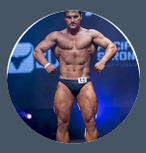
Assure explosive muscle mass growth in your arms

Intermediate | 28 days | 16 workouts | ~51 minutes

The four-day balanced split specialization aimed at the explosive development of muscles in the arms and deltoids

https://atletiq.com/en/programms/407

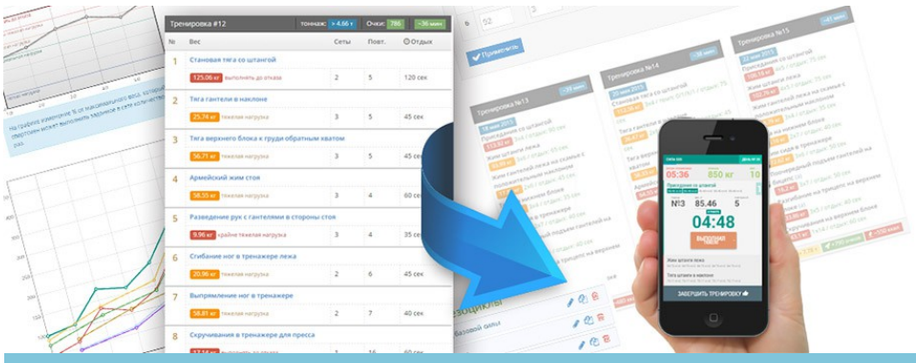


Author:
Pavel

What is it worth to build a body? I'll tell you all the secrets and make the program suitable for you. I will advise you on nutrition.

Get cannonball shoulders!

Stop enviously looking at athletic movie heroes: Arnold Schwarzenegger, Jean Claude Van Damme and Sylvester Stallone among others. With this training's focus on a split anterior deltoid shoulder and arm muscles, you're guaranteed to rack up the necessary muscle and stand out in the crowd.



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 «Тяжелая нагрузка»

Duration in days: 14 | Amount of training days: 8 | Rest days: 6

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.

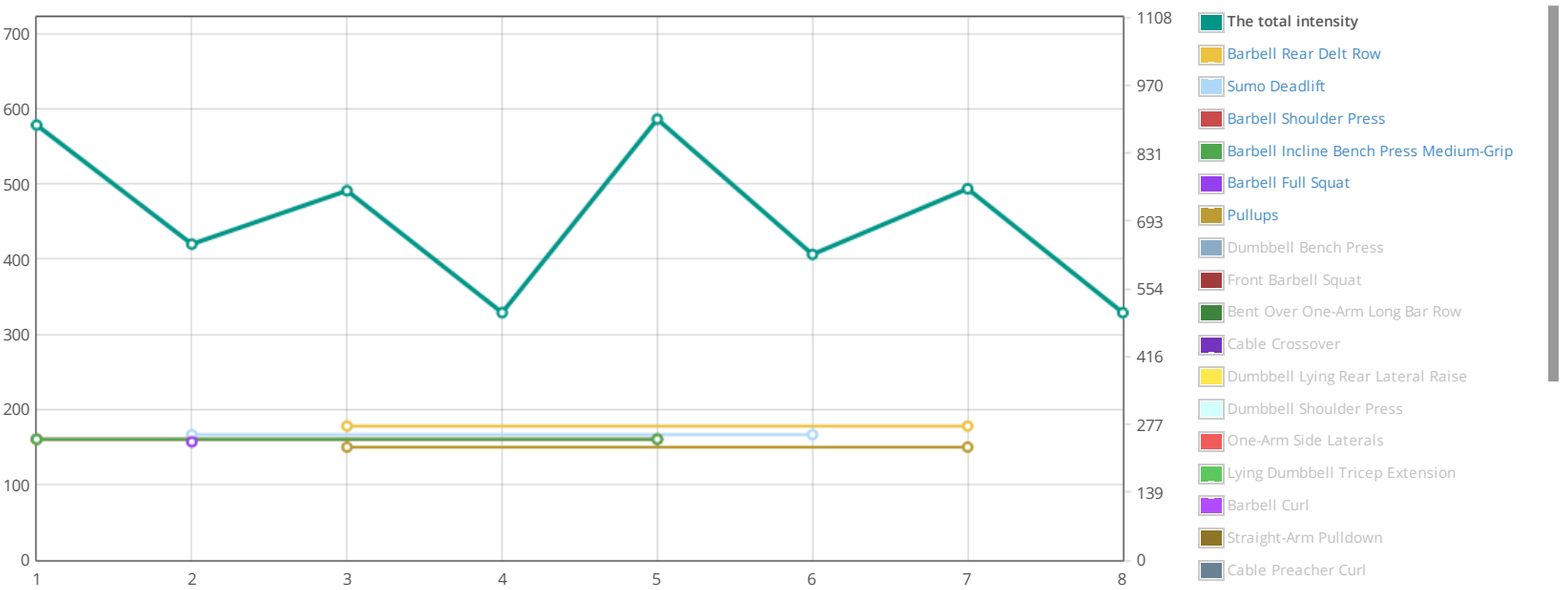
#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Incline Bench Press Medium-Grip	3	8 (+max)	90 sec
2	Dumbbell Bench Press	3	10	90 sec
3	Cable Crossover	3	12	90 sec
4	Barbell Shoulder Press	3	8 (+max)	90 sec
5	Dumbbell Shoulder Press	3	10	90 sec
6	One-Arm Side Laterals	3	12	90 sec
7	Hanging Leg Raise	2	Max	120 sec
	2 day (rest)			
	3 day			
1	Barbell Full Squat	3	8 (+max)	90 sec
2	Sumo Deadlift	3	10	90 sec
3	Calf Press On The Leg Press Machine	3	12	90 sec
4	Barbell Curl	3	8 (+max)	90 sec
5	Preacher Curl	3	8 (+max)	90 sec
6	Concentration Curls	3	10	90 sec
	4 day (rest)			
	5 day			
1	Pullups	3	8 (+max)	90 sec
2	Bent Over One-Arm Long Bar Row	3	10	90 sec
3	Straight-Arm Pulldown	3	12	90 sec

4	Barbell Rear Delt Row	3	8 (+max)	90 sec
5	Dumbbell Lying Rear Lateral Raise	3	10	90 sec
6	Flat Bench Lying Leg Raise	3	5 (+max)	120 sec
6 day (rest)				
7 day				
1	Seated Triceps Press	3	8 (+max)	90 sec
2	Seated Dumbbell Curl	3	8 (+max)	90 sec
3	Lying Dumbbell Tricep Extension	3	10	90 sec
4	Cross Body Hammer Curl	3	10	90 sec
5	Cable Rope Overhead Triceps Extension	3	12	90 sec
6	Cable Preacher Curl	3	12	90 sec
8 day (rest)				
9 day				
1	Barbell Incline Bench Press Medium-Grip	3	8 (+max)	90 sec
2	Dumbbell Bench Press	3	10	90 sec
3	Cable Crossover	3	12	90 sec
4	Barbell Shoulder Press	3	8 (+max)	90 sec
5	Dumbbell Shoulder Press	3	10	90 sec
6	One-Arm Side Laterals	3	12	90 sec
7	Hanging Leg Raise	3	5 (+max)	120 sec
10 day (rest)				
11 day				
1	Front Barbell Squat	3	20	120 sec
2	Sumo Deadlift	3	10	90 sec
3	Calf Press On The Leg Press Machine	3	8 (+max)	90 sec
4	Barbell Curl	3	8 (+max)	90 sec
5	Preacher Curl	3	10	90 sec
6	Concentration Curls	3	12	90 sec
12 day (rest)				
13 day				
1	Pullups	3	8 (+max)	90 sec
2	Bent Over One-Arm Long Bar Row	3	10	90 sec
3	Straight-Arm Pulldown	3	12	90 sec
4	Barbell Rear Delt Row	3	8 (+max)	90 sec
5	Dumbbell Lying Rear Lateral Raise	3	10	90 sec
6	Flat Bench Lying Leg Raise	3	8 (+max)	90 sec

14 day (rest)				
15 day				
1	Seated Triceps Press	3	8 (+max)	90 sec
2	Seated Dumbbell Curl	3	8 (+max)	90 sec
3	Lying Dumbbell Tricep Extension	3	10	90 sec
4	Cross Body Hammer Curl	3	10	90 sec
5	Cable Rope Overhead Triceps Extension	3	12	90 sec
6	Cable Preacher Curl	3	12	90 sec
16 day (rest)				

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.

Workout #1 — 55 min

Barbell Incline Bench Press Medium-Grip
3×8 Rest: 90 sec — very hard

Dumbbell Bench Press
3×10 Rest: 90 sec — very hard

Cable Crossover
3×12 Rest: 90 sec — very hard

Barbell Shoulder Press
3×8 Rest: 90 sec — very hard

Dumbbell Shoulder Press
3×10 Rest: 90 sec — very hard

One-Arm Side Laterals
3×12 Rest: 90 sec — very hard

Hanging Leg Raise
2×15 max Rest: 120 sec — to failure

Workout #2 — 48 min

Barbell Full Squat
3×8 Rest: 90 sec — very hard

Sumo Deadlift
3×10 Rest: 90 sec — very hard

Calf Press On The Leg Press Machine
3×12 Rest: 90 sec — very hard

Barbell Curl
3×8 Rest: 90 sec — very hard

Preacher Curl
3×8 Rest: 90 sec — very hard

Concentration Curls
3×10 Rest: 90 sec — very hard

645 scores

Workout #3 — 49 min

Pullups
3×8 Rest: 90 sec — very hard

Bent Over One-Arm Long Bar Row
3×10 Rest: 90 sec — very hard

Straight-Arm Pulldown
3×12 Rest: 90 sec — very hard

Barbell Rear Delt Row
3×8 Rest: 90 sec — very hard

Dumbbell Lying Rear Lateral Raise
3×10 Rest: 90 sec — very hard

Flat Bench Lying Leg Raise
3×5 Rest: 120 sec — very hard

754 scores

888 scores

Workout #4 — 48 min

- Seated Triceps Press — 3×8 — Rest: 90 sec — very hard
- Seated Dumbbell Curl — 3×8 — Rest: 90 sec — very hard
- Lying Dumbbell Tricep Extension — 3×10 — Rest: 90 sec — very hard
- Cross Body Hammer Curl — 3×10 — Rest: 90 sec — very hard
- Cable Rope Overhead Triceps Extension — 3×12 — Rest: 90 sec — very hard
- Cable Preacher Curl — 3×12 — Rest: 90 sec — very hard

505 scores

Workout #5 — 57 min

- Barbell Incline Bench Press Medium-Grip — 3×8 — Rest: 90 sec — very hard
- Dumbbell Bench Press — 3×10 — Rest: 90 sec — very hard
- Cable Crossover — 3×12 — Rest: 90 sec — very hard
- Barbell Shoulder Press — 3×8 — Rest: 90 sec — very hard
- Dumbbell Shoulder Press — 3×10 — Rest: 90 sec — very hard
- One-Arm Side Laterals — 3×12 — Rest: 90 sec — very hard
- Hanging Leg Raise — 3×5 — Rest: 120 sec — very hard

900 scores

Workout #6 — 50 min

- Front Barbell Squat — 3×20 — Rest: 120 sec — very hard
- Sumo Deadlift — 3×10 — Rest: 90 sec — very hard
- Calf Press On The Leg Press Machine — 3×8 — Rest: 90 sec — very hard
- Barbell Curl — 3×8 — Rest: 90 sec — very hard
- Preacher Curl — 3×10 — Rest: 90 sec — very hard
- Concentration Curls — 3×12 — Rest: 90 sec — very hard

624 scores

Workout #7 — 48 min

- Pullups — 3×8 — Rest: 90 sec — very hard
- Bent Over One-Arm Long Bar Row — 3×10 — Rest: 90 sec — very hard
- Straight-Arm Pulldown — 3×12 — Rest: 90 sec — very hard
- Barbell Rear Delt Row — 3×8 — Rest: 90 sec — very hard
- Dumbbell Lying Rear Lateral Raise — 3×10 — Rest: 90 sec — very hard
- Flat Bench Lying Leg Raise — 3×8 — Rest: 90 sec — very hard

758 scores

Workout #8 — 48 min

- Seated Triceps Press — 3×8 — Rest: 90 sec — very hard
- Seated Dumbbell Curl — 3×8 — Rest: 90 sec — very hard
- Lying Dumbbell Tricep Extension — 3×10 — Rest: 90 sec — very hard
- Cross Body Hammer Curl — 3×10 — Rest: 90 sec — very hard
- Cable Rope Overhead Triceps Extension — 3×12 — Rest: 90 sec — very hard
- Cable Preacher Curl — 3×12 — Rest: 90 sec — very hard

505 scores

2 «Крайне тяжелая нагрузка»

Duration in days: 14 | Amount of training days: 8 | Rest days: 6

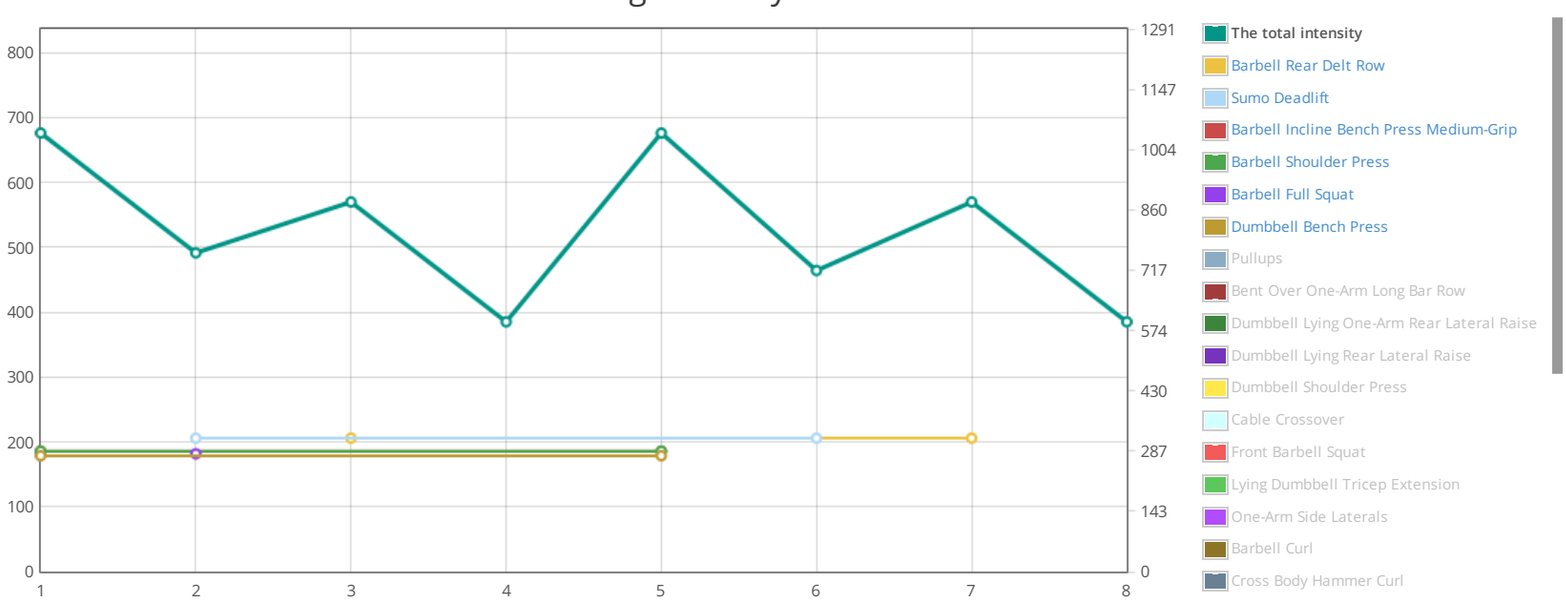
В ходе данного мезоцикла нагрузка будет возрастать от крайне тяжелой до отказной.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Incline Bench Press Medium-Grip	3	Max	90 sec
2	Dumbbell Bench Press	3	10 (+max)	90 sec
3	Cable Crossover	3	12 (+max)	90 sec
4	Barbell Shoulder Press	3	Max	90 sec
5	Dumbbell Shoulder Press	3	10 (+max)	90 sec

6	One-Arm Side Laterals	3	12 (+max)	90 sec
7	Hanging Leg Raise	3	5 (+max)	120 sec
2 day (rest)				
3 day				
1	Barbell Full Squat	3	Max	90 sec
2	Sumo Deadlift	3	10 (+max)	90 sec
3	Calf Press On The Leg Press Machine	3	Max	90 sec
4	Barbell Curl	3	Max	90 sec
5	Preacher Curl	3	10 (+max)	90 sec
6	Concentration Curls	3	12 (+max)	90 sec
4 day (rest)				
5 day				
1	Pullups	3	Max	90 sec
2	Bent Over One-Arm Long Bar Row	3	10 (+max)	90 sec
3	Straight-Arm Pulldown	3	12 (+max)	90 sec
4	Barbell Rear Delt Row	3	Max	90 sec
5	Dumbbell Lying One-Arm Rear Lateral Raise	3	10 (+max)	90 sec
6	Flat Bench Lying Leg Raise	3	5 (+max)	120 sec
6 day (rest)				
7 day				
1	Seated Triceps Press	3	Max	90 sec
2	Seated Dumbbell Curl	3	Max	90 sec
3	Lying Dumbbell Tricep Extension	3	10 (+max)	90 sec
4	Cross Body Hammer Curl	3	10 (+max)	90 sec
5	Cable Rope Overhead Triceps Extension	3	12 (+max)	90 sec
6	Cable Preacher Curl	3	12 (+max)	90 sec
8 day (rest)				
9 day				
1	Barbell Incline Bench Press Medium-Grip	3	Max	90 sec
2	Dumbbell Bench Press	3	10 (+max)	90 sec
3	Cable Crossover	3	12 (+max)	90 sec
4	Barbell Shoulder Press	3	Max	90 sec
5	Dumbbell Shoulder Press	3	10 (+max)	90 sec
6	One-Arm Side Laterals	3	12 (+max)	90 sec
7	Hanging Leg Raise	3	5 (+max)	120 sec
10 day (rest)				
11 day				

1	Front Barbell Squat	3	20	120 sec
2	Sumo Deadlift	3	10 (+max)	90 sec
3	Calf Press On The Leg Press Machine	3	Max	90 sec
4	Barbell Curl	3	Max	90 sec
5	Preacher Curl	3	10 (+max)	90 sec
6	Concentration Curls	3	12 (+max)	90 sec
12 day (rest)				
13 day				
1	Pullups	3	Max	90 sec
2	Bent Over One-Arm Long Bar Row	3	10 (+max)	90 sec
3	Straight-Arm Pulldown	3	12 (+max)	90 sec
4	Barbell Rear Delt Row	3	Max	90 sec
5	Dumbbell Lying Rear Lateral Raise	3	10 (+max)	90 sec
6	Flat Bench Lying Leg Raise	3	5 (+max)	120 sec
14 day (rest)				
15 day				
1	Seated Triceps Press	3	Max	90 sec
2	Seated Dumbbell Curl	3	Max	90 sec
3	Lying Dumbbell Tricep Extension	3	10 (+max)	90 sec
4	Cross Body Hammer Curl	3	10 (+max)	90 sec
5	Cable Rope Overhead Triceps Extension	3	12 (+max)	90 sec
6	Cable Preacher Curl	3	12 (+max)	90 sec
16 day (rest)				

Training intensity for each exercise



Workout #1	57 min	Workout #2	48 min	Workout #3	49 min

Barbell Incline Bench Press Medium-Grip
3×8 max Rest: 90 sec very hard

Dumbbell Bench Press
3×10 Rest: 90 sec very hard

Cable Crossover
3×12 Rest: 90 sec very hard

Barbell Shoulder Press
3×8 max Rest: 90 sec very hard

Dumbbell Shoulder Press
3×10 Rest: 90 sec very hard

One-Arm Side Laterals
3×12 Rest: 90 sec very hard

Hanging Leg Raise
3×5 Rest: 120 sec very hard

1043 scores

Barbell Full Squat
3×8 max Rest: 90 sec very hard

Sumo Deadlift
3×10 Rest: 90 sec very hard

Calf Press On The Leg Press Machine
3×8 max Rest: 90 sec very hard

Barbell Curl
3×8 max Rest: 90 sec very hard

Preacher Curl
3×10 Rest: 90 sec very hard

Concentration Curls
3×12 Rest: 90 sec very hard

758 scores

Pullups
3×8 max Rest: 90 sec very hard

Bent Over One-Arm Long Bar Row
3×10 Rest: 90 sec very hard

Straight-Arm Pulldown
3×12 Rest: 90 sec very hard

Barbell Rear Delt Row
3×8 max Rest: 90 sec very hard

Dumbbell Lying One-Arm Rear Lateral Raise
3×10 Rest: 90 sec very hard

Flat Bench Lying Leg Raise
3×5 Rest: 120 sec very hard

879 scores

Workout #4 — 48 min

Seated Triceps Press
3×8 max Rest: 90 sec very hard

Seated Dumbbell Curl
3×8 max Rest: 90 sec very hard

Lying Dumbbell Tricep Extension
3×10 Rest: 90 sec very hard

Cross Body Hammer Curl
3×10 Rest: 90 sec very hard

Cable Rope Overhead Triceps Extension
3×12 Rest: 90 sec very hard

Cable Preacher Curl
3×12 Rest: 90 sec very hard

594 scores

Workout #5 — 57 min

Barbell Incline Bench Press Medium-Grip
3×8 max Rest: 90 sec very hard

Dumbbell Bench Press
3×10 Rest: 90 sec very hard

Cable Crossover
3×12 Rest: 90 sec very hard

Barbell Shoulder Press
3×8 max Rest: 90 sec very hard

Dumbbell Shoulder Press
3×10 Rest: 90 sec very hard

One-Arm Side Laterals
3×12 Rest: 90 sec very hard

Hanging Leg Raise
3×5 Rest: 120 sec very hard

1043 scores

Workout #6 — 50 min

Front Barbell Squat
3×20 Rest: 120 sec very hard

Sumo Deadlift
3×10 Rest: 90 sec very hard

Calf Press On The Leg Press Machine
3×8 max Rest: 90 sec very hard

Barbell Curl
3×8 max Rest: 90 sec very hard

Preacher Curl
3×10 Rest: 90 sec very hard

Concentration Curls
3×12 Rest: 90 sec very hard

716 scores

Workout #7 — 49 min

Pullups
3×8 max Rest: 90 sec very hard

Bent Over One-Arm Long Bar Row
3×10 Rest: 90 sec very hard

Straight-Arm Pulldown
3×12 Rest: 90 sec very hard

Barbell Rear Delt Row
3×8 max Rest: 90 sec very hard

Dumbbell Lying Rear Lateral Raise
3×10 Rest: 90 sec very hard

Flat Bench Lying Leg Raise
3×5 Rest: 120 sec very hard

879 scores

Workout #8 — 48 min

Seated Triceps Press
3×8 max Rest: 90 sec very hard

Seated Dumbbell Curl
3×8 max Rest: 90 sec very hard

Lying Dumbbell Tricep Extension
3×10 Rest: 90 sec very hard

Cross Body Hammer Curl
3×10 Rest: 90 sec very hard

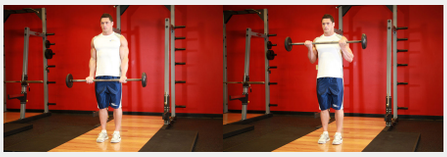
Cable Rope Overhead Triceps Extension
3×12 Rest: 90 sec very hard

Cable Preacher Curl
3×12 Rest: 90 sec very hard

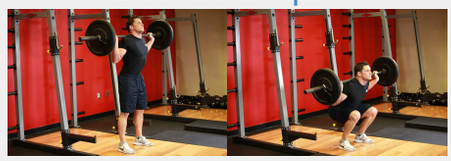
594 scores

Directory of the exercises

Barbell Curl

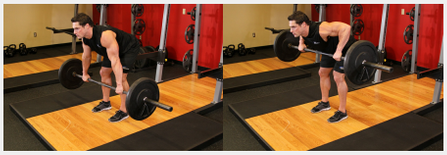


Barbell Full Squat



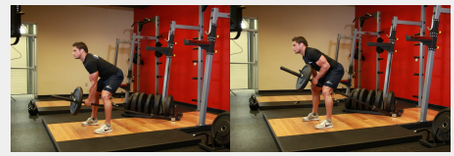
Barbell Incline Bench Press Medium-Grip

Barbell Rear Delt Row



Barbell Shoulder Press

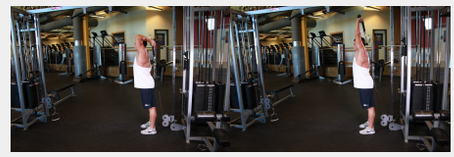
Bent Over One-Arm Long Bar Row



Cable Crossover

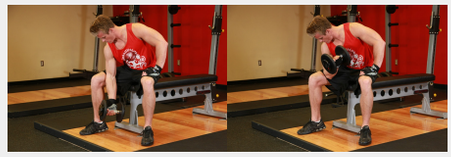
Cable Preacher Curl

Cable Rope Overhead Triceps Extension

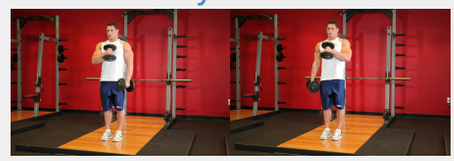


Calf Press On The Leg Press Machine

Concentration Curls

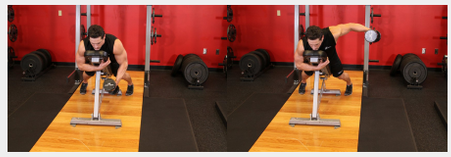


Cross Body Hammer Curl



Dumbbell Bench Press

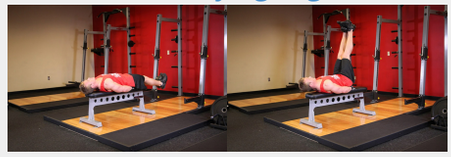
Dumbbell Lying One-Arm Rear Lateral Raise



Dumbbell Lying Rear Lateral Raise

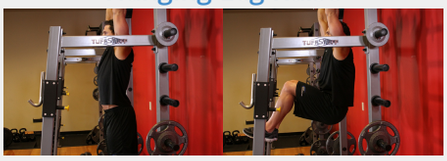
Dumbbell Shoulder Press

Flat Bench Lying Leg Raise



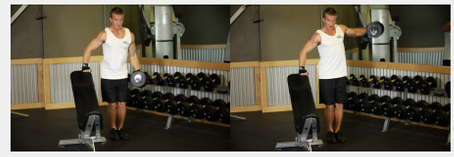
Front Barbell Squat

Hanging Leg Raise

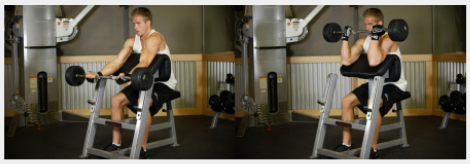


Lying Dumbbell Tricep Extension

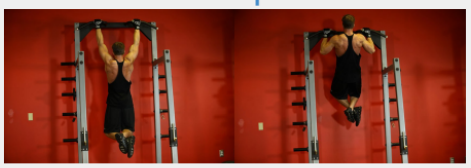
One-Arm Side Laterals



Preacher Curl

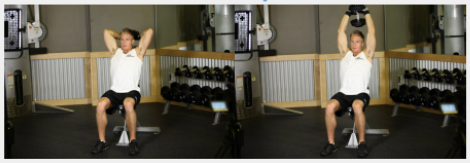


Pullups

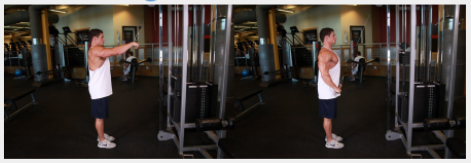


Seated Dumbbell Curl

Seated Triceps Press



Straight-Arm Pulldown



Sumo Deadlift

General recommendations on training with AtletIQ

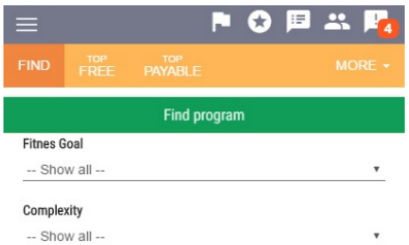
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

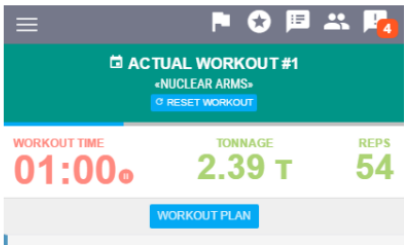
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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, 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 the planned.

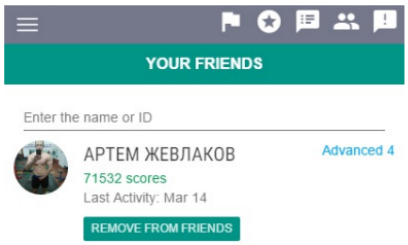
How to use mobile assistant?

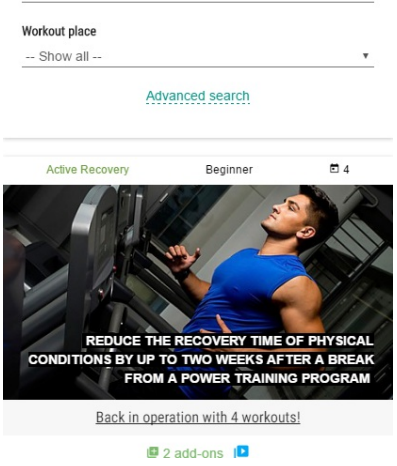
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

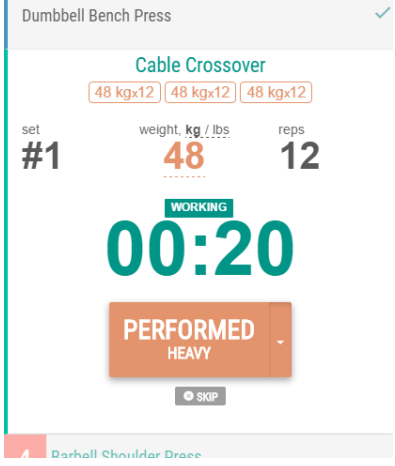
> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.

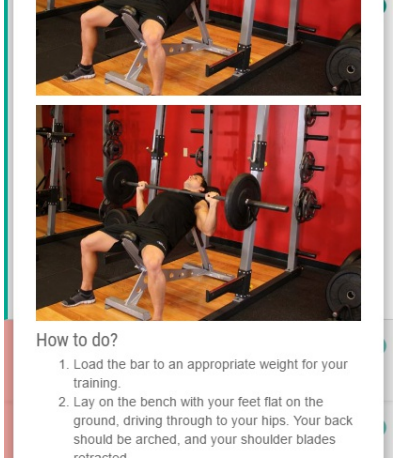


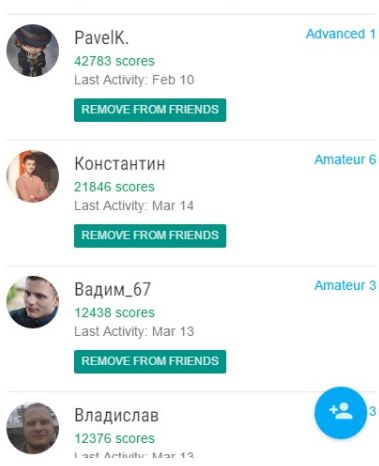












Install App

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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