



Immerse yourself into a two-week hell - bomb your muscles with a 6-day split in the name of an uncontrollable growth!

Intermediate 13 days 12 workouts ~58 minutes

Does the bodybuilding world know the athlete as merciless to himself and unyieldingly rushing toward the goal as Marcus Ruhl? You have something to learn from him – an intolerably busy schedule and incredibly heavy workouts of extreme intensity will help you make your "big" breakthrough. Only for fanatics of hardcore training and only from AtletIQ is the heaviest program for the mass "Two Weeks of Hell in gym".

<https://atletiq.com/en/programma/dvuhnedelnyj-ad-na-massu-hardcore-workout.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>

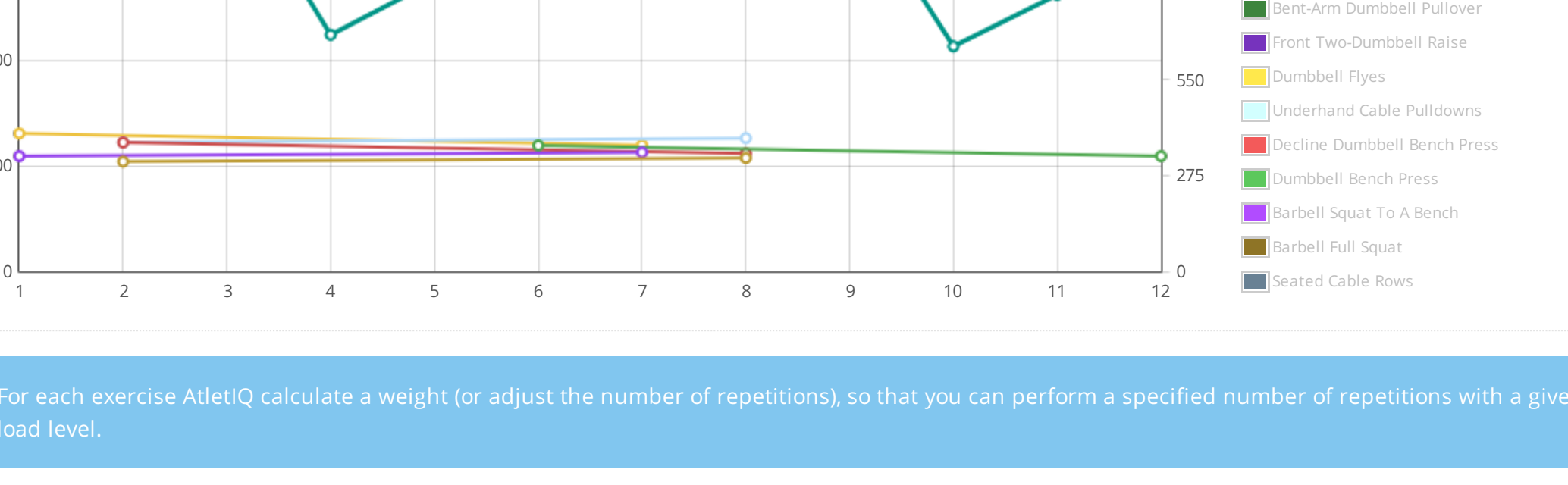
The content of of the program

1	«2 недели»	Duration in days: 13	Amount of training days: 12	Rest days: 1
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	Dumbbell Flyes (a)	3	10-12	⌚ 120 sec
2	Incline Dumbbell Press (a)	3	8-10	⌚ 120 sec
3	Cable Crossover	3	10-12	⌚ 120 sec

⚠ When activated, it will be charged 8 points

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 12 workouts

Workout #1 58 min

Dumbbell Flyes 3x10 Rest: 3/0/3/0 120 sec heavy

Incline Dumbbell Press 3x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Cable Crossover 3x10 Tempo: 3/0/3/0 Rest: 120 sec heavy

Dumbbell Bench Press 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Decline Dumbbell Bench Press 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Incline Dumbbell Flyes 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Push-Up Wide 2x10 max Rest: 120 sec to failure

1296 scores

Workout #2 58 min

Wide-Grip Pulldown Behind The Neck 3x10 Rest: 3/0/3/0 120 sec heavy

Bent Over Barbell Row 3x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

V-Bar Pulldown 3x10 Tempo: 3/0/3/0 Rest: 120 sec heavy

Seated Cable Rows 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Underhand Cable Pulldowns 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Bent-Arm Dumbbell Pullover 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Pullups 2x10 max Rest: 120 sec to failure

1353 scores

Workout #3 58 min

Seated Barbell Military Press 3x10 Rest: 3/0/3/0 120 sec heavy

Power Partial 3x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Front Two-Dumbbell Raise 3x10 Tempo: 3/0/3/0 Rest: 120 sec heavy

Smith Machine Overhead Shoulder Press 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Dumbbell Shoulder Press 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Upright Barbell Row 2x8 Tempo: 3/0/3/0 Rest: 120 sec heavy

Bent Over Dumbbell Rear Delt Raise With Head On Bench 2x8 Rest: 3/0/3/0 120 sec heavy

1164 scores

Directory of the exercises

Stiff-Legged Barbell Deadlift

Alternate Hammer Curl

Alternate Incline Dumbbell Curl

Barbell Curl

Barbell Full Squat

Barbell Squat To A Bench

The price of the full version 4.5 usd

[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 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 program

Find program

Workout plan

Workout plan

Workout plan

Barbell Incline Bench Press

Barbell Incline Bench Press

Barbell Incline Bench Press

Install App

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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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