



## Top Power

Three-day training in the "powerlifting" style - your pass to professional power sports



intermediate

47 days

24 workouts

~107 minutes

Say "no" to the "to failure mode" of work: activate the full muscle power in a low-volume repetition mode with a progressive training program for strength.

<https://atletiq.com/en/programms/356>

### Mobile Fitness Assistant

Exercising with AtletIQ, you get 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 «24»

Duration in days: 47

Amount of training days: 24

Rest days: 23

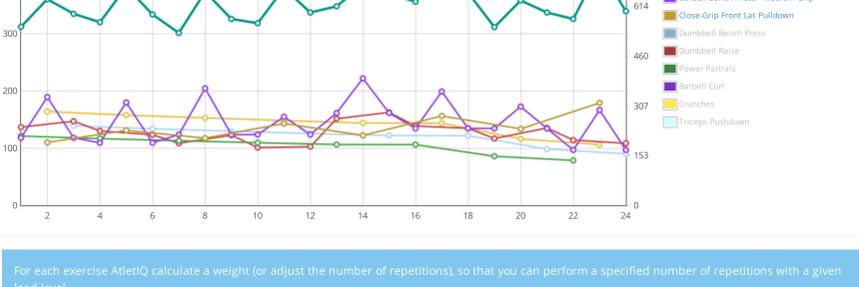
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
<b>1 day</b>				
1	Barbell Full Squat	3-4	3-4	⌚ 240 sec
2	Barbell Bench Press - Medium Grip	3-5	4-6	⌚ 240 sec
3	Close-Grip Barbell Bench Press	3-5	3-6	⌚ 240 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** ⌚ 112 min

- Barbell Full Squat 4x4 Rest: ⌚ 240 sec moderate
- Barbell Bench Press - Medium Grip 5x6 Rest: ⌚ 240 sec easy
- Close-Grip Barbell Bench Press 5x6 Rest: ⌚ 240 sec moderate
- Triceps Pushdown 4x8 Rest: ⌚ 180 sec easy
- Power Partialis 4x8 Rest: ⌚ 180 sec easy
- Crunches 4x8 Rest: ⌚ 180 sec easy

> 4.95 T 📈 550 scores 📉 400 kcal

**Workout #2** ⌚ 98 min

- Barbell Bench Press - Medium Grip 5x6 Rest: ⌚ 300 sec moderate
- Barbell Incline Bench Press Medium-Grip 5x6 Rest: ⌚ 240 sec moderate
- Dumbbell Bench Press 4x8 Rest: ⌚ 180 sec easy
- Barbell Curl 4x8 Rest: ⌚ 180 sec easy
- Close-Grip Front Lat Pulldown 4x8 Rest: ⌚ 180 sec easy

> 5.45 T 📈 635 scores 📉 460 kcal

**Workout #3** ⌚ 116 min

- Barbell Full Squat 5x4 Rest: ⌚ 240 sec easy
- Barbell Bench Press - Medium Grip 5x6 Rest: ⌚ 240 sec easy
- Seated Barbell Military Press 5x6 Rest: ⌚ 240 sec moderate
- Dumbbell Raise 4x8 Rest: ⌚ 180 sec easy
- Triceps Pushdown 4x8 Rest: ⌚ 180 sec easy
- Crunches 4x8 Rest: ⌚ 180 sec easy

> 4.91 T 📈 590 scores 📉 420 kcal

## The price of the full version 7.5

[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 day, 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 level 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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