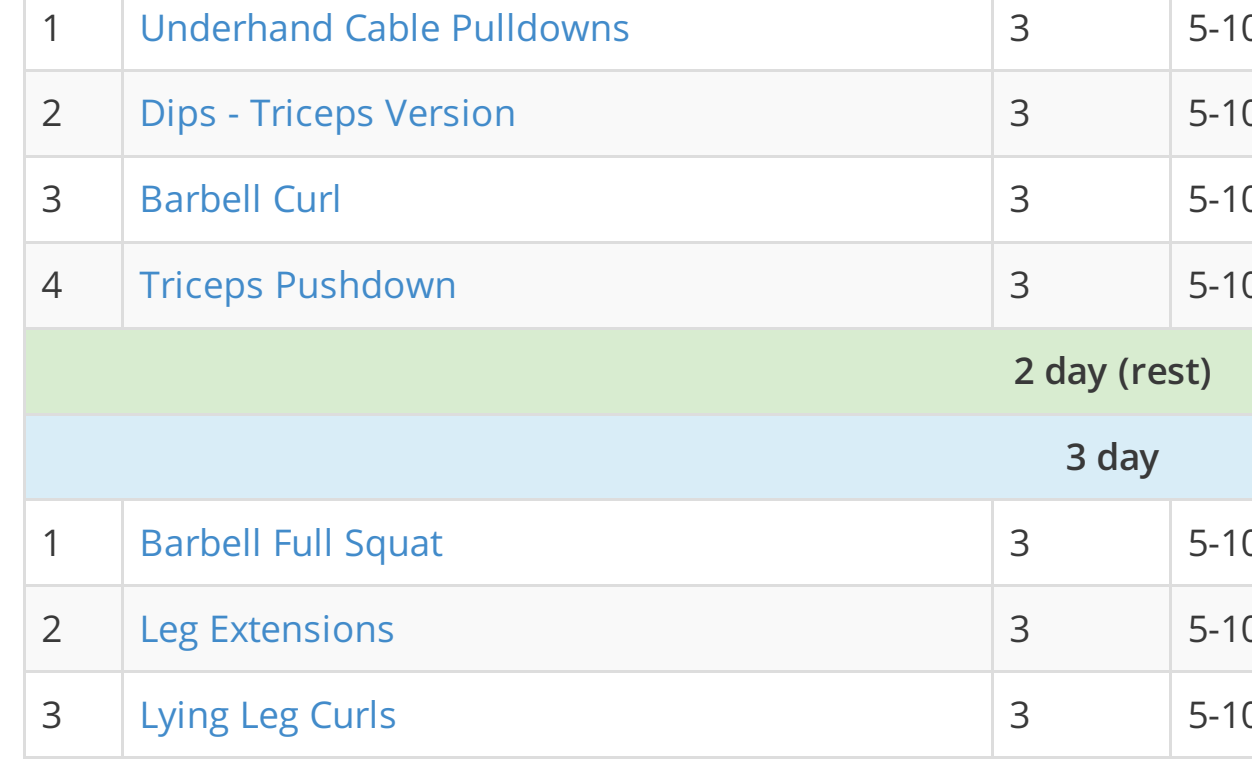


## An exemplary anabolic effective workouts for athletic proportionality of arms and legs.

**Intermediate**      **23** days      **12** workouts      **~41** minutes

Do you want to create really impressive volumes of arms and powerfully pump legs? Try out a new power training program with an upward shift in weight load, which will open a new era of body transformation for you.

<https://atletiq.com/en/programma/ruki-i-nogi-massa-sila.html>



### 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

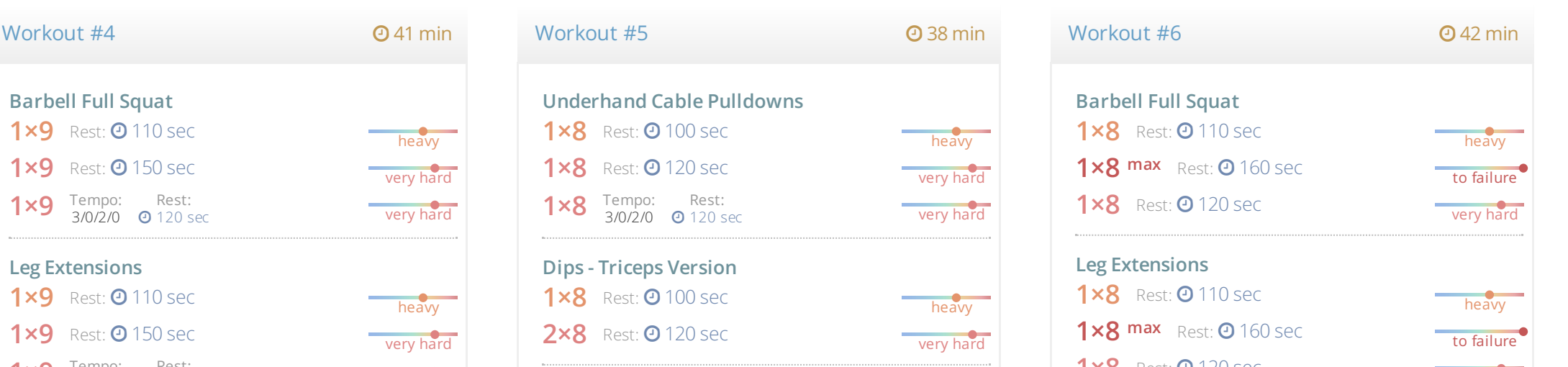
**1** «1 месяц»      Duration in days: **23**      Amount of training days: **12**      Rest days: **11**

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	Underhand Cable Pulldowns	3	5-10 (+max)	⌚ 100-160 sec
2	Dips - Triceps Version	3	5-10 (+max)	⌚ 100-160 sec
3	Barbell Curl	3	5-10 (+max)	⌚ 100-160 sec
4	Triceps Pushdown	3	5-10 (+max)	⌚ 100-160 sec
2 day (rest)				
3 day				
1	Barbell Full Squat	3	5-10 (+max)	⌚ 110-180 sec
2	Leg Extensions	3	5-10 (+max)	⌚ 110-180 sec
3	Lying Leg Curls	3	5-10 (+max)	⌚ 110-180 sec
4	Leg Press	3	5-10 (+max)	⌚ 110-180 sec
4 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.

<b>Workout #1</b> ⌚ 38 min	<b>Workout #2</b> ⌚ 38 min	<b>Workout #3</b> ⌚ 41 min
<b>Underhand Cable Pulldowns</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Barbell Full Squat</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Underhand Cable Pulldowns</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec
<b>Dips - Triceps Version</b> 1×10 Rest: ⌚ 110 sec 2×10 Rest: ⌚ 110 sec	<b>Leg Extensions</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Dips - Triceps Version</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec
<b>Barbell Curl</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Lying Leg Curls</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Barbell Curl</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec
<b>Triceps Pushdown</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Leg Press</b> 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec 1×10 Rest: ⌚ 110 sec Tempo: 300/20 ⌚ 110 sec	<b>Triceps Pushdown</b> 1×9 Rest: ⌚ 110 sec 1×9 max Rest: ⌚ 150 sec 1×9 Rest: ⌚ 120 sec
432 scores	499 scores	410 scores
<b>Workout #4</b> ⌚ 41 min	<b>Workout #5</b> ⌚ 38 min	<b>Workout #6</b> ⌚ 42 min
<b>Barbell Full Squat</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Rest: ⌚ 150 sec Tempo: 300/20 ⌚ 120 sec	<b>Underhand Cable Pulldowns</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Barbell Full Squat</b> 1×8 Rest: ⌚ 120 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec
<b>Leg Extensions</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Rest: ⌚ 150 sec Tempo: 300/20 ⌚ 120 sec	<b>Dips - Triceps Version</b> 1×8 Rest: ⌚ 100 sec 2×8 Rest: ⌚ 120 sec	<b>Leg Extensions</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec
<b>Lying Leg Curls</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Rest: ⌚ 150 sec Tempo: 300/20 ⌚ 120 sec	<b>Lying Leg Curls</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Lying Leg Curls</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec
<b>Leg Press</b> 1×9 Rest: ⌚ 110 sec 1×9 Rest: ⌚ 150 sec 1×9 Rest: ⌚ 150 sec Tempo: 300/20 ⌚ 120 sec	<b>Triceps Pushdown</b> 1×8 Rest: ⌚ 100 sec 1×8 Rest: ⌚ 120 sec 1×8 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Leg Press</b> 1×8 Rest: ⌚ 110 sec 1×8 max Rest: ⌚ 160 sec 1×8 Rest: ⌚ 120 sec
508 scores	493 scores	480 scores
<b>Workout #7</b> ⌚ 39 min	<b>Workout #8</b> ⌚ 39 min	<b>Workout #9</b> ⌚ 42 min
<b>Underhand Cable Pulldowns</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Barbell Full Squat</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Underhand Cable Pulldowns</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec
<b>Dips - Triceps Version</b> 1×7 Rest: ⌚ 110 sec 2×7 Rest: ⌚ 120 sec	<b>Leg Extensions</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Dips - Triceps Version</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec
<b>Barbell Curl</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Lying Leg Curls</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Barbell Curl</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec
<b>Triceps Pushdown</b> 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Leg Press</b> 1×7 Rest: ⌚ 110 sec 1×7 Rest: ⌚ 120 sec 1×7 Rest: ⌚ 120 sec Tempo: 300/20 ⌚ 120 sec	<b>Triceps Pushdown</b> 1×6 Rest: ⌚ 120 sec 1×6 max Rest: ⌚ 160 sec 1×6 Rest: ⌚ 120 sec
484 scores	560 scores	431 scores
<b>Workout #10</b> ⌚ 42 min	<b>Workout #11</b> ⌚ 43 min	<b>Workout #12</b> ⌚ 46 min
<b>Barbell Full Squat</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec	<b>Underhand Cable Pulldowns</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec	<b>Barbell Full Squat</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec
<b>Leg Extensions</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec	<b>Dips - Triceps Version</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec	<b>Leg Extensions</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec
<b>Lying Leg Curls</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec	<b>Barbell Curl</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec	<b>Lying Leg Curls</b> 1×5 Rest: ⌚ 120 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec
<b>Leg Press</b> 1×6 Rest: ⌚ 120 sec 2×6 Rest: ⌚ 140 sec	<b>Triceps Pushdown</b> 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec 1×5 Rest: ⌚ 140 sec	<b>Leg Press</b> 1×5 Rest: ⌚ 140 sec 1×5 max Rest: ⌚ 180 sec 1×5 Rest: ⌚ 140 sec
454 scores	374 scores	467 scores

## Directory of the exercises



### 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 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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