



# Find the time for 1 hard workout per week - maintain muscle mass

 Intermediate

22 days

4 workouts

~48 minutes

Don't have time to exercise more than once a week? We offer you a solution - maintain muscle mass controlling training volume. Decreasing the number of trainings per week, you should know - you need to focus on the volume and intensity of the training. Use the most powerful compound exercises, push hard work, surprise your body, constantly varying the load - do not let your muscles dissolve.

<https://atletiq.com/en/programms/557>

1 «4 тренировки»

Duration in days: 22

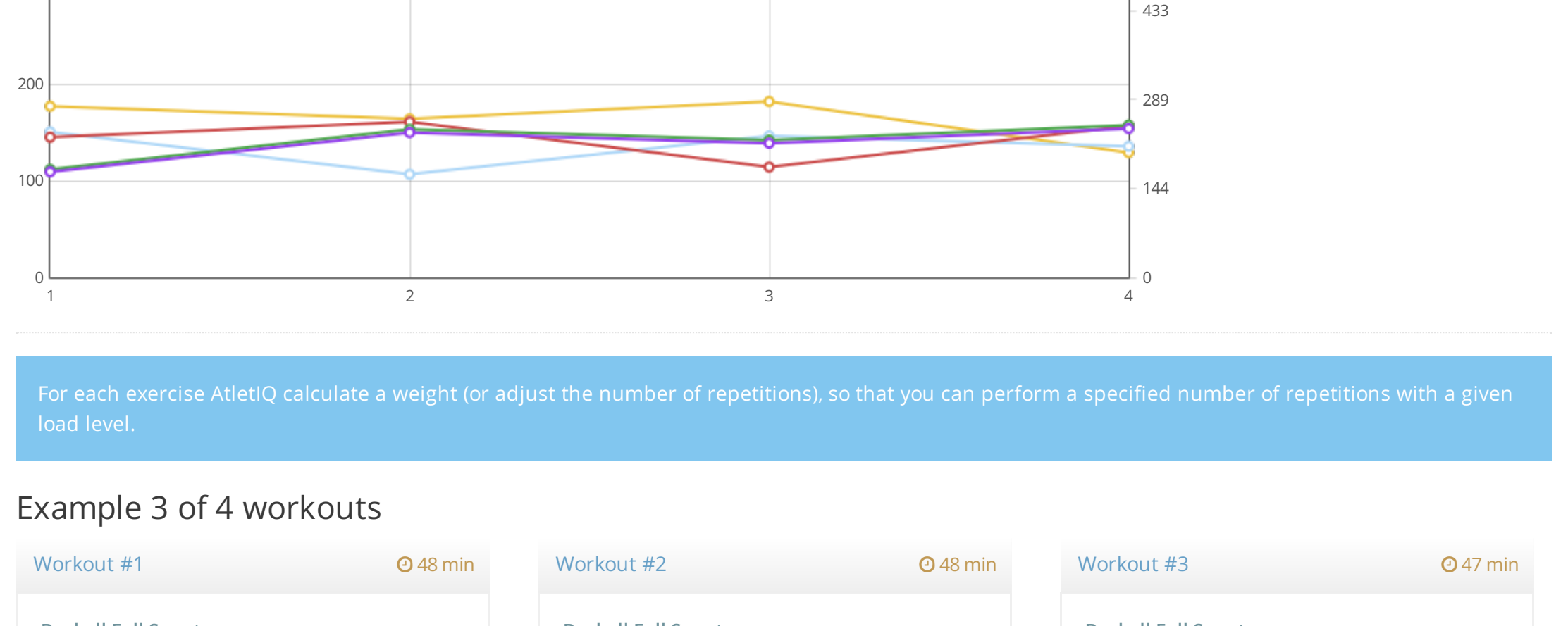
Amount of training days: 4

Rest days: 18

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 Full Squat	3	4-6	⌚ 100-140 sec
2	Snatch Deadlift	3	4-6	⌚ 100-140 sec
3	Barbell Bench Press - Medium Grip	3	4-6	⌚ 100-140 sec

## Training intensity for each exercise



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 4 workouts

Workout #1

⌚ 48 min

Barbell Full Squat

3x4

Rest: ⌚ 120 sec

heavy

Snatch Deadlift

3x5

Rest: ⌚ 130 sec

very hard

Barbell Bench Press - Medium Grip

3x6

Rest: ⌚ 100 sec

heavy

Bent Over Barbell Row

3x5

Rest: ⌚ 140 sec

very hard

Standing Military Press

3x4

Rest: ⌚ 120 sec

heavy

🏆 695 scores

Workout #2

⌚ 48 min

Barbell Full Squat

3x5

Rest: ⌚ 130 sec

very hard

Snatch Deadlift

3x6

Rest: ⌚ 100 sec

heavy

Barbell Bench Press - Medium Grip

3x5

Rest: ⌚ 140 sec

very hard

Bent Over Barbell Row

3x4

Rest: ⌚ 120 sec

heavy

Standing Military Press

3x5

Rest: ⌚ 130 sec

very hard

🏆 736 scores

Workout #3

⌚ 47 min

Barbell Full Squat

3x6

Rest: ⌚ 100 sec

heavy

Snatch Deadlift

3x5

Rest: ⌚ 140 sec

very hard

Barbell Bench Press - Medium Grip

3x4

Rest: ⌚ 120 sec

heavy

Bent Over Barbell Row

3x5

Rest: ⌚ 130 sec

very hard

Standing Military Press

3x6

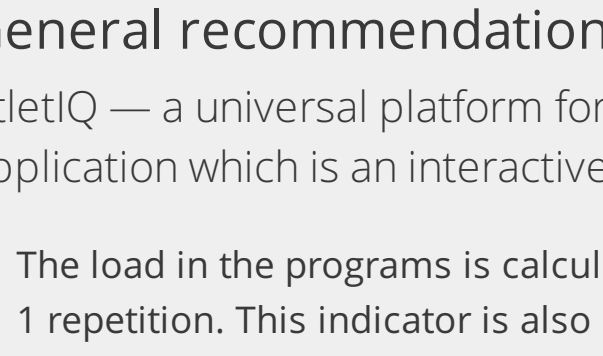
Rest: ⌚ 100 sec

heavy

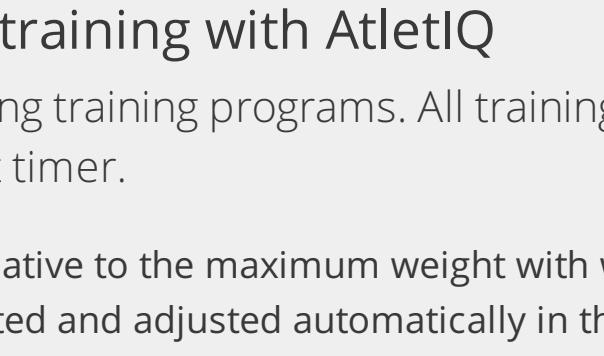
🏆 725 scores

## Directory of the exercises

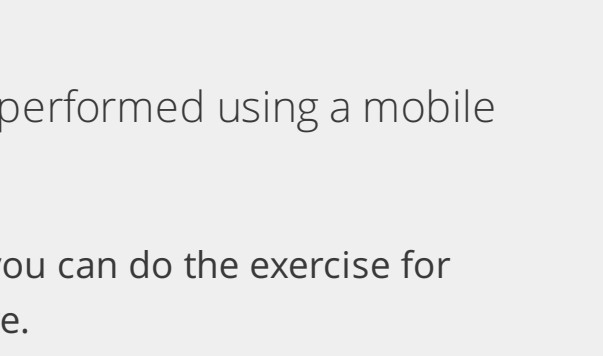
Barbell Bench Press - Medium Grip



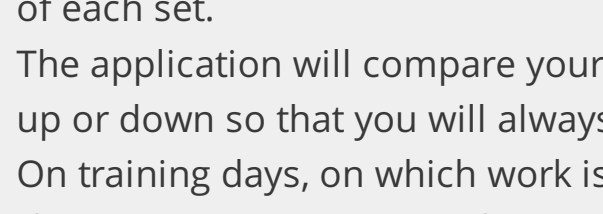
Barbell Full Squat



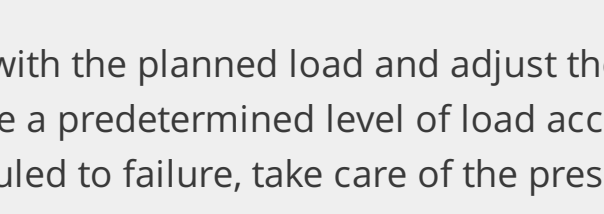
Bent Over Barbell Row



Snatch Deadlift



Standing Military Press



Sign up or login to get access to the full version

[Sign Up](#)

## 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.

Find program

Find

Free

Private

More

Find program

Show all

Complexity

Show all

Workout place

Show all

Advanced search

Active Recovery

Beginner

4

REDUCE THE RECOVERY TIME OF PHYSICAL CONDITION BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM

Back in operation with 4 workouts!

2 add-ons

ACTUAL WORKOUT #1

WORKOUT TIME

01:00

BURNAGE

2.39

REPS

54

WORKOUT PLAN

Dumbbell Bench Press

Cable Crossover

48 kgx12

48 kgx12

48 kgx12

set

#1

weight

kg / lbs

48

reps

12

WORKING

00:20

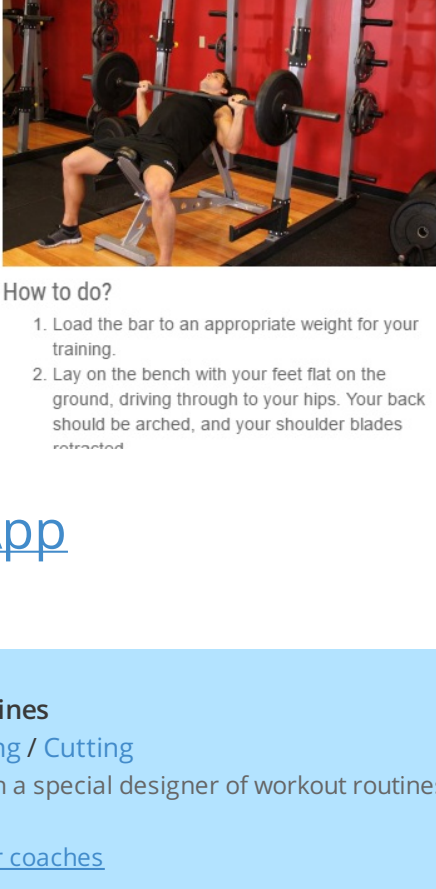
PERFORMED HEAVY

GO UP

Sharkull Choudhury Datta

Barbell Incline Bench Press

Medium-Grip



How to do?

1. Load the bar to an appropriate weight for your training.

2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades retracted.

YOUR FRIENDS

Enter the name or ID

APTEM ЖЕВЛАКОВ

4783 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

Advanced 4

PayelK

42783 scores

Last Activity: Feb 10

REMOVE FROM FRIENDS

Advanced 1

Константин

21846 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

Amateur 6

Вадим\_67

12438 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Amateur 3

Владислав

12376 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

4

[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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