

# ТРЕНИРОВКА НА РУКИ И ГРУДЬ С ГАНТЛЯМИ ДОМА

ДВОЙНОЙ ВЫИГРЫШ ГАНТЕЛЬНОЙ ПРОГРАММЫ — И ГРУДЬ В ТОНУСЕ, И РУКИ В «БОНУСЕ».

Beginner
23 days
12 workouts
~38 minutes

<https://atletiq.com/en/programs/759>



### 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

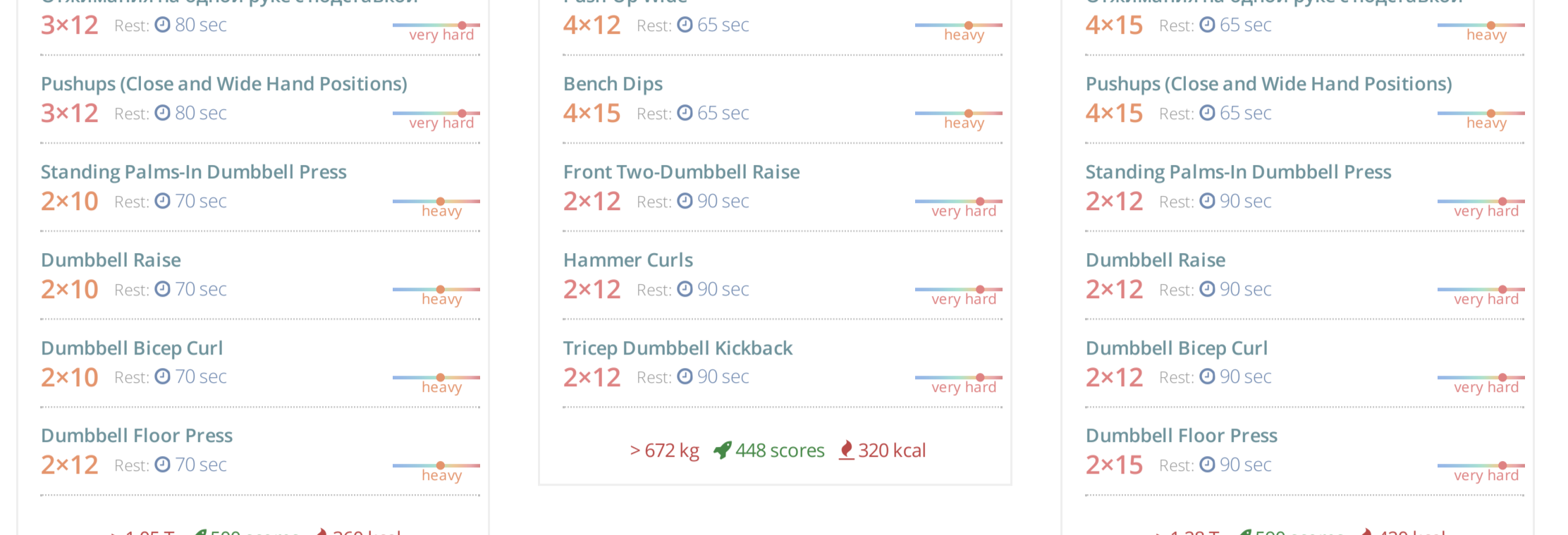
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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
<b>1 day</b>				
1	Push-Up Wide	3-5	10-15	45-80 sec
2	Bench Dips	3-5	10-15	45-80 sec
3	Front Two-Dumbbell Raise	2-3	8-12	60-90 sec
4	Hammer Curls	2-3	8-12	60-90 sec
5	Tricep Dumbbell Kickback	2-3	8-12	60-90 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Отжимания на одной руке с подставкой	3-5	10-15	45-80 sec
2	Pushups (Close and Wide Hand Positions)	3-5	10-15	45-80 sec
3	Standing Palms-In Dumbbell Press	2-3	8-12	60-90 sec
4	Dumbbell Raise	2-3	8-12	60-90 sec
5	Dumbbell Bicep Curl	2-3	8-12	60-90 sec
6	Dumbbell Floor Press	2-3	10-15	60-90 sec
<b>4 day (rest)</b>				

### 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.

**Workout #1** 30 min

- Push-Up Wide 3x12 Rest: 60 sec heavy
- Bench Dips 3x10 Rest: 60 sec heavy
- Front Two-Dumbbell Raise 2x8 Rest: 60 sec moderate
- Hammer Curls 2x8 Rest: 60 sec moderate
- Tricep Dumbbell Kickback 2x8 Rest: 60 sec moderate

> 448 kg 328 scores 240 kcal

**Workout #2** 35 min

- Отжимания на одной руке с подставкой 3x10 Rest: 60 sec heavy
- Pushups (Close and Wide Hand Positions) 3x10 Rest: 60 sec heavy
- Standing Palms-In Dumbbell Press 2x8 Rest: 60 sec moderate
- Dumbbell Raise 2x8 Rest: 60 sec moderate
- Dumbbell Bicep Curl 2x8 Rest: 60 sec moderate
- Dumbbell Floor Press 2x10 Rest: 60 sec moderate

> 904 kg 436 scores 310 kcal

**Workout #3** 33 min

- Push-Up Wide 3x15 max Rest: 80 sec very hard
- Bench Dips 3x12 Rest: 80 sec very hard
- Front Two-Dumbbell Raise 2x10 Rest: 70 sec heavy
- Hammer Curls 2x10 Rest: 70 sec heavy
- Tricep Dumbbell Kickback 2x10 Rest: 70 sec heavy

> 560 kg 388 scores 280 kcal

**Workout #4** 38 min

- Отжимания на одной руке с подставкой 3x12 Rest: 80 sec very hard
- Pushups (Close and Wide Hand Positions) 3x12 Rest: 80 sec very hard
- Standing Palms-In Dumbbell Press 2x10 Rest: 70 sec heavy
- Dumbbell Raise 2x10 Rest: 70 sec heavy
- Dumbbell Bicep Curl 2x10 Rest: 70 sec heavy
- Dumbbell Floor Press 2x12 Rest: 70 sec heavy

> 1.05 T 500 scores 360 kcal

**Workout #5** 35 min

- Push-Up Wide 4x12 Rest: 65 sec heavy
- Bench Dips 4x15 Rest: 65 sec heavy
- Front Two-Dumbbell Raise 2x12 Rest: 90 sec very hard
- Hammer Curls 2x12 Rest: 90 sec very hard
- Tricep Dumbbell Kickback 2x12 Rest: 90 sec very hard

> 672 kg 448 scores 320 kcal

**Workout #6** 42 min

- Отжимания на одной руке с подставкой 4x15 Rest: 65 sec heavy
- Pushups (Close and Wide Hand Positions) 4x15 Rest: 65 sec heavy
- Standing Palms-In Dumbbell Press 2x12 Rest: 90 sec very hard
- Dumbbell Raise 2x12 Rest: 90 sec very hard
- Dumbbell Bicep Curl 2x12 Rest: 90 sec very hard
- Dumbbell Floor Press 2x15 Rest: 90 sec very hard

> 1.28 T 590 scores 420 kcal

**Workout #7** 34 min

- Push-Up Wide 5x11 Rest: 45 sec moderate
- Bench Dips 5x12 Rest: 45 sec moderate
- Front Two-Dumbbell Raise 3x8 Rest: 60 sec heavy
- Hammer Curls 3x8 Rest: 60 sec heavy
- Tricep Dumbbell Kickback 3x8 Rest: 60 sec heavy

> 696 kg 507 scores 360 kcal

**Workout #8** 40 min

- Отжимания на одной руке с подставкой 5x12 Rest: 45 sec moderate
- Pushups (Close and Wide Hand Positions) 5x12 Rest: 45 sec moderate
- Standing Palms-In Dumbbell Press 3x8 Rest: 60 sec heavy
- Dumbbell Raise 3x8 Rest: 60 sec heavy
- Dumbbell Bicep Curl 3x8 Rest: 60 sec heavy
- Dumbbell Floor Press 3x10 Rest: 60 sec heavy

> 1.38 T 687 scores 490 kcal

**Workout #9** 34 min

- Push-Up Wide 3x13 Rest: 55 sec heavy
- Bench Dips 3x15 Rest: 55 sec heavy
- Front Two-Dumbbell Raise 3x10 Rest: 70 sec heavy
- Hammer Curls 3x10 Rest: 70 sec heavy
- Tricep Dumbbell Kickback 3x10 Rest: 70 sec heavy

> 840 kg 446 scores 320 kcal

**Workout #10** 41 min

- Отжимания на одной руке с подставкой 3x15 Rest: 55 sec heavy
- Pushups (Close and Wide Hand Positions) 3x15 Rest: 55 sec heavy
- Standing Palms-In Dumbbell Press 3x10 Rest: 70 sec heavy
- Dumbbell Raise 3x10 Rest: 70 sec heavy
- Dumbbell Bicep Curl 3x10 Rest: 70 sec heavy
- Dumbbell Floor Press 3x12 Rest: 70 sec heavy

> 1.64 T 658 scores 470 kcal

**Workout #11** 41 min

- Push-Up Wide 4x14 Rest: 80 sec very hard
- Bench Dips 4x15 Rest: 80 sec very hard
- Front Two-Dumbbell Raise 3x12 Rest: 80 sec very hard
- Hammer Curls 3x12 Rest: 80 sec very hard
- Tricep Dumbbell Kickback 3x12 Rest: 80 sec very hard

> 1.01 T 568 scores 410 kcal

**Workout #12** 48 min

- Отжимания на одной руке с подставкой 4x15 Rest: 80 sec very hard
- Pushups (Close and Wide Hand Positions) 4x15 Rest: 80 sec very hard
- Standing Palms-In Dumbbell Press 3x12 Rest: 80 sec very hard
- Dumbbell Raise 3x12 Rest: 80 sec very hard
- Dumbbell Bicep Curl 3x12 Rest: 80 sec very hard
- Dumbbell Floor Press 3x15 Rest: 80 sec very hard

> 1.92 T 795 scores 570 kcal

## Directory of the exercises

### 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 planned.

### How to use mobile assistant?

Universal program 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.  
[AtletIQ program for coaches](#)  
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