

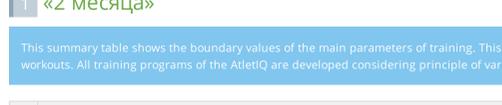
Second step

Take control of the muscle growth mechanism with a two-step training plan for a beginner bodybuilder


47 days
24 workouts
~46 minutes

Concentrate your efforts on recruiting mass, performing a classical basic program with the inclusion of specialized isolation exercises. The three-day schedule of training of various intensity is a guarantee of success in the matter of pumping impressive muscles.

<https://atletiq.com/en/programms/353>



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 «2 месяца» Duration in days: 47 Amount of training days: 24 Rest days: 23

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 Full Squat	4-5	4-6	180 sec
2	Barbell Bench Press - Medium Grip	2	12-18	90 sec
3	Pullups	3-4	8-12	90 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 51 min

- Barbell Full Squat 5x6 Rest: 180 sec (easy)
- Barbell Bench Press - Medium Grip 2x12 Rest: 90 sec (moderate)
- Pullups 4x10 Rest: 90 sec (moderate)
- Upright Barbell Row 3x10 Rest: 90 sec (moderate)
- Barbell Curl 3x10 Rest: 90 sec (moderate)

> 4.03 T 473 scores 340 kcal

Workout #2 53 min

- Barbell Full Squat 3x6 Rest: 120 sec (easy)
- Barbell Bench Press - Medium Grip 5x6 Rest: 180 sec (easy)
- Dips - Triceps Version 3x6 Rest: 120 sec (easy)
- Seated Bent-Over Rear Delt Raise 3x10 Rest: 90 sec (moderate)
- Ab Crunch Machine 3x10 Rest: 90 sec (moderate)

> 4.23 T 370 scores 270 kcal

Workout #3 42 min

- Barbell Full Squat 2x12 Rest: 90 sec (moderate)
- Barbell Bench Press - Medium Grip 3x6 Rest: 90 sec (easy)
- Seated Cable Rows 4x10 Rest: 90 sec (moderate)
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x10 Rest: 90 sec (moderate)
- Oblique Crunches - On The Floor 3x10 Rest: 90 sec (moderate)

> 4.18 T 366 scores 260 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 on or down so that you will always be scheduled 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.



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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