

Open the season of hunting for muscles with the monthly program "Lone wolf"



23_{days}

12_{workouts}



Don't like "schooly" approach to training? Then go on your own, taking with you a training plan from AtletIQ. Only take a chance to go against the rules and you will see how many advantages of training alone there are - complete freedom of maneuvers and absolute concentration at work will give you an unprecedented start to muscle hypertrophy.

https://atletiq.com/en/programma/trenirovki-na-massu-bez-partnera-volk-odinochka.html



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 «1 месяц»

Duration in days: 23Amount of training days: 12Rest 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	O Rest between sets		
1 day						
1	Barbell Bench Press - Medium Grip	6-10	3-6	❷ 60-80 sec		
2	Seated Cable Rows	4	8-12 (+max)	❷ 6-50 sec		
٦	Dumbbell Flves	3	8-12	(→) 60-70 sec		

A Level «Advanced 4» is required or you can pay 120 points / ② <u>what is it?</u> ③ Allowed for status «<u>VIP</u>»

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 c the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



or 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 ad level.

Example 3 of 12 workouts

Workout #1	2 47 min
Barbell Bench Press - Medium Grip 10×3 Rest: 0 80 sec	heavy
Seated Cable Rows 1×8 Rest: • 50 sec 1×12 max Rest: • 6 sec 2×12 Rest: • 6 sec	heavy to failure to failure
Dumbbell Flyes 3×8 Rest: ⁽²⁾ 60 sec	heavy
Bent-Arm Dumbbell Pullover 2×10 Rest:	heavy to failure
Alternate Incline Dumbbell Curl 3×8 Rest: ① 60 sec	heavy
Lying Dumbbell Tricep Extension2×8Rest: ● 90 sec1×14maxRest: ● 90 sec	heavy to failure
📌 920 scores	

Workou	t #2	2 46 min
	Full Squat Rest: ④ 80 sec	heavy
2×10	eg Curls Rest: ④ 30 sec Rest: ④ 30 sec	heavy to failure
	t Barbell Row Rest: ② 60 sec	heavy
	rip Barbell Bench Press Rest: @ 50 sec	heavy
1×15 1×12	g Leg Raise Rest: ④ 40 sec Rest: ④ 60 sec Rest: ④ 40 sec	very hard heavy heavy
1×20 1×15	xtensions (Back Extensions) Rest:	very hard heavy heavy
	🛷 686 scores	

Workout #3	⊙ 54 min
Standing Military Press 10×3 Rest: ① 80 sec	heavy
Close-Grip Front Lat Pulldown2×10Rest: ● 30 sec1×10Rest: ● 30 sec	heavy to failure
Barbell Incline Bench Press Medium-G 3×8 Rest: ⁽²⁾ 120 sec 1×20 ^{max} Rest: ⁽²⁾ 120 sec	rip heavy to failure
Seated Bent-Over Rear Delt Raise 1×10 Rest: ● 30 sec 1×10 Rest: ● 60 sec 1×10 Rest: ● 30 sec 1×10 Rest: ● 60 sec 1×10 Rest: ● 60 sec	heavy very hard heavy very hard
Close-Grip EZ Bar Curl 3×8 Tempo: Rest: 3/0/0/2 0 80 sec Seated Triceps Press	heavy
3×8 Tempo: Rest: 4/0/1/0 0 80 sec	heavy

Directory of the exercises



The price of the full version 6 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