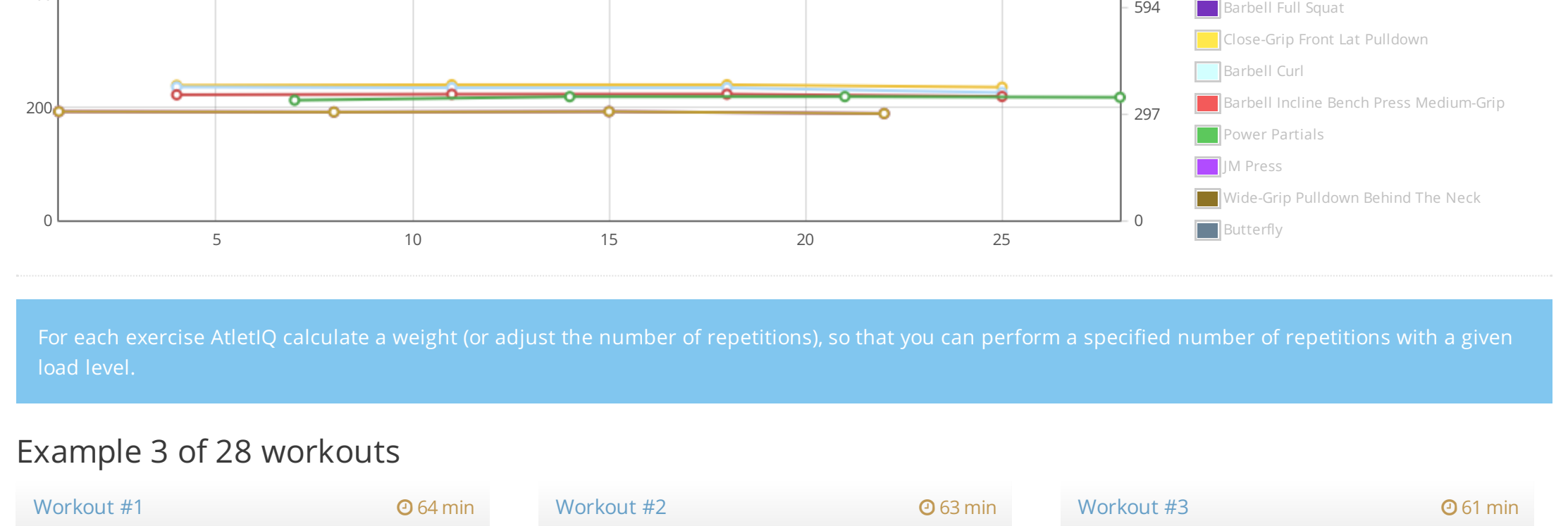
Install App «Mobile Fitness Assistant AtletiQ»: <https://atletiq.com/app>

The content of of the program

1	«ОСНОВНОЙ»	Duration in days: 64	Amount of training days: 28	Rest days: 36
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	Running, Treadmill	1	5 min-10 min	⌚ 60 sec
2	Decline Barbell Bench Press	3	8-10 (+max)	⌚ 120 sec
3	Barbell Bench Press - Medium Grip	3	8-10 (+max)	⌚ 120 sec
⚠ Level «Advanced 1» is required or you can pay 140 points / ⚠ what is it? 🟢 Allowed for status «VIP»				

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.

Example 3 of 28 workouts

Workout #1 ⌚ 64 min

Running, Treadmill
1×10 min Rest: ⌚ 60 sec heavy

Decline Barbell Bench Press
3×9 max Rest: ⌚ 120 sec to failure

Barbell Bench Press - Medium Grip
3×9 max Rest: ⌚ 120 sec to failure

Incline Dumbbell Press
3×9 max Rest: ⌚ 120 sec to failure

Seated Cable Rows
2×12 Rest: ⌚ 70 sec moderate

Close-Grip Front Lat Pulldown
3×12 Rest: ⌚ 60 sec moderate

Close-Grip Barbell Bench Press
2×12 Rest: ⌚ 70 sec moderate

Running, Treadmill
1×5 min Rest: ⌚ 60 sec moderate

🏆 1094 scores

Workout #2 ⌚ 63 min

Elliptical Trainer
1×5 min Rest: ⌚ 60 sec moderate

Barbell Full Squat
5×8 Rest: ⌚ 80 sec moderate

Leg Extensions
3×9 max Rest: ⌚ 120 sec to failure

Lying Leg Curls
3×9 max Rest: ⌚ 120 sec to failure

Calf Press On The Leg Press Machine
5×10 Rest: ⌚ 60 sec heavy

Preacher Curl
3×6 Rest: ⌚ 60 sec moderate

Reverse Crunch
3×10 max Rest: ⌚ 60 sec to failure

Decline Crunch
3×15 Rest: ⌚ 60 sec heavy

🏆 717 scores

Workout #3 ⌚ 61 min

Running, Treadmill
1×10 min Rest: ⌚ 60 sec heavy

Dumbbell Bench Press
2×12 Rest: ⌚ 70 sec moderate

Barbell Incline Bench Press Medium-Grip
3×12 Rest: ⌚ 60 sec heavy

Wide-Grip Pulldown Behind The Neck
3×10 Rest: ⌚ 60 sec moderate

Hyperextensions (Back Extensions)
3×15 Rest: ⌚ 70 sec heavy

JM Press
3×9 max Rest: ⌚ 120 sec to failure

Lying Close-Grip Barbell Triceps Extension Behind The Head
2×8 max Rest: ⌚ 120 sec to failure

Triceps Pushdown
2×8 max Rest: ⌚ 120 sec to failure

🏆 888 scores

Directory of the exercises

Barbell Bench Press - Medium Grip

Barbell Curl

Barbell Full Squat

Barbell Incline Bench Press Medium-Grip

Bent Over Barbell Row

Butterfly

The price of the full version 7 usd

[Why it is payable?](#)

[Register and find out details](#)

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 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.

Fitness Goal: — Show all —

Complexity: — Show all —

Workout place: — Show all —

Advanced search

Active Recovery Beginner

REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM

Back in operation with 3 workouts!

2 additions

ACTUAL WORKOUT #1

WORKOUT TIME: 01:00

RECOVERY: 2.39 T

SCORE: 54

WORKOUT PLAN

Dumbbell Bench Press

Cable Crossover (48 kgx12 | 48 kgx12 | 48 kgx12)

set #1 weight: kg / lbs 48 reps 12

WORKING 00:20

PERFORMED HEAVY

⌚ STOP

Barbell Incline Bench Press Medium-Grip

Barbell Incline Bench Press Medium-Grip

How to do?

1. Load the bar to an appropriate weight for your training.
2. Lay on the bench with your feet flat on the ground, diving through to your hips. Your back should be arched, and your shoulder blades

YOUR FRIENDS

Enter the name or ID

ARTEM ЖЕВЛАКОВ Advanced 4
42783 scores
Last Activity: Feb 10
REMOVE FROM FRIENDS

PayelK Advanced 1
42783 scores
Last Activity: Mar 14
REMOVE FROM FRIENDS

Константин Amateur 6
21846 scores
Last Activity: Mar 14
REMOVE FROM FRIENDS

Вадим, 67 Amateur 3
12438 scores
Last Activity: Mar 13
REMOVE FROM FRIENDS

Владислав 12376 scores
Last Activity: Mar 13
REMOVE FROM FRIENDS

+2

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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