

«НАТУРАЛЬНЫЙ» ОБЪЕМ РУКИ-БАЗУКИ

ТРЕНИРОВОЧНАЯ ПРОГРАММА НА 3 ДНЯ В НЕДЕЛЮ



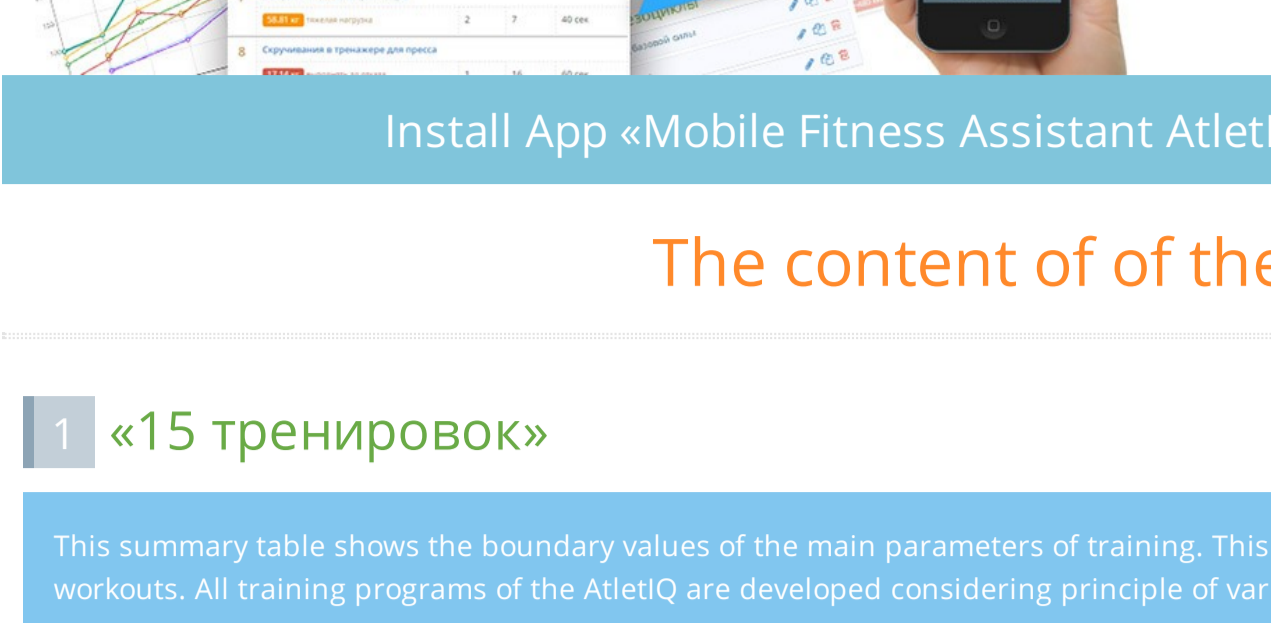
Intermediate

29 days

15 workouts

~61 minutes

<https://atletiq.com/en/programms/1067>



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 «15 тренировок» Duration in days: 29 Amount of training days: 15 Rest days: 14

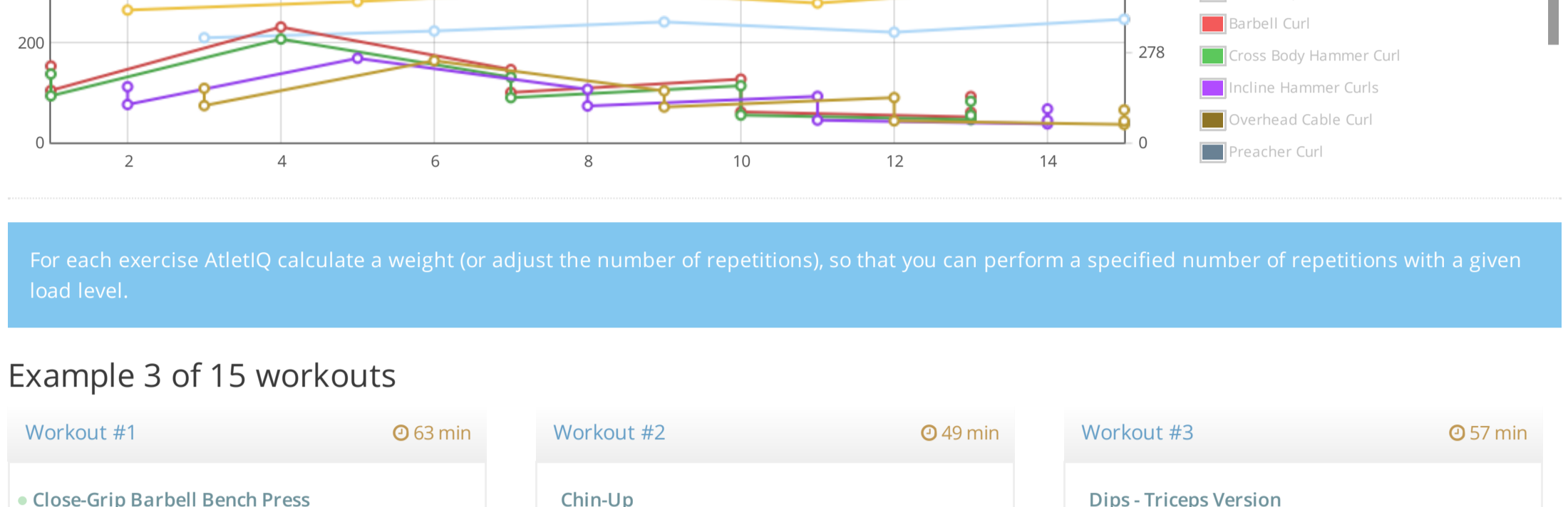
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Close-Grip Barbell Bench Press (a)	4-5	5-18 (+max)	55-80 sec
2	Barbell Curl (a)	4-5	5-18 (+max)	55-80 sec
3	Bent-Arm Barbell Pullover	4-5	5-18 (+max)	55-80 sec

Allowed access by status

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 15 workouts

Workout #1 63 min

- Close-Grip Barbell Bench Press: 3x6, Rest: 60 sec, 1x8 max
- Barbell Curl: 3x6, Rest: 60 sec, 1x8 max
- Bent-Arm Barbell Pullover: 3x6, Rest: 60 sec, 1x8 max
- Seated Cable Rows: 3x6, Rest: 60 sec, 1x8 max
- Lying Dumbbell Tricep Extension: 3x6, Rest: 60 sec, 1x8 max
- Cross Body Hammer Curl: 3x6, Rest: 60 sec, 1x8 max
- Reverse Grip Triceps Pushdown: 3x6, Rest: 60 sec, 1x8 max
- Preacher Curl: 3x6, Rest: 60 sec, 1x8 max

> 6.12 T, 1392 scores, 1000 kcal

Workout #2 49 min

- Chin-Up: 8x4, Rest: 45 sec
- Close-Grip EZ Bar Curl: 3x6, Rest: 60 sec, 1x8 max
- Dumbbell Flies: 3x6, Rest: 60 sec, 1x8 max
- Incline Hammer Curls: 3x6, Rest: 60 sec, 1x8 max
- One-Arm Dumbbell Row: 3x6, Rest: 60 sec, 1x8 max
- Overhead Cable Curl: 3x6, Rest: 60 sec, 1x8 max

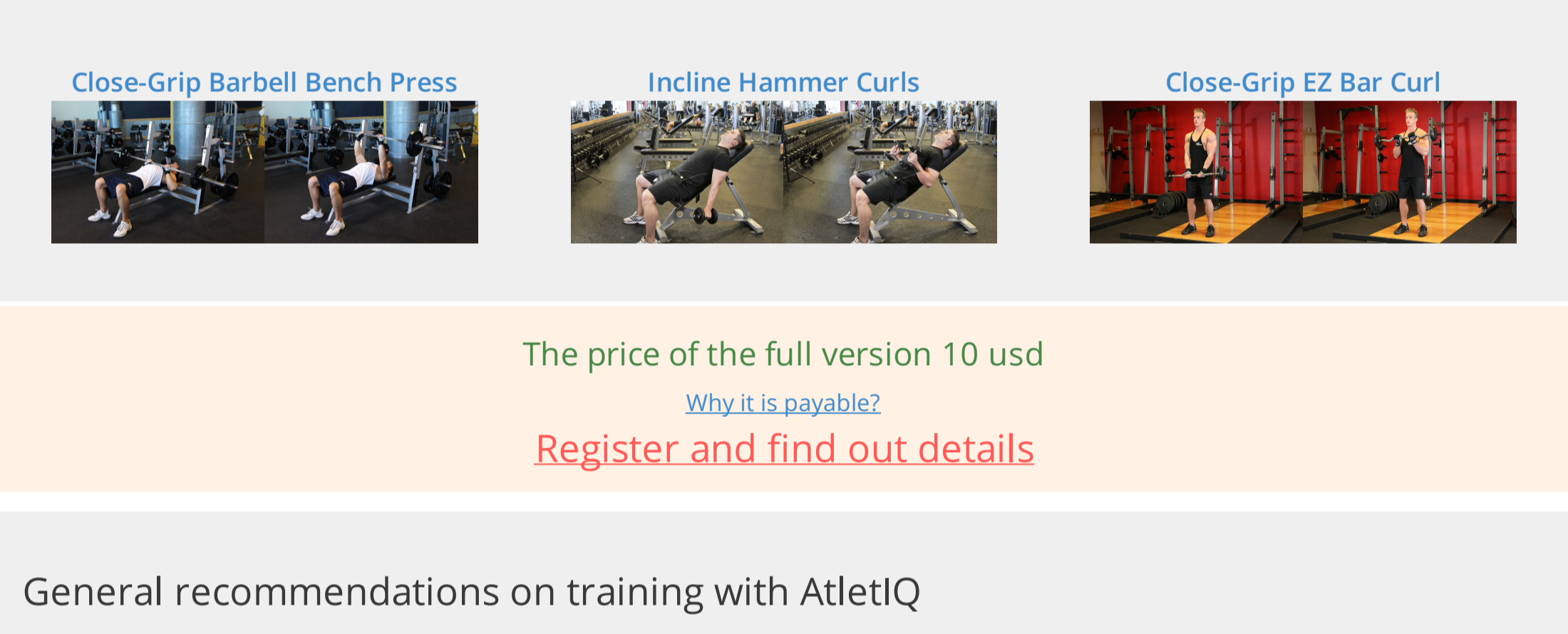
> 2.54 T, 1052 scores, 760 kcal

Workout #3 57 min

- Dips - Triceps Version: 8x4, Rest: 45 sec
- Lying Close-Grip Barbell Triceps Extension Behind The Head: 3x6, Rest: 60 sec, 1x8 max
- Weighted Bench Dip: 3x6, Rest: 60 sec, 1x8 max
- Triceps Pushdown - Rope Attachment: 3x6, Rest: 60 sec, 1x8 max
- Straight-Arm Pulldown: 3x6, Rest: 60 sec, 1x8 max
- Tricep Dumbbell Kickback: 3x6, Rest: 60 sec, 1x8 max
- Pushups (Close and Wide Hand Positions): 3x6, Rest: 60 sec, 1x8 max

> 2.43 T, 1056 scores, 760 kcal

Directory of the exercises



The price of the full version 10 USD

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

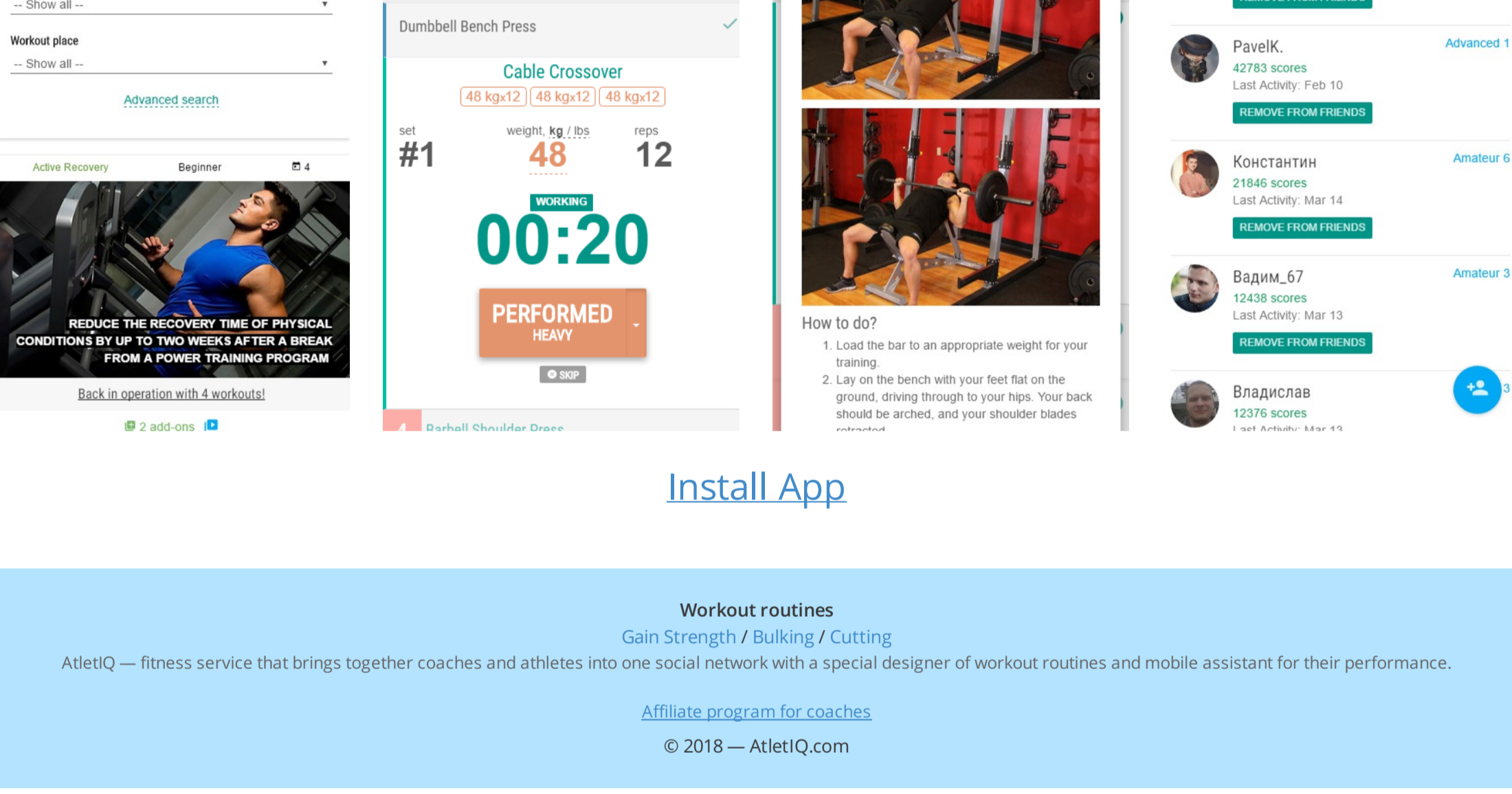
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the 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 on 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 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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