



## 3-day "right" split

Conquer the wave: an effective technique of wave-like periodization according to a 3-day split-scheme for muscle growth and endurance

Intermediate

23 days

12 workouts

~66 minutes

Thanks to the right selection of basic and isolating exercises, an ideal training program was created. Depending on the exercises, the number of repetitions in the sets will vary from 6 to 15. This principle will help develop both muscle hypertrophy and overall endurance of the body.

<https://atletiq.com/en/programms/277>

### 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»

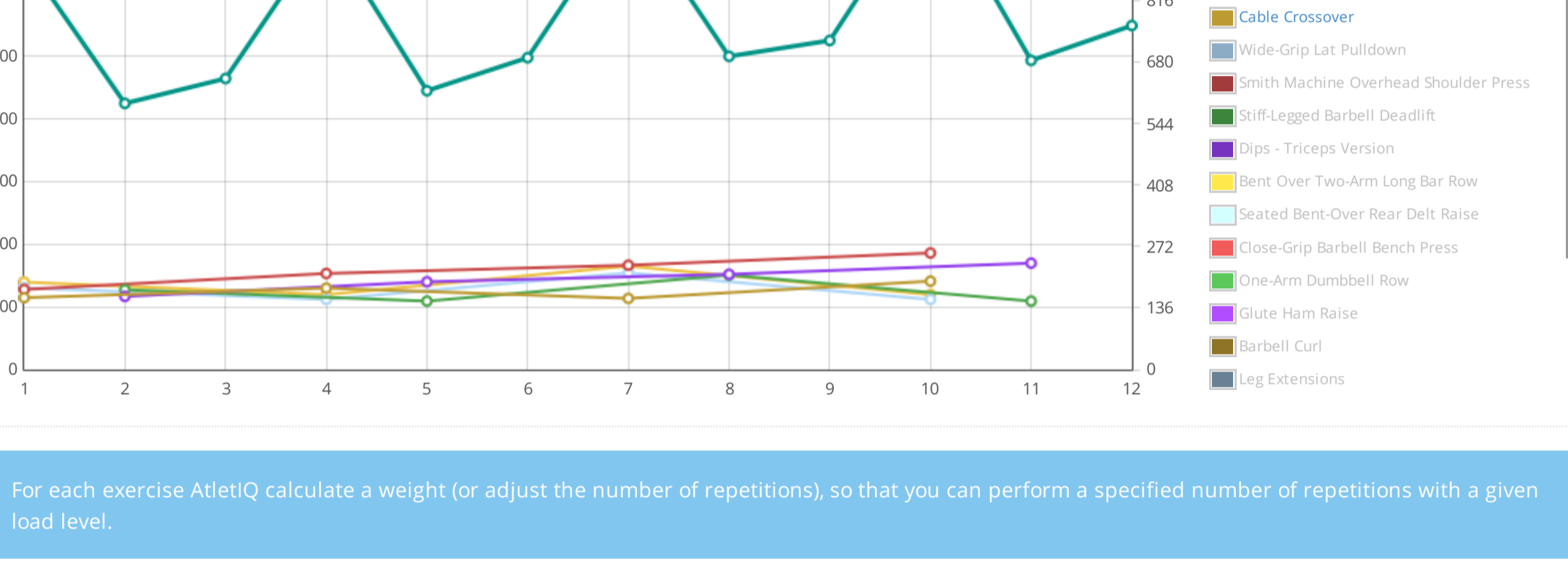
Duration in days: 23 Amount of training days: 12 Rest days: 11

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.

#	Exercise (superset)	Sets	Reps	Rest between sets
<b>1 day</b>				
1	Barbell Bench Press - Medium Grip	2-3	6 (+max)	80-150 sec
2	Pullups	2-3	6 (+max)	80-150 sec
3	Dumbbell Bench Press	3	8 (+max)	90-160 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** 65 min

- Barbell Bench Press - Medium Grip 3x1 Rest: 80 sec
- Pullups 3x6 Rest: 80 sec
- Dumbbell Bench Press 3x8 Rest: 90 sec
- Bent Over Two-Arm Long Bar Row 3x8 Rest: 90 sec
- Cable Crossover 3x4 Rest: 100 sec
- Wide-Grip Lat Pulldown 3x3 Rest: 100 sec
- Seated Bent-Over Rear Delt Raise 3x3 Rest: 100 sec
- One-Arm Dumbbell Row 3x15 Rest: 100 sec

> 2.82 T 799 scores

**Workout #2** 48 min

- Stiff-Legged Barbell Deadlift 3x6 Rest: 80 sec
- Leg Press 3x6 Rest: 80 sec
- Glute Ham Raise 3x8 Rest: 90 sec
- Dumbbell Rear Lunge 3x8 Rest: 90 sec
- Lying Leg Curls 3x15 Rest: 100 sec
- Leg Extensions 3x15 Rest: 100 sec

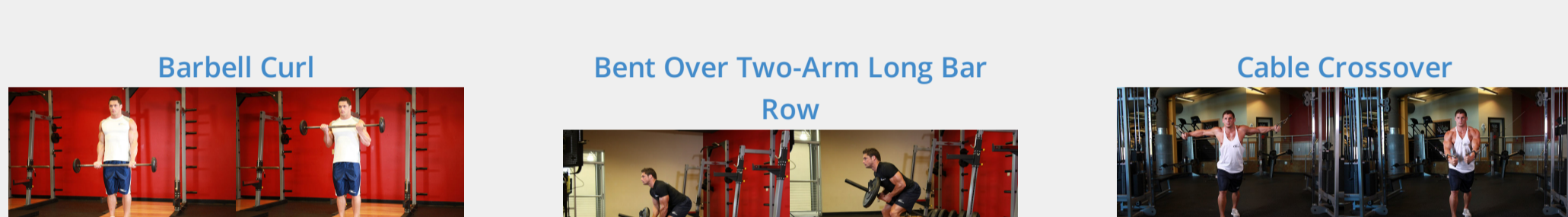
> 6.35 T 588 scores

**Workout #3** 65 min

- Barbell Curl 3x34 max Rest: 80 sec
- Dips - Triceps Version 3x6 Rest: 80 sec
- Alternate Hammer Curl 3x8 Rest: 90 sec
- Close-Grip Barbell Bench Press 3x8 Rest: 90 sec
- Smith Machine Overhead Shoulder Press 3x15 Rest: 100 sec
- Cable Rope Overhead Triceps Extension 3x15 Rest: 100 sec
- Standing Biceps Cable Curl 3x15 Rest: 100 sec
- Triceps Pushdown 3x15 Rest: 100 sec

> 4.31 T 643 scores

## Directory of the exercises



Sign up or login to get access to the full version

[Sign Up](#)

## General recommendations on training with AtletIQ

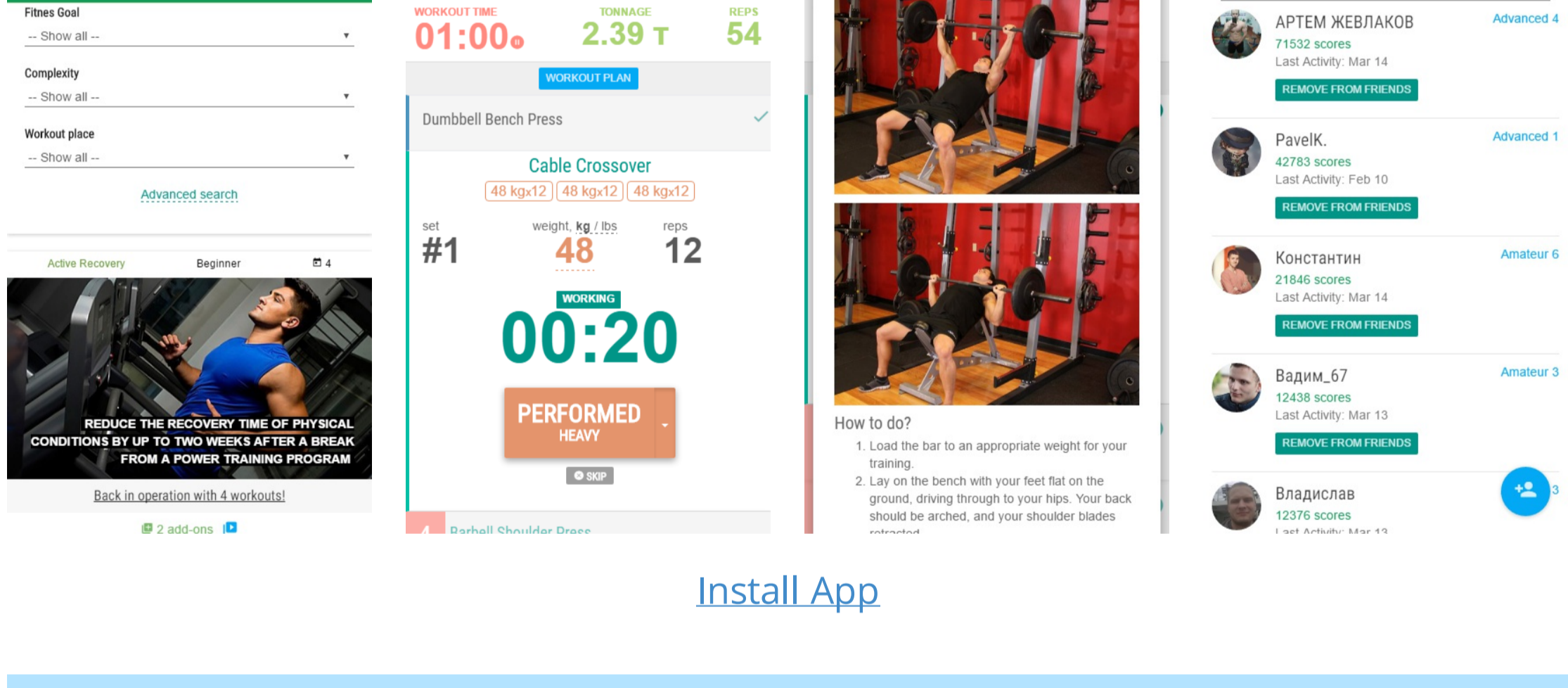
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the 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 programs designer AtletIQ allows to keep workouts in a special directory 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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