

# Start the "dumbbell month" for hypertrophy with AtletIQ



Beginner

23 days

12 workouts

~45 minutes

Most of the people who come from powerlifting are indulgent about dumbbells, preferring his majesty - the bar. Yes, it is difficult to argue with the effectiveness of the last tool for hypertrophic purposes. But we tried and proved: the absolute monopoly of this equipment is not justified - a couple of gadgets from "amateur fitness" can pump your body no worse than a vaunted barbell.

<https://atletiq.com/en/programma/trenirovki-s-gantelyami-na-massu-dlya-novichka.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	«1 месяц»	Duration in days: 23	Amount of training days: 12	Rest days: 11
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
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1 day				
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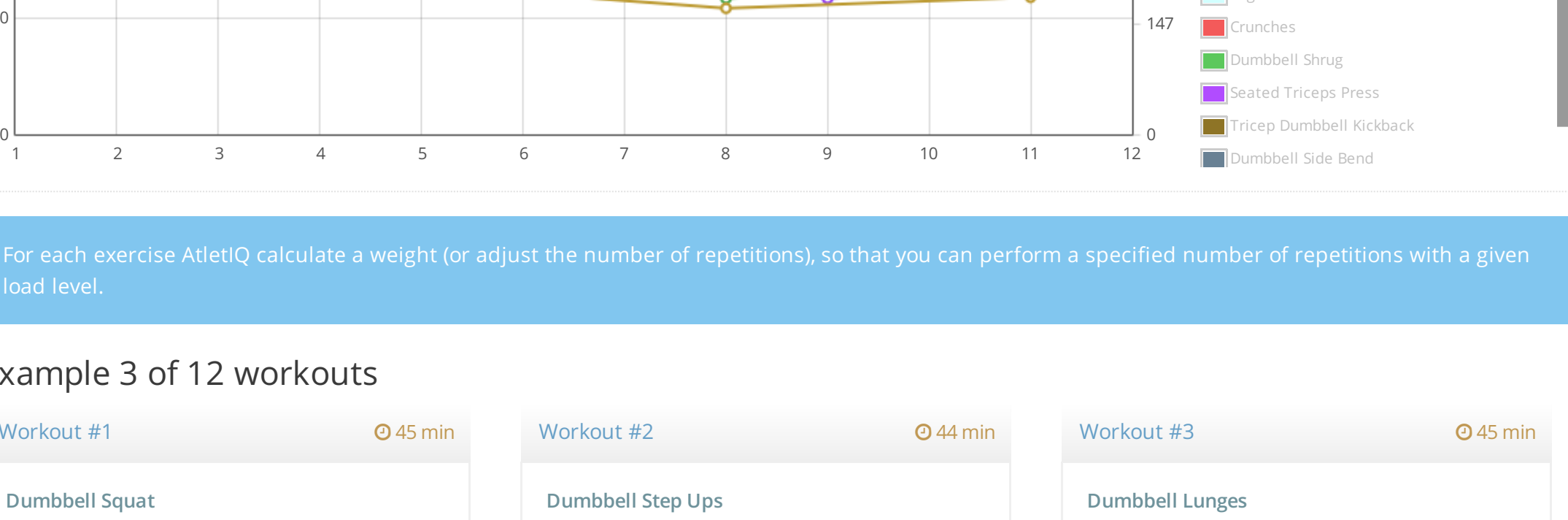
1	Dumbbell Squat	3	6-12	90 sec
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2	Dumbbell Bench Press	3	6-12	90 sec
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3	One-Arm Dumbbell Row	3	6-12	90 sec
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## Training intensity for each exercise

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.



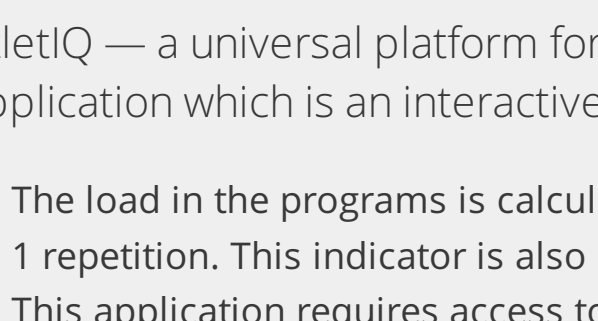
For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

## Example 3 of 12 workouts

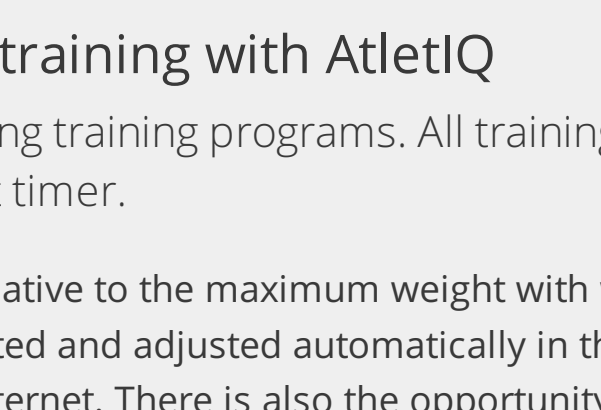
<b>Workout #1</b> 45 min Dumbbell Squat 3x6 Rest: 90 sec heavy Dumbbell Bench Press 3x6 Rest: 90 sec heavy One-Arm Dumbbell Row 3x6 Rest: 90 sec heavy Dumbbell Bicep Curl 3x6 Rest: 90 sec heavy Seated Triceps Press 3x6 Rest: 90 sec heavy Crunches 3x20 max Rest: 45 sec to failure 623 scores	<b>Workout #2</b> 44 min Dumbbell Step Ups 3x6 Rest: 90 sec heavy Stiff-Legged Dumbbell Deadlift 3x6 Rest: 90 sec heavy Dumbbell Shoulder Press 3x6 Rest: 90 sec heavy Standing Dumbbell Calf Raise 3x15 Rest: 50 sec heavy Dumbbell Shrug 3x10 Rest: 70 sec heavy Dumbbell Side Bend 3x10 Rest: 70 sec heavy 525 scores	<b>Workout #3</b> 45 min Dumbbell Lunges 3x6 Rest: 90 sec heavy Dumbbell Floor Press 3x6 Rest: 90 sec heavy Bent Over Dumbbell Rear Delt Raise With Head On Bench 3x6 Rest: 90 sec heavy Hammer Curls 3x6 Rest: 90 sec heavy Tricep Dumbbell Kickback 3x6 Rest: 90 sec heavy Leg Pull-In 3x20 max Rest: 45 sec to failure 658 scores
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## Directory of the exercises

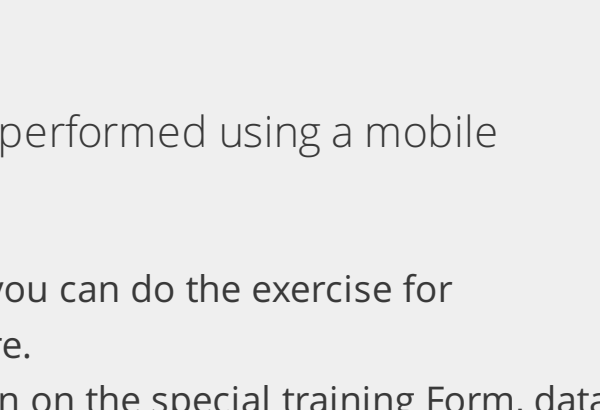
### Bent Over Dumbbell Rear Delt Raise With Head On Bench



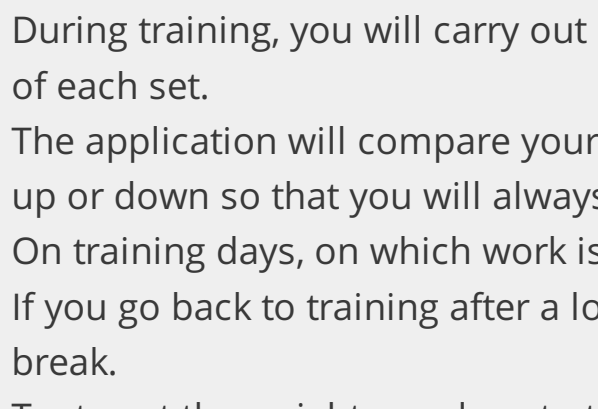
### Crunches



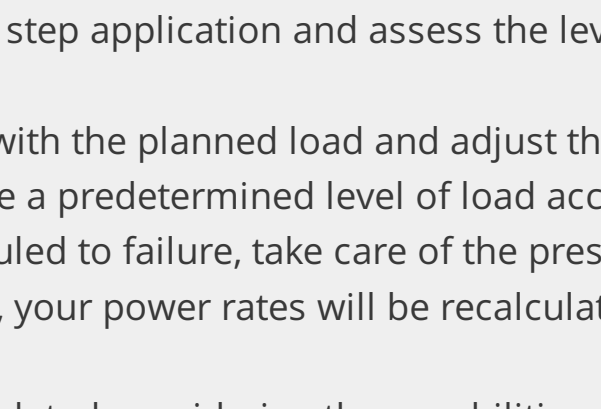
### Dumbbell Bench Press



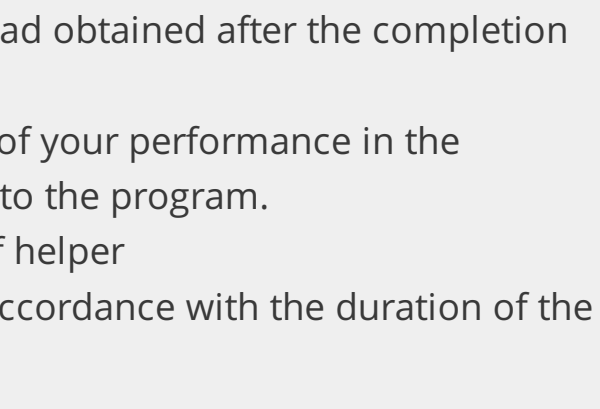
### Dumbbell Bicep Curl



### Dumbbell Floor Press



### Dumbbell Floor Press



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## General recommendations on training with AtletIQ

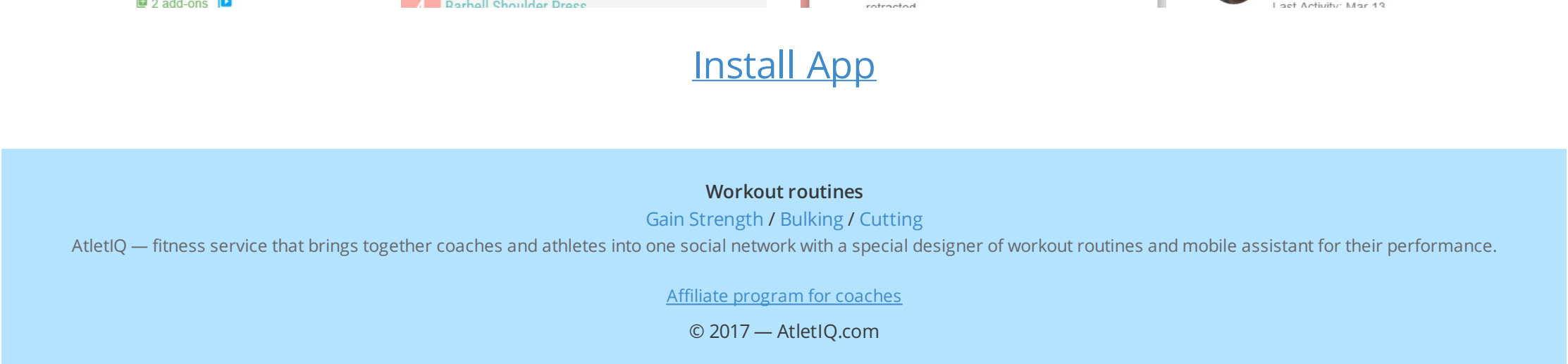
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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.



[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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