

Pass the 4-week fitness experiment, make a massive body strong

Intermediate

26 days

16 workouts

~53 minutes

If, having increased a few kilos of lean muscle, you are satisfied, go on. This program is for those who are accustomed to getting everything from life. AtletIQ will teach you the lesson of combining hypertrophy and strength training on the principle of double split right in one week cycle.

<https://atletiq.com/en/programma/totalnyj-split-sila-i-gipertrofiya-verh-niz.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 the program

1 «1 месяц» Duration in days: 26 Amount of training days: 16 Rest days: 10

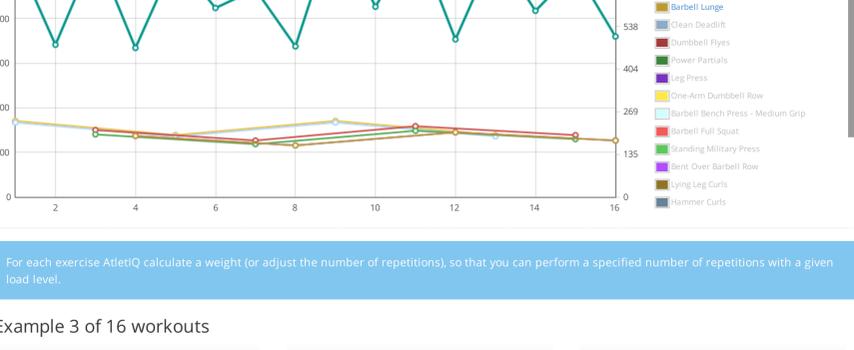
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Bench Press - Medium Grip	3-4	3-5	90-120 sec
2	Incline Dumbbell Press	3-4	6-10	80-120 sec
3	Bent Over Barbell Row	3-4	3-5	90-120 sec

▲ Level «Advanced 6» is required or you can pay 150 points / [what is it?](#)
 ● Allowed for status «VIP»

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 16 workouts

Workout #1 53 min

- Barbell Bench Press - Medium Grip 3x4 Rest: 90 sec
- Incline Dumbbell Press 4x6 Rest: 80 sec
- Bent Over Barbell Row 3x4 Rest: 90 sec
- Close-Grip Front Lat Pulldown 4x6 Rest: 80 sec
- Standing Military Press 3x4 Rest: 90 sec
- Barbell Curl 3x6 Rest: 55 sec
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x6 Rest: 55 sec

764 scores

Workout #2 40 min

- Barbell Full Squat 3x4 Rest: 90 sec
- Clean Deadlift 3x4 Rest: 90 sec
- Leg Press 3x15 Rest: 70 sec
- Lying Leg Curls 4x6 Rest: 80 sec
- Seated Calf Raise 4x6 Rest: 80 sec

480 scores

Workout #3 61 min

- Barbell Incline Bench Press Medium-Grip 4x8 Rest: 80 sec
- Dumbbell Flies 4x8 Rest: 80 sec
- Seated Cable Rows 4x8 Rest: 80 sec
- One-Arm Dumbbell Row 4x8 Rest: 80 sec
- Power Partialis 4x8 Rest: 80 sec
- Hammer Curls 4x8 Rest: 80 sec
- Triceps Pushdown 4x8 Rest: 80 sec

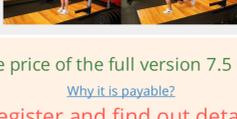
776 scores

Directory of the exercises

Barbell Bench Press - Medium Grip



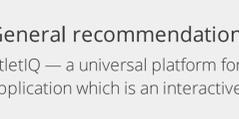
Barbell Curl



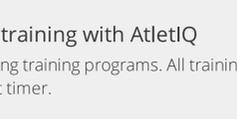
Barbell Full Squat



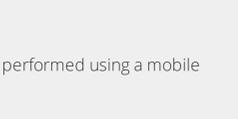
Barbell Incline Bench Press Medium-Grip



Barbell Lunge



Bent Over Barbell Row



The price of the full version 7.5 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 program 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 level 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.

[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](#)

© 2017 — AtletIQ.com