



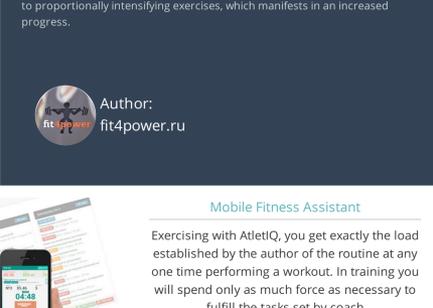
Pumping program for shredding men's body

Keep weight and adipose tissue down with the strength of pumping on working method for shredding for men

Intermediate
23 days
12 workouts
~56 minutes

Pumping-shredding program for men can not only decrease the percentage of adipose tissue, but also increase the amount of muscle, accompanied by sarcoplasmic hypertrophy.

<https://atletiq.com/en/programms/288>

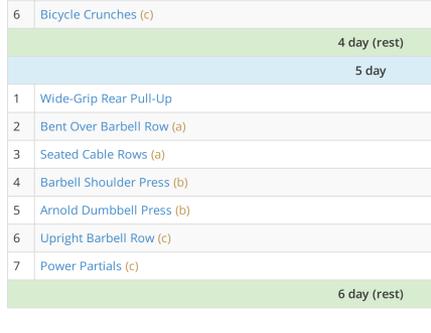


Work hard and fully restored, creating a proportionate body with month pumping program for shredding

There comes a time for every athlete who attends a gym with the goal of gaining lean mass when it is necessary to reflect on the study of his muscles, and detailed portrayal of each muscle group. And this is where the athlete assistance pumping program for shredding men comes in. Pumping Technology is focused on the injection of blood into the muscle, where the main work with the sports equipment will be carried out with high intensity, but the weight being used in each exercise decreases significantly.

Ultimately, the proposed method can bring about not only a reduction in the fat tissue percentage, but also to increase muscle sarcoplasmic accompanied by hypertrophy. The training program is composed in such a way that within a week, each muscle group will be worked only once, and recovers and adapts in all the remaining time. This allows for the following workouts to proportionally intensifying exercises, which manifests in an increased progress.

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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

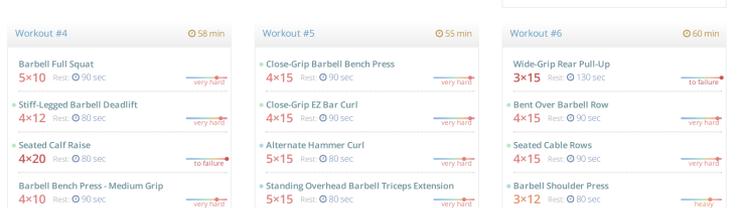
1 «1 МЕСЯЦ» Duration in days: 23 Amount of training days: 12 Rest days: 11

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 |
|---------------------|---|------|-------|-------------------|
| 1 day | | | | |
| 1 | Barbell Full Squat | 5 | 10-12 | 70-100 sec |
| 2 | Stiff-Legged Barbell Deadlift (a) | 4 | 12-15 | 60-90 sec |
| 3 | Seated Calf Raise (a) | 4 | 20 | 80 sec |
| 4 | Barbell Bench Press - Medium Grip | 4 | 10-12 | 90 sec |
| 5 | Incline Dumbbell Press (b) | 4 | 12 | 90 sec |
| 6 | Incline Dumbbell Flyes (b) | 4 | 15 | 60-90 sec |
| 2 day (rest) | | | | |
| 3 day | | | | |
| 1 | Close-Grip Barbell Bench Press (a) | 4 | 15 | 60-90 sec |
| 2 | Close-Grip EZ Bar Curl (a) | 4 | 15 | 60-90 sec |
| 3 | Alternate Hammer Curl (b) | 5 | 15 | 60-90 sec |
| 4 | Standing Overhead Barbell Triceps Extension (b) | 5 | 15 | 60-90 sec |
| 5 | Hanging Leg Raise (c) | 3 | 20 | 80 sec |
| 6 | Bicycle Crunches (c) | 3 | 20 | 80 sec |
| 4 day (rest) | | | | |
| 5 day | | | | |
| 1 | Wide-Grip Rear Pull-Up | 3 | 15 | 130 sec |
| 2 | Bent Over Barbell Row (a) | 4 | 15 | 60-90 sec |
| 3 | Seated Cable Rows (a) | 4 | 15 | 60-90 sec |
| 4 | Barbell Shoulder Press (b) | 3 | 12 | 60-100 sec |
| 5 | Arnold Dumbbell Press (b) | 3 | 12 | 60-100 sec |
| 6 | Upright Barbell Row (c) | 3 | 12-15 | 60-100 sec |
| 7 | Power Partial (c) | 3 | 12-15 | 70-110 sec |
| 6 day (rest) | | | | |

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 58 min

- Barbell Full Squat 5x10 Rest: 90 sec
- Stiff-Legged Barbell Deadlift 4x12 Rest: 90 sec
- Seated Calf Raise 4x20 Rest: 80 sec
- Barbell Bench Press - Medium Grip 4x10 Rest: 90 sec
- Incline Dumbbell Press 4x12 Rest: 90 sec
- Incline Dumbbell Flyes 4x15 Rest: 90 sec

> 13.25 T 1075 scores 770 kcal

Workout #2 51 min

- Close-Grip Barbell Bench Press 4x15 Rest: 90 sec
- Close-Grip EZ Bar Curl 4x15 Rest: 90 sec
- Alternate Hammer Curl 5x15 Rest: 60 sec
- Standing Overhead Barbell Triceps Extension 5x15 Rest: 60 sec
- Hanging Leg Raise 3x20 Rest: 80 sec
- Bicycle Crunches 3x20 Rest: 80 sec

> 4.61 T 622 scores 450 kcal

Workout #3 58 min

- Wide-Grip Rear Pull-Up 3x15 Rest: 130 sec
- Bent Over Barbell Row 4x15 Rest: 80 sec
- Seated Cable Rows 4x15 Rest: 80 sec
- Barbell Shoulder Press 3x12 Rest: 60 sec
- Arnold Dumbbell Press 3x12 Rest: 60 sec
- Upright Barbell Row 3x12 Rest: 100 sec
- Power Partial 3x12 Rest: 110 sec

> 7.2 T 998 scores 720 kcal

Workout #4 58 min

- Barbell Full Squat 5x10 Rest: 90 sec
- Stiff-Legged Barbell Deadlift 4x12 Rest: 90 sec
- Seated Calf Raise 4x20 Rest: 80 sec
- Barbell Bench Press - Medium Grip 4x10 Rest: 90 sec
- Incline Dumbbell Press 4x12 Rest: 90 sec
- Incline Dumbbell Flyes 4x15 Rest: 90 sec

> 13.23 T 1044 scores 750 kcal

Workout #5 55 min

- Close-Grip Barbell Bench Press 4x15 Rest: 90 sec
- Close-Grip EZ Bar Curl 4x15 Rest: 90 sec
- Alternate Hammer Curl 5x15 Rest: 60 sec
- Standing Overhead Barbell Triceps Extension 5x15 Rest: 60 sec
- Hanging Leg Raise 3x20 Rest: 80 sec
- Bicycle Crunches 3x20 Rest: 80 sec

> 5.15 T 698 scores 500 kcal

Workout #6 60 min

- Wide-Grip Rear Pull-Up 3x15 Rest: 130 sec
- Bent Over Barbell Row 4x15 Rest: 90 sec
- Seated Cable Rows 4x15 Rest: 90 sec
- Barbell Shoulder Press 3x12 Rest: 80 sec
- Arnold Dumbbell Press 3x12 Rest: 80 sec
- Upright Barbell Row 3x12 Rest: 90 sec
- Power Partial 3x15 Rest: 90 sec

> 7.69 T 1066 scores 770 kcal

Workout #7 53 min

- Barbell Full Squat 5x12 Rest: 70 sec
- Stiff-Legged Barbell Deadlift 4x15 Rest: 60 sec
- Seated Calf Raise 4x20 Rest: 80 sec
- Barbell Bench Press - Medium Grip 4x12 Rest: 90 sec
- Incline Dumbbell Press 4x12 Rest: 90 sec
- Incline Dumbbell Flyes 4x15 Rest: 60 sec

> 13.73 T 958 scores 690 kcal

Workout #8 50 min

- Close-Grip Barbell Bench Press 4x15 Rest: 60 sec
- Close-Grip EZ Bar Curl 4x15 Rest: 60 sec
- Alternate Hammer Curl 5x15 Rest: 70 sec
- Standing Overhead Barbell Triceps Extension 5x15 Rest: 70 sec
- Hanging Leg Raise 3x20 Rest: 80 sec
- Bicycle Crunches 3x20 Rest: 80 sec

> 4.67 T 626 scores 450 kcal

Workout #9 57 min

- Wide-Grip Rear Pull-Up 3x15 Rest: 130 sec
- Bent Over Barbell Row 4x15 Rest: 80 sec
- Seated Cable Rows 4x15 Rest: 60 sec
- Barbell Shoulder Press 3x12 Rest: 100 sec
- Arnold Dumbbell Press 3x12 Rest: 100 sec
- Upright Barbell Row 3x15 Rest: 70 sec
- Power Partial 3x15 Rest: 80 sec

> 7.47 T 1057 scores 760 kcal

Workout #10 56 min

- Barbell Full Squat 5x12 Rest: 90 sec
- Stiff-Legged Barbell Deadlift 4x15 Rest: 70 sec
- Seated Calf Raise 4x20 Rest: 80 sec
- Barbell Bench Press - Medium Grip 4x12 Rest: 90 sec
- Incline Dumbbell Press 4x12 Rest: 90 sec
- Incline Dumbbell Flyes 4x15 Rest: 90 sec

> 14.29 T 1094 scores 790 kcal

Workout #11 56 min

- Close-Grip Barbell Bench Press 4x15 Rest: 80 sec
- Close-Grip EZ Bar Curl 4x15 Rest: 80 sec
- Alternate Hammer Curl 5x15 Rest: 90 sec
- Standing Overhead Barbell Triceps Extension 5x15 Rest: 90 sec
- Hanging Leg Raise 3x20 Rest: 80 sec
- Bicycle Crunches 3x20 Rest: 80 sec

> 5.09 T 723 scores 520 kcal

Workout #12 57 min

- Wide-Grip Rear Pull-Up 3x15 Rest: 130 sec
- Bent Over Barbell Row 4x15 Rest: 80 sec
- Seated Cable Rows 4x15 Rest: 80 sec
- Barbell Shoulder Press 3x12 Rest: 80 sec
- Arnold Dumbbell Press 3x12 Rest: 90 sec
- Upright Barbell Row 3x15 Rest: 70 sec
- Power Partial 3x15 Rest: 70 sec

> 7.62 T 1057 scores 760 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 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.

[AtletIQ program for coaches](https://atletiq.com/en/programms/288)
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