

## Stop muscle degradation and progress, training on a reduced schedule twice a week

Intermediate

25 days

8 workouts

~38 minutes

Strength training can not continue in a constantly high intensity. Sometimes, to get ahead, it is necessary to slow down. Do not leave the strength training, just reduce the number of trainings up to 2 times a week, using an effective program of compound full body workouts and continuing confident movement towards the goal.

<https://atletiq.com/en/programms/556>



### 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

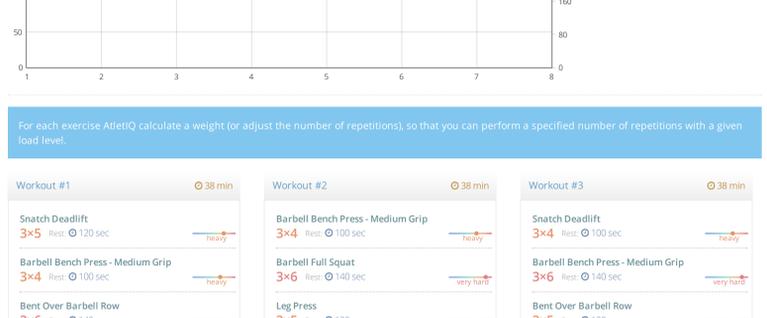
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

## The content of of the program

#	Exercise (superset)	Sets	Reps	Rest between sets
<b>1 day</b>				
1	Snatch Deadlift	3	4-6	⊙ 100-140 sec
2	Barbell Bench Press - Medium Grip	3	4-6	⊙ 100-140 sec
3	Bent Over Barbell Row	3	4-6	⊙ 100-140 sec
4	Standing Military Press	3	4-6	⊙ 100-140 sec
<b>2 day (rest)</b>				
<b>3 day (rest)</b>				
<b>4 day</b>				
1	Barbell Bench Press - Medium Grip	3	4-6	⊙ 100-140 sec
2	Barbell Full Squat	3	4-6	⊙ 100-140 sec
3	Leg Press	3	4-6	⊙ 100-140 sec
4	Stiff-Legged Barbell Deadlift	3	4-6	⊙ 100-140 sec
<b>5 day (rest)</b>				
<b>6 day (rest)</b>				
<b>7 day (rest)</b>				

### Training intensity for each exercise

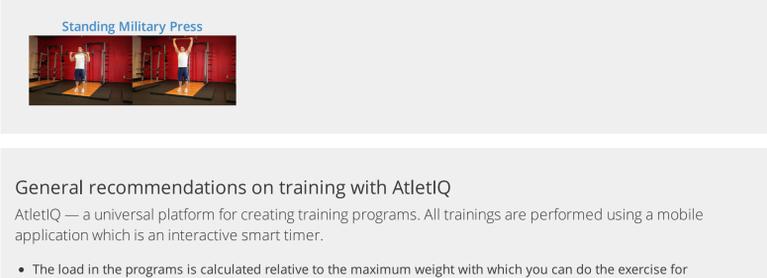
This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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 Snatch Deadlift 3x5 Rest: 120 sec heavy Barbell Bench Press - Medium Grip 3x4 Rest: 100 sec heavy Bent Over Barbell Row 3x6 Rest: 140 sec very hard Standing Military Press 3x5 Rest: 120 sec heavy 563 scores	<b>Workout #2</b> 38 min Barbell Bench Press - Medium Grip 3x4 Rest: 100 sec heavy Barbell Full Squat 3x6 Rest: 140 sec very hard Leg Press 3x5 Rest: 120 sec heavy Stiff-Legged Barbell Deadlift 3x5 Rest: 120 sec heavy 511 scores	<b>Workout #3</b> 38 min Snatch Deadlift 3x4 Rest: 100 sec heavy Barbell Bench Press - Medium Grip 3x6 Rest: 140 sec very hard Bent Over Barbell Row 3x5 Rest: 120 sec heavy Standing Military Press 3x5 Rest: 120 sec heavy 559 scores
<b>Workout #4</b> 38 min Barbell Bench Press - Medium Grip 3x6 Rest: 140 sec very hard Barbell Full Squat 3x5 Rest: 120 sec heavy Leg Press 3x5 Rest: 120 sec heavy Stiff-Legged Barbell Deadlift 3x4 Rest: 100 sec heavy 518 scores	<b>Workout #5</b> 38 min Snatch Deadlift 3x6 Rest: 140 sec very hard Barbell Bench Press - Medium Grip 3x5 Rest: 120 sec heavy Bent Over Barbell Row 3x5 Rest: 120 sec heavy Standing Military Press 3x4 Rest: 100 sec heavy 568 scores	<b>Workout #6</b> 38 min Barbell Bench Press - Medium Grip 3x5 Rest: 120 sec heavy Barbell Full Squat 3x5 Rest: 120 sec heavy Leg Press 3x4 Rest: 100 sec heavy Stiff-Legged Barbell Deadlift 3x6 Rest: 140 sec very hard 506 scores
<b>Workout #7</b> 38 min Snatch Deadlift 3x5 Rest: 120 sec heavy Barbell Bench Press - Medium Grip 3x5 Rest: 120 sec heavy Bent Over Barbell Row 3x4 Rest: 100 sec heavy Standing Military Press 3x6 Rest: 140 sec very hard 563 scores	<b>Workout #8</b> 38 min Barbell Bench Press - Medium Grip 3x5 Rest: 120 sec heavy Barbell Full Squat 3x4 Rest: 100 sec heavy Leg Press 3x6 Rest: 140 sec very hard Stiff-Legged Barbell Deadlift 3x5 Rest: 120 sec heavy 509 scores	

## Directory of the exercises



## General recommendations on training with AtletIQ

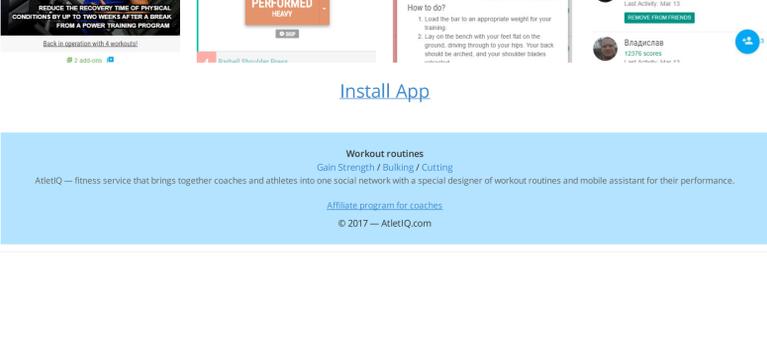
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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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