Second step

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

4 days	47 minutes	24 exercises	~46 sets
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://athlos.com/programs/id/1293

Mobile Fitness Assistant

Exercising with AthlosIQ, you get exactly the level established by the author of the routine at any moment of training. Your mobile assistant will cancel only as much force as necessary to fulfill the tasks set by coach

Install App «Athlos Fitness Assistant AthlosIQ» https://athlos.onelink.me/

The content of the program

v2 WEIGHT

Weight is not specified | Weight is specified | Weight is specified for all sets

Weight is not specified for the first two sets of the first exercise of each training. The coach recommends to determine the working weight for the first two sets of the first exercise of each training, and then continue to work with this weight.

#	Exercise (superset)	Sets	Reps	Or Rest between sets
	1 day			
1	Barbell Full Squat	4-5	15-15	180 sec
2	Barbell Bench Press - Medium Grip	3	15-15	90 sec
3	Leg Extension	3	15-15	90 sec
4	Upright Barbell Row	3	15-15	90 sec
5	Barbell Curl	3	15-15	90 sec
	2 day (rest)			
	3 day			
1	Barbell Full Squat	2-3	15-15	180 sec
2	Barbell Bench Press - Medium Grip	4-5	15-15	180 sec
3	Dips - Triceps Version	3-4	15-15	90 sec
4	Seated Bent-Over Rear Delt Raise	3	15-15	90 sec
5	Ab Crunch Machine	3	15-15	90 sec
	4 day (rest)			
	5 day			
1	Barbell Full Squat	2	15-15	180 sec
2	Barbell Bench Press - Medium Grip	2-3	15-15	180 sec
3	Seated Calfe Raise	3-4	15-15	90 sec
4	Lying Triceps Press (Nuklear) Triceps Extension Behind The Head	3	15-15	90 sec
5	Chinese Crunches - On The Floor	3	15-15	90 sec
	6 day (rest)			

Training intensity for each exercise

The chart contains information about how the intensity of training changes for the whole program. Each point is calculated based on the actual weight of the exercise, the number of repetitions, and the number of sets performed in the exercise.

Lying Triceps Press (Nuklear) Triceps Extension Behind The Head
Lying Triceps Extension - On The Floor
Lying Triceps Extension - Close Grip
Lying Triceps Extension - Close Grip Bench Pull
Lying Triceps Extension - Close Grip Bench Press
Lying Triceps Extension - Close Grip Bench Press - Medium Grip
Lying Triceps Extension - Close Grip Bench Press - Wide Grip
Lying Triceps Extension - Close Grip Bench Press - Wide Grip - Pronated Grip
Lying Triceps Extension - Close Grip Bench Press - Wide Grip - Pronated Grip - Feet Up
Lying Triceps Extension - Close Grip Bench Press - Wide Grip - Pronated Grip - Feet Up - Decline
Lying Triceps Extension - Close Grip Bench Press - Wide Grip - Pronated Grip - Feet Up - Decline - Bent Knees
Lying Triceps Extension - Close Grip Bench Press - Wide Grip - Pronated Grip - Feet Up - Decline - Bent Knees - Pronated Grip
Lying Triceps Extension - Close Grip Bench Press - Wide Grip - Pronated Grip - Feet Up - Decline - Bent Knees - Pronated Grip - Pronated Grip
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