

Update the "equipment": use dumbbells, master the bars, in order to improve strength capabilities and gain in muscle size.

Intermediate

23 days

12 workouts

~43 minutes

Dumbbells and bars are not serious equipment for a real athlete. A month is not a period for the simultaneous development of muscles and strength. Leave skepticism for theorists! Everything is possible in bodybuilding. Undeniable proof - the transformation of the body of users of the new program for the mass and strength development by AtletIQ. And guess, who is "on the front line"? Discredited "amateur" inventory!

https://atletiq.com/en/programma/turnik-ganteli-brusya-na-silu-i-massu.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

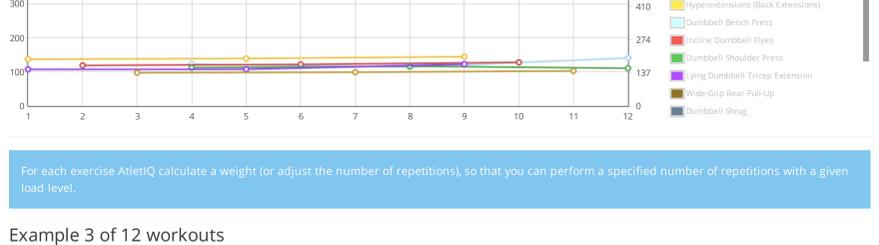
«1 месяц» Duration in days: 23 Amount of training days: 12 Rest days: 11

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.

Table with 4 columns: #, Exercise (superset), Sets, Reps, Rest between sets. It lists exercises like Chin-Up, Dips - Triceps Version, and Dumbbell Bench Press.

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.

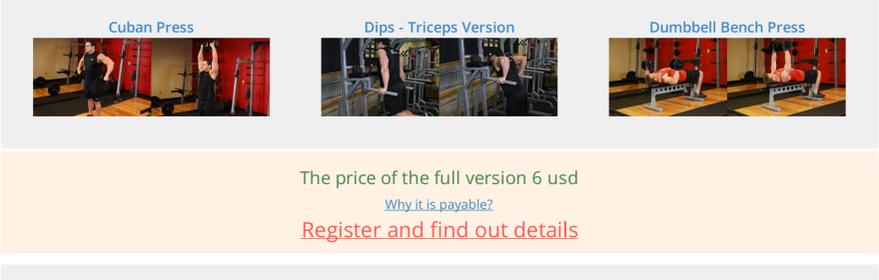


For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Example 3 of 12 workouts

Three columns of workout plans for Workout #1 (46 min), Workout #2 (45 min), and Workout #3 (41 min). Each plan lists exercises, sets, reps, and rest times.

Directory of the exercises



The price of the full version 6 usd

Why it is payable?

Register and find out details

General recommendations on training with AtletIQ

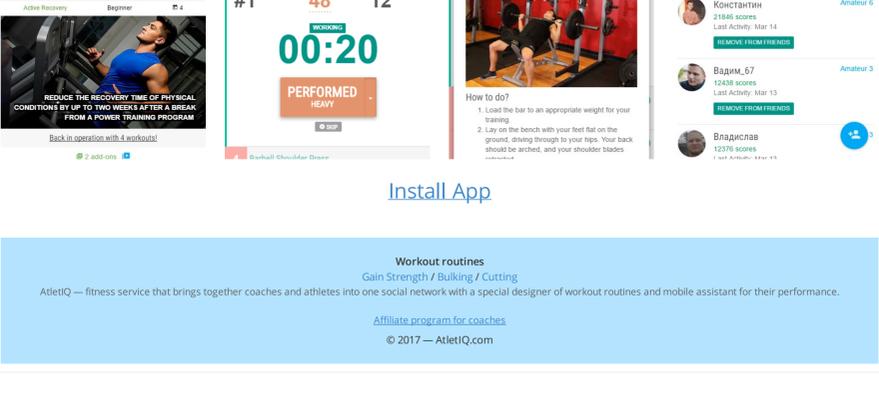
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- List of 7 general recommendations on training with AtletIQ, including load calculation, application requirements, and safety instructions.

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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