

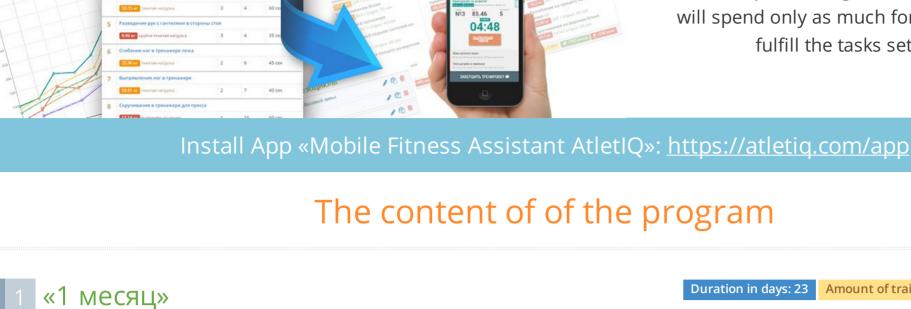
Six-week basic complex: develop muscle potential and increase personal productivity

~47 minutes 12 workouts **23** days

Two-day training mode is an excellent alternative to the classic power split. The mechanism of working capacity of the proposed two-day program is based on a low frequency of muscular loadability, which ensures full recovery

of injured fibers and, as a consequence, moderately productive muscle growth. https://atletiq.com/en/programma/bazovaya-dvuhdnevnaya-programma.html 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 04:48 fulfill the tasks set by coach



#

700

600

500

Exercise (superset)

The total intensity

Barbell Full Squat Bent Over Barbell Row

Upright Barbell Row

982

842

701

3×12 Rest: **②** 90 sec

Bent Over Barbell Row

Wide-Grip Rear Pull-Up

Barbell Bench Press - Medium Grip

Barbell Incline Bench Press Medium-Grip

to failure

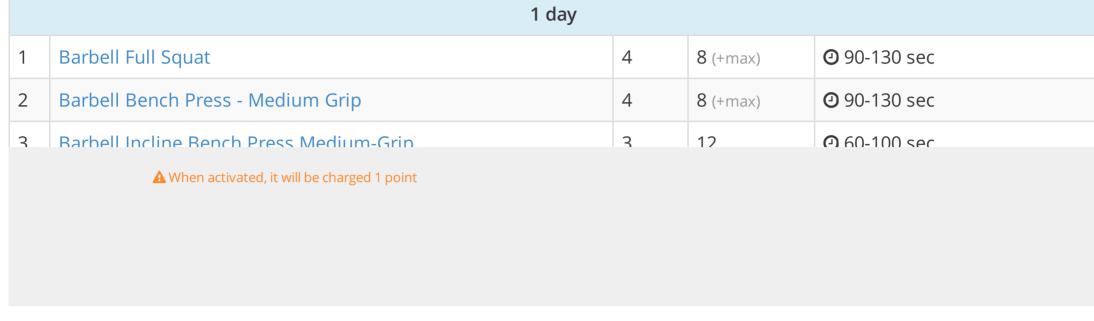
very hard

Close-Grip Barbell Bench Press

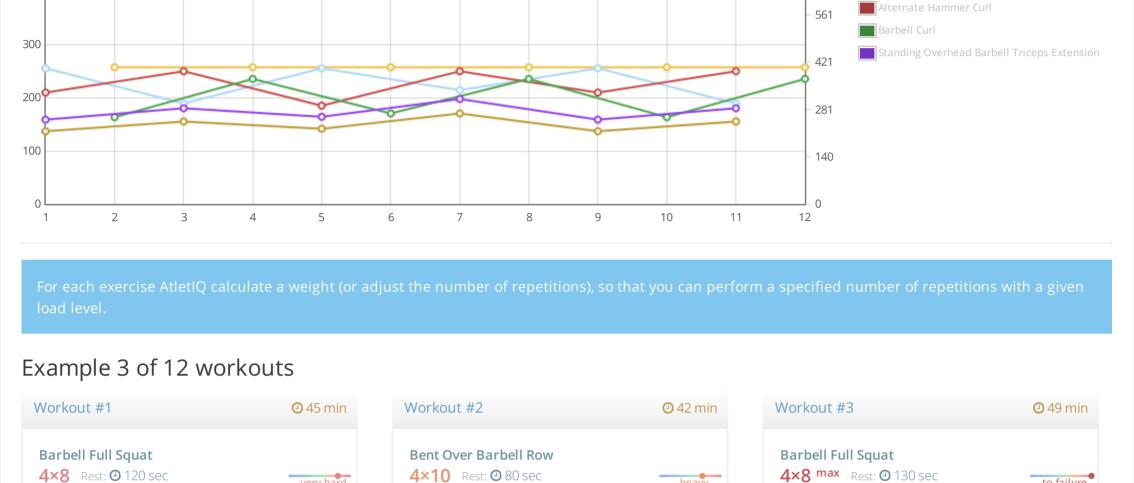
Amount of training days: 12 Rest days: 11

Duration in days: 23

② Rest between sets Sets Reps



Training intensity for each exercise



Barbell Bench Press - Medium Grip Wide-Grip Rear Pull-Up Barbell Bench Press - Medium Grip **4x8** max Rest: **②** 130 sec 4x10 max Rest: **②** 80 sec **4×8** Rest: **②** 90 sec to failure to failure heavy Barbell Incline Bench Press Medium-Grip Barbell Curl Barbell Incline Bench Press Medium-Grip

4×12 Rest: **②** 60 sec

heavy

heavy

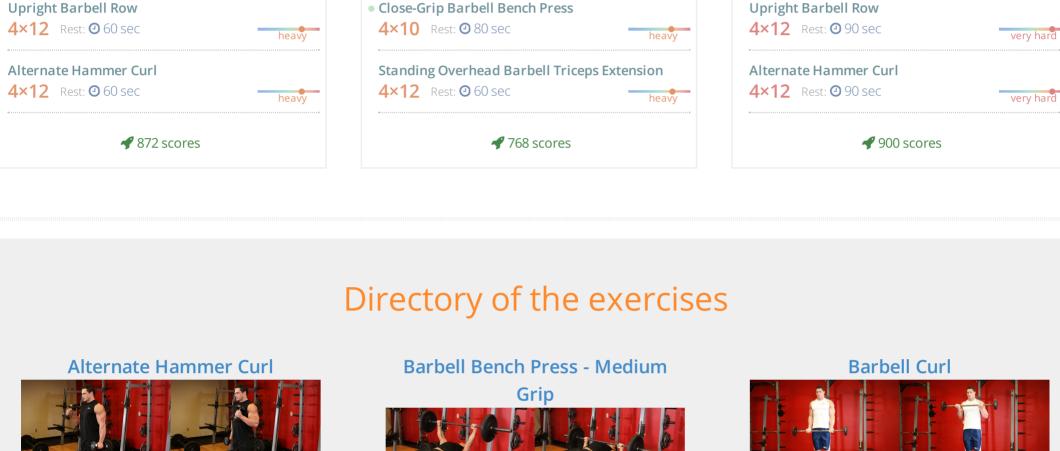


Barbell Full Squat

3×12 Rest: **②** 60 sec

very hard

heavy



Barbell Incline Bench Press

Medium-Grip

The price of the full version 1 usd

Why it is payable?

Register and find out details

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile

• The load in the programs is calculated relative to the maximum weight with which you can do the exercise for

• The application will compare your score with the planned load and adjust the level of your performance in the

is transferred after a workout to your personal account and are considered in the following training.

1 repetition. This indicator is also calculated and adjusted automatically in the future.

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 • 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

How to use mobile assistant?

• This application requires access to the Internet. There is also the opportunity to train on the special training Form, data

• During training, you will carry out step by step application and assess the level of load obtained after the completion

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 -

Dumbbell Bench Press

#1

WORKOUT PLAN

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

12

weight, **kg** / lbs

General recommendations on training with AtletIQ

application which is an interactive smart timer.

of each set.

break.

Complexity

-- Show all --

Workout place

-- Show all

Advanced search

Beginner

the the planned.

these are not all application features.

P 🐼 🗏 😃 🌇 ▶ ② 圖 ∴ 圓 P 😯 🗏 😃 🌇 Barbell Incline Bench Press YOUR FRIENDS ☐ ACTUAL WORKOUT#1 Medium-Grip «NUCLEAR ARMS» Find program Enter the name or ID Fitnes Goal Advanced 4 АРТЕМ ЖЕВЛАКОВ 01:00_o 2.39 T 54 71532 scores

12438 scores **PERFORMED** Last Activity: Mar 13 How to do? REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK REMOVE FROM FRIENDS 1. Load the bar to an appropriate weight for your FROM A POWER TRAINING PROGRAM 2. Lay on the bench with your feet flat on the Владислав Back in operation with 4 workouts! ground, driving through to your hips. Your back should be arched, and your shoulder blades 12376 scores 2 add-ons Rarhall Shoulder Dress

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 © 2017 — AtletIQ.com









Last Activity: Mar 14

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14 REMOVE FROM FRIENDS

Вадим_67

Last Activity: Feb 10

REMOVE FROM FRIENDS

REMOVE FROM FRIENDS

Advanced 1

Amateur 6

Amateur 3