

GENETICS KILLER

СПЛИТ-КОМПЛЕКС ДЛИТЕЛЬНОСТЬЮ В МЕСЯЦ

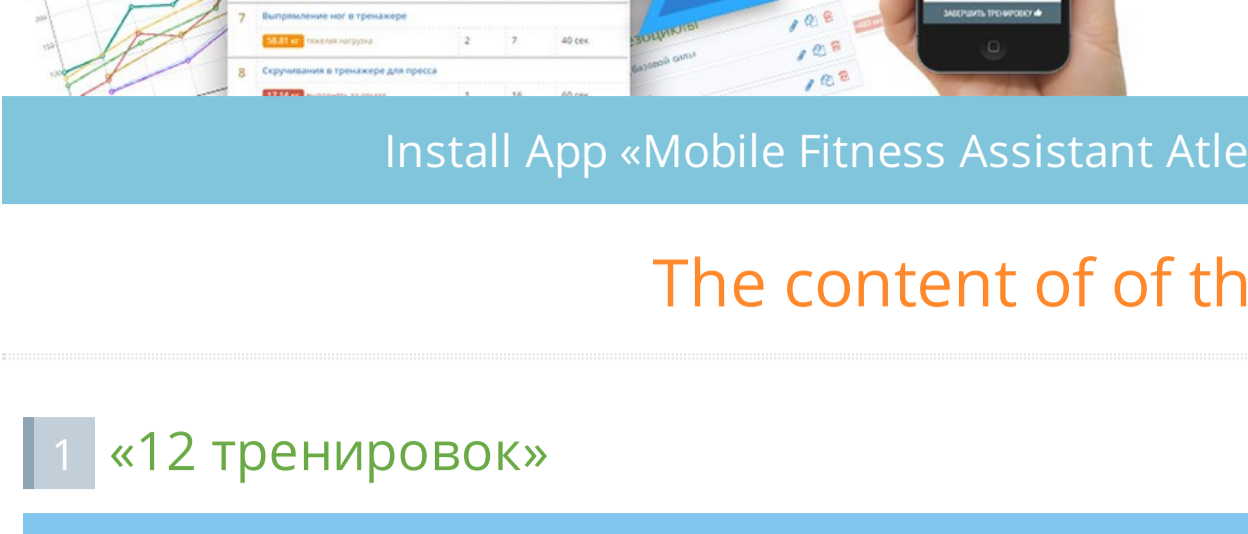
Intermediate

23 days

12 workouts

~58 minutes

<https://atletiq.com/en/programms/1068>



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

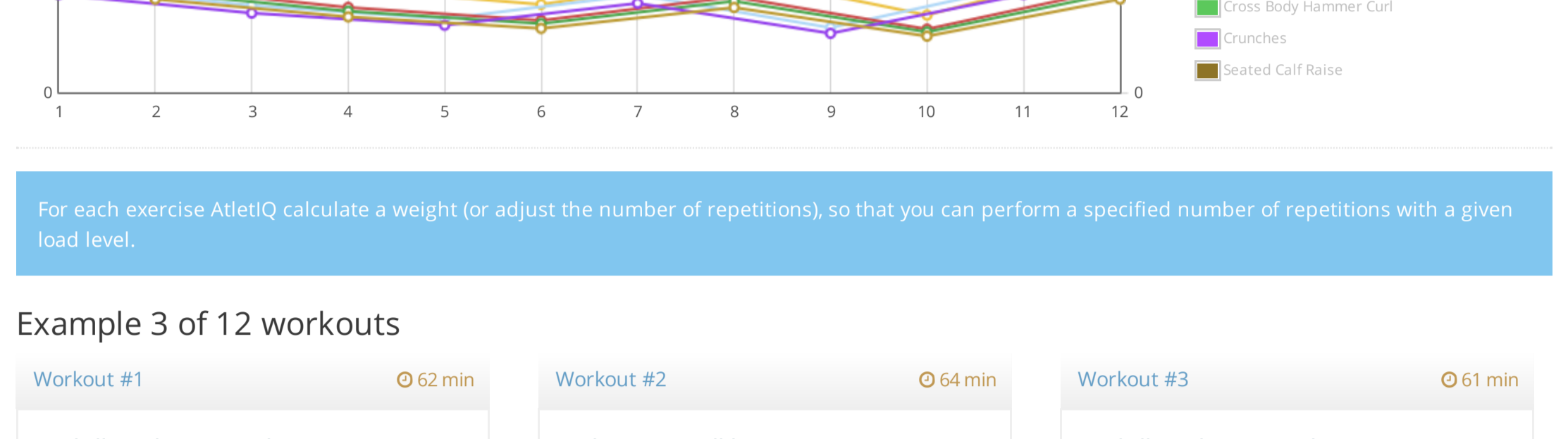
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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
1 day				
1	Barbell Bench Press - Medium Grip	3-4	6-10	45-90 sec
2	Incline Dumbbell Flies	3-4	6-10	45-90 sec
3	Dips - Triceps Version	3-4	6-10	45-90 sec

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

Workout #1 62 min

- Barbell Bench Press - Medium Grip 4x1 Rest: 70 sec (heavy)
- Incline Dumbbell Flies 4x6 Rest: 70 sec (heavy)
- Dips - Triceps Version 4x6 Rest: 70 sec (heavy)
- Close-Grip Barbell Bench Press 4x6 Rest: 70 sec (heavy)
- Lying Dumbbell Tricep Extension 4x6 Rest: 70 sec (heavy)
- Dumbbell Shoulder Press 4x6 Rest: 70 sec (heavy)
- Power Partialls 4x6 Rest: 70 sec (heavy)
- Crunches 3x20 Rest: 50 sec (very hard)

> 2.5 T 973 scores

Workout #2 64 min

- Wide-Grip Lat Pulldown 4x3 Rest: 70 sec (heavy)
- Seated Cable Rows 4x6 Rest: 70 sec (heavy)
- Clean Deadlift 4x6 Rest: 70 sec (heavy)
- Barbell Curl 4x34 max Rest: 70 sec (heavy)
- Cross Body Hammer Curl 4x6 Rest: 70 sec (heavy)
- Barbell Full Squat 4x1 Rest: 70 sec (heavy)
- Leg Extensions 4x6 Rest: 70 sec (heavy)
- Seated Calf Raise 4x6 Rest: 70 sec (heavy)

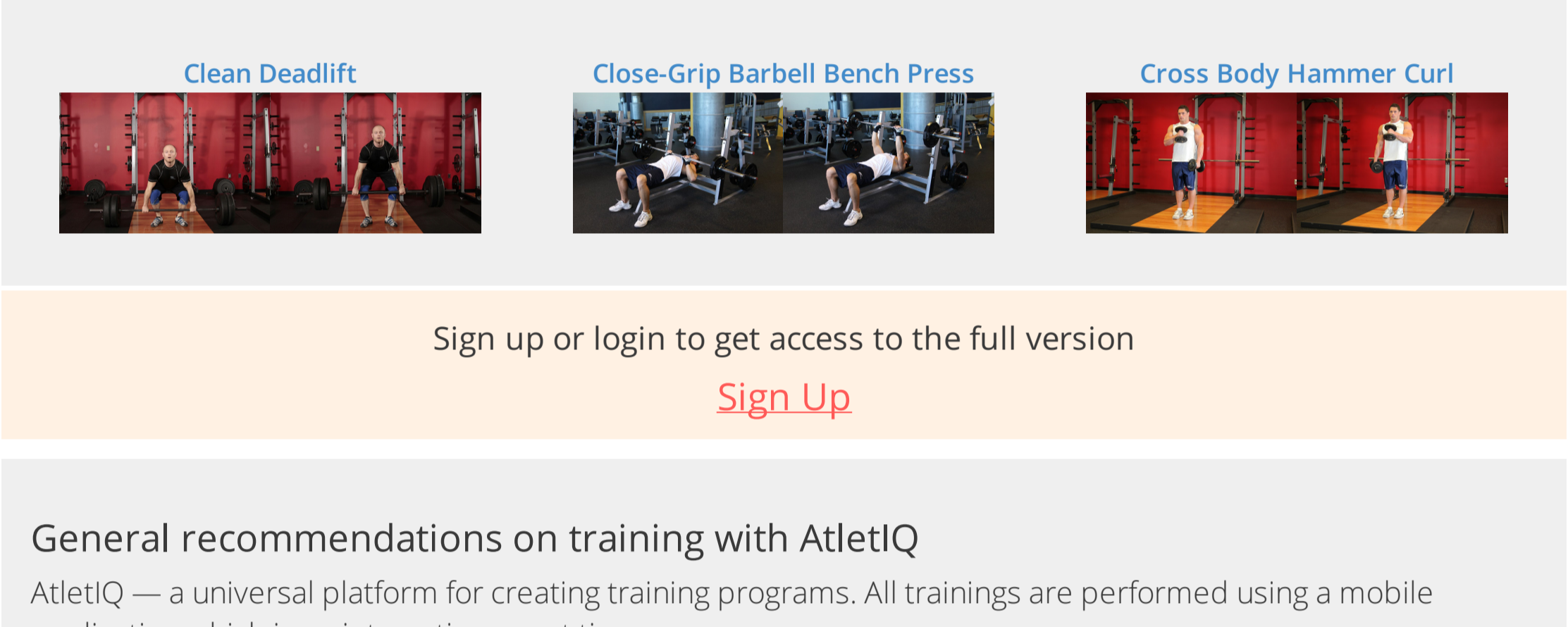
> 9.82 T 996 scores

Workout #3 61 min

- Barbell Bench Press - Medium Grip 3x1 Rest: 90 sec (very hard)
- Incline Dumbbell Flies 3x8 Rest: 90 sec (very hard)
- Dips - Triceps Version 3x8 Rest: 90 sec (very hard)
- Close-Grip Barbell Bench Press 3x8 Rest: 90 sec (very hard)
- Lying Dumbbell Tricep Extension 3x8 Rest: 90 sec (very hard)
- Dumbbell Shoulder Press 3x8 Rest: 90 sec (very hard)
- Power Partialls 3x8 Rest: 90 sec (very hard)
- Crunches 3x20 Rest: 50 sec (very hard)

> 2.4 T 797 scores

Directory of the exercises



Sign up or login to get access to the full version

[Sign Up](#)

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 indicators 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 level and adjust the level of your performance in the up or down so that you will always be scheduled to 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.



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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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