

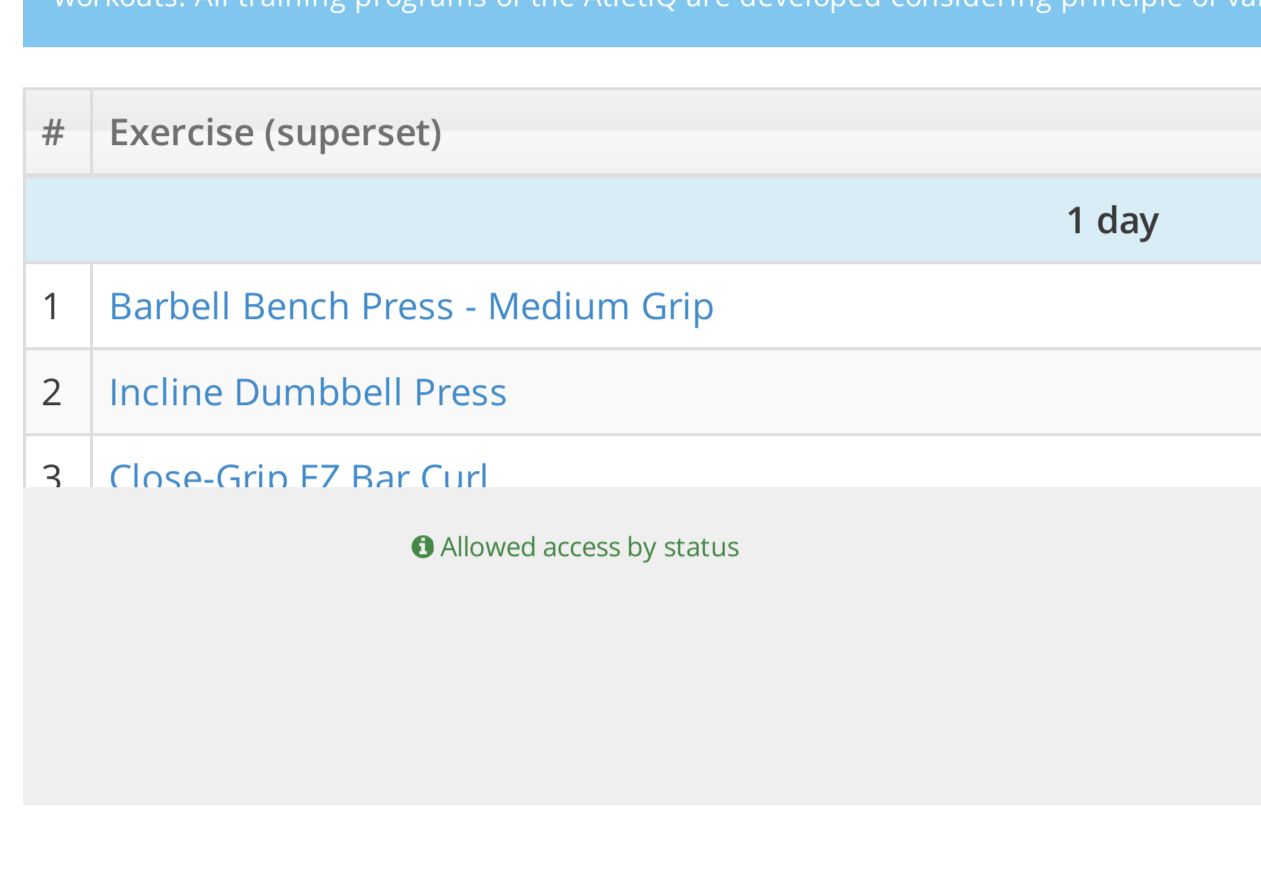
# HERACLE

Fatal power, superhuman strength: eclipse the legendary Greek demigod, training with the program "Hercules"

👤 Intermediate
54 days
24 workouts
~58 minutes

It's a multidirectional training complex, developed on the basis of the best techniques from eminent professionals. Become strong and grow muscle volumes - do your personal feat with the training complex "Hercules".

<https://atletiq.com/en/programms/305>



### 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 needed to fulfill the tasks set by coach

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

## The content of the program

1 «8 недель на силу и массу» Duration in days: 54 Amount of training days: 24 Rest days: 30

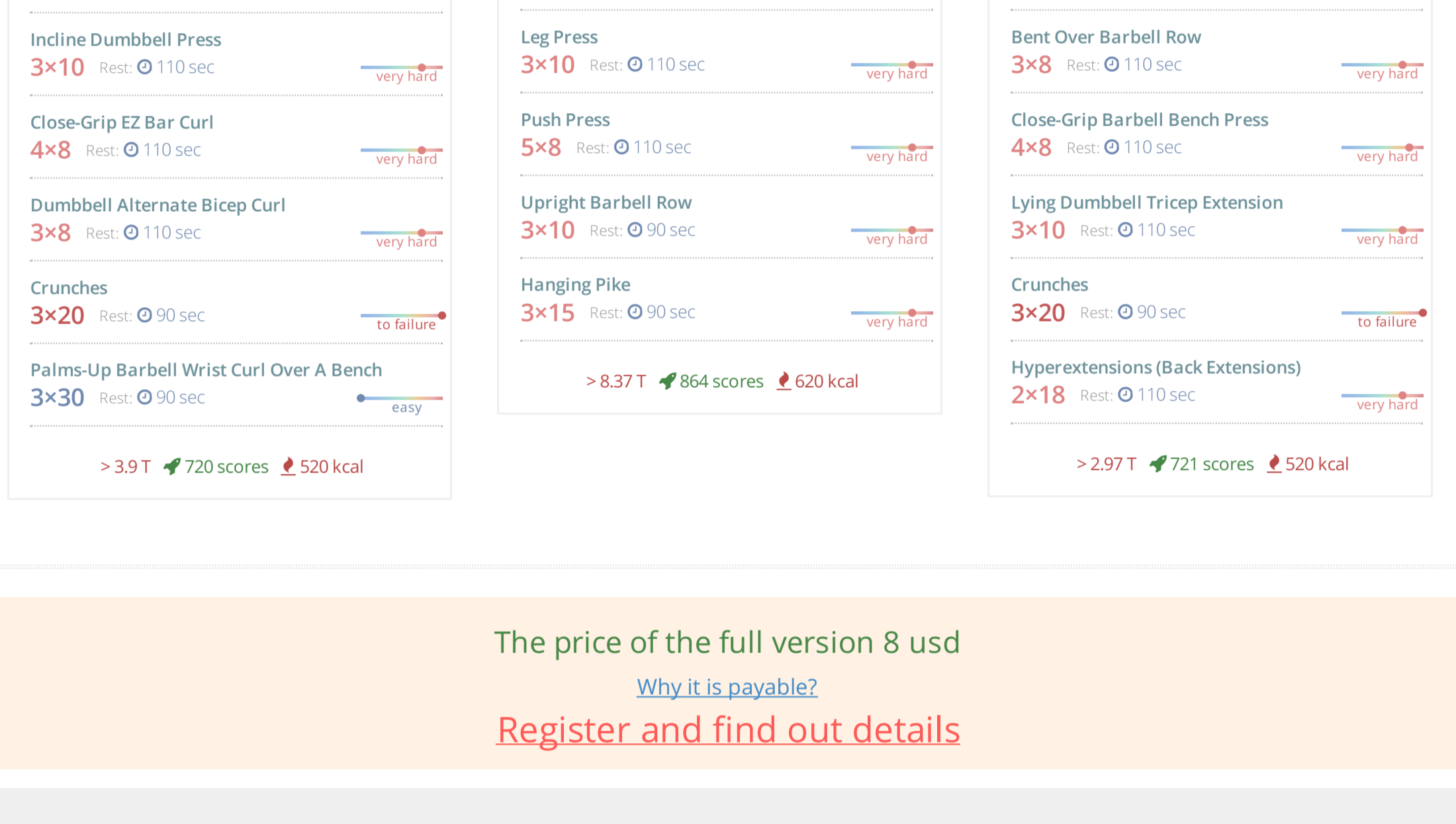
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
<b>1 day</b>				
1	Barbell Bench Press - Medium Grip	2-5	4-12 (+max)	⊙ 90-200 sec
2	Incline Dumbbell Press	2-3	6-12 (+max)	⊙ 90-200 sec
3	Close-Grip EZ Bar Curl	3-4	6-12 (+max)	⊙ 90-200 sec

🔒 Allowed access by status

### 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 24 workouts

**Workout #1** 58 min

- Barbell Bench Press - Medium Grip 5x8 Rest: 110 sec very hard
- Incline Dumbbell Press 3x10 Rest: 110 sec very hard
- Close-Grip EZ Bar Curl 4x8 Rest: 110 sec very hard
- Dumbbell Alternate Bicep Curl 3x8 Rest: 110 sec very hard
- Crunches 3x20 Rest: 90 sec to failure
- Palms-Up Barbell Wrist Curl Over A Bench 3x30 Rest: 90 sec easy

> 3.9 T 🍀 720 scores 🔥 520 kcal

**Workout #2** 51 min

- Barbell Full Squat 5x8 Rest: 110 sec very hard
- Leg Press 3x10 Rest: 110 sec very hard
- Push Press 5x8 Rest: 110 sec very hard
- Upright Barbell Row 3x10 Rest: 90 sec very hard
- Hanging Pike 3x15 Rest: 90 sec very hard

> 8.37 T 🍀 864 scores 🔥 620 kcal

**Workout #3** 55 min

- Rocky Pull-Ups/Pulldowns 4x10 Rest: 110 sec very hard
- Bent Over Barbell Row 3x8 Rest: 110 sec very hard
- Close-Grip Barbell Bench Press 4x8 Rest: 110 sec very hard
- Lying Dumbbell Tricep Extension 3x10 Rest: 110 sec very hard
- Crunches 3x20 Rest: 90 sec to failure
- Hyperextensions (Back Extensions) 2x18 Rest: 110 sec very hard

> 2.97 T 🍀 721 scores 🔥 520 kcal

### The price of the full version 8 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, taken 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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