HERACLE

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

54 weeks | 24 hours | ~58 kcal

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

https://athletic.com/programs/en/365

Sergey Thomas Automatic

Exercising with AthletQ you get exactly the load established by the author of the course at any one time performing a exercise. In training you do not think about the load, the program will fulfill the load set by coach.

Install app athletic.com/app and choose HERACLE. https://athletic.com/app

The content of the program

Ні навдогін на сонці й вакцін

Download program | Download exercises | Download PDF

Before you start the training program, you need to determine the weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.

#	Exercise (sugarcoat)	Sets	Reps	Rest between sets
	7 day			
1	Barbell Bench Press - Medium Grip	2-5	4-12 / minute	00:45-200 sec
2	Incline Dumbbell Press	2-5	4-12 / minute	00:45-200 sec
3	Chest Dip (Chest Version)	3-4	6-12 / minute	01:00-180 sec
4	Dumbbell Alternate Hammer Curl	2-5	4-12 / minute	00:45-200 sec
5	Cable Crunch	3-5	10-15	00:45-200 sec
6	Frame-Leg Barbell Wrist Curl Over A Bench	3	25-30	00:10-15 sec
	2 day (rest)			
	3 day			
1	Parallel Foot Squat	2-5	4-12 / minute	00:45-200 sec
2	Leg Press	3	10-12	01:00-120 sec
3	Pouch Press	2-5	4-12 / minute	00:45-200 sec
4	Upright Barbell Row	3	10-12	00:60-120 sec
5	Hanging Pike	3	10-15	00:30-120 sec
	4 day (rest)			
	5 day			
1	Rocky Pull-Ups/Pulldowns	3-5	4-12 / minute	01:00-200 sec
2	Wide Grip Barbell Row	2-4	6-10 / minute	01:15-180 sec
3	Close-Grip Barbell Bench Press	2-4	6-10 / minute	01:15-180 sec
4	Lying Dumbbell Tricep Extension	2-5	4-12 / minute	00:45-200 sec
5	Crunches	3	20	00 sec
6	Hyperextensions (Back Extensions)	3	15-20	00:30-60 sec
	6 day (rest)			
	7 day (rest)			
	8 day			
1	Barbell Bench Press - Medium Grip	2-5	4-12 / minute	00:45-200 sec
2	Incline Dumbbell Press	2-5	4-12 / minute	00:45-200 sec
3	Close-Grip EZ Bar Curl	3-4	6-12 / minute	01:00-180 sec
4	Reverse Barbell Curl	2-3	8-10 / minute	01:15-180 sec
5	Crunches	3	20	00 sec
6	Frame-Leg Barbell Wrist Curl Over A Bench	3	25-30	00:10 sec
	9 day (rest)			
	10 day			
1	Parallel Foot Squat	2-5	4-12 / minute	00:45-200 sec
2	Pouch Press	2-5	4-12 / minute	00:45-200 sec
3	Front Barbell Squat	3	4-6 / minute	01:00-180 sec
4	Dumbbell Shoulder Press	2-5	4-12 / minute	00:45-200 sec
5	Hanging Pike	3	10-15 / minute	00:30-120 sec
	11 day (rest)			
	12 day			
1	Chest Shelf/Pl	3-5	4-8 / minute	01:00-200 sec
2	Chin-Up	3-4	4-6 / minute	01:15-180 sec
3	Close-Grip Barbell Bench Press	3-4	6-8 / minute	01:00-180 sec
4	Lying Close-Grip Barbell Triceps Extension Behind The Head	2-3	6-10 / minute	01:15-180 sec
5	Crunches	3	20	00 sec
6	Hyperextensions (Back Extensions)	3	15-20	00:30-60 sec
	13 day (rest)			
	14 day (rest)			

Training intensity for each exercise

The program provides for the gradual increase in the load, which is calculated automatically. The load is calculated based on the data you specified in the table above. Do not underestimate the importance of the load, it is important to follow the program.

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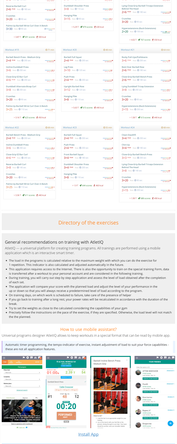

Directory of the exercises

General recommendations on training with AthletQ

AthletQ - a universal platform for creating training programs. All trainings are performed using a mobile application. Pay attention to the following points:

- 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.
- The program provides for the gradual increase in the load, which is calculated in the special training form, data is transferred after overload (in your personal account and are considered in the following training.
- During training, you will carry out step by step qualification and assess the level of load obtained after the completion of each exercise.
- The application will compare your score with the planned load and adjust the load of your performance in up or down so that you will always receive a predetermined level of load according to the program.
- The program will take into account the data you specified in the table when calculating the load.
- If you are training with dumbbells, only your power users will be involved and will be calculated with the duration of the load.
- Try to use the weights as close to the calculated considering the capabilities of your gym.
- Do not neglect 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 AthletQ allows to keep workouts in a special format that can be read by mobile app.

Automatic load calculation (depending the keeps indicator of exercise, instant adjustment of load to suit your fitness capabilities. (Keep are not all application features.

Install App

Website version
Version 1.0 (Last update: 2020-12-31)
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