

6 weeks of "Bodilift" training in the name of mass and superstrength



35 _{days}

18_{workouts}

~80 minutes

From the traditional "pumping" to brutally hard work, from the usual bodybuilding techniques to hard power training - the champion of iron sport must be a universal. AtletIQ offers you an integrated program of "new periodization", which will add to you the volumes and at the same time will endow you with incredible (for a regular athlete) strength.

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https://atletiq.com/en/programms/594

Mobile Fitness Assistant

Exercising with AtletlQ, 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»: <u>https://atletiq.com/app</u>

The content of of the program

1 «6 недель»

Duration in days: 35Amount of training days: 18Rest days: 17

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	1-3	2-10 (+max)	☑ 120-240 sec			
2	Barbell Bench Press - Medium Grip	1-3	2-10 (+max)	❷ 120-240 sec			
З	Snatch Deadlift	1-3	4-10 (+max)	① 120-240 sec			

A When activated, it will be charged 8 points



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 18 workouts

Workout #1	2 66 min
Barbell Full Squat 3×8 Rest:	moderate
Barbell Bench Press - Medium Grip 3×8 Rest:	moderate
Snatch Deadlift 3×10 Rest: @ 120 sec	moderate
Dumbbell Shoulder Press 3×8 Rest: ① 120 sec	moderate
Calf Press On The Leg Press Machine 3×8 Rest: ② 120 sec	moderate
Close-Grip Front Lat Pulldown 3×8 Rest: ⁽²⁾ 120 sec	moderate
Cable Crunch 3×8 Rest: ① 120 sec	moderate
🛷 591 scores	

Norkout #2	@ 66 min
Barbell Full Squat 3×8 Rest:	heavy
Barbell Bench Press - Medium Grip 3×8 Rest:	heavy
Snatch Deadlift 3×10 Rest: ⊙ 120 sec	heavy
Dumbbell Shoulder Press 3×8 Rest: ① 120 sec	heavy
Calf Press On The Leg Press Machine3×8Rest: ● 120 sec	heavy
Close-Grip Front Lat Pulldown 3×8 Rest: ④ 120 sec	heavy
Cable Crunch 3×8 Rest:	heavy
📌 659 scores	

Workout #3	2 66 min
Barbell Full Squat 3×8 Rest: ① 120 sec	heavy
Barbell Bench Press - Medium Grip 3×8 Rest: ① 120 sec	heavy
Snatch Deadlift 3×10 Rest:	heavy
Dumbbell Shoulder Press 3×8 Rest: ⊙ 120 sec	heavy
Calf Press On The Leg Press Machine 3×8 Rest: ① 120 sec	heavy
Close-Grip Front Lat Pulldown 3×8 Rest: ① 120 sec	heavy
Cable Crunch 3×8 Rest: ① 120 sec	heavy
🛷 713 scores	

Directory of the exercises













The price of the full version 8 usd <u>Why it is payable?</u> <u>Register and find out details</u>

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.



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 © 2017 — AtletIQ.com