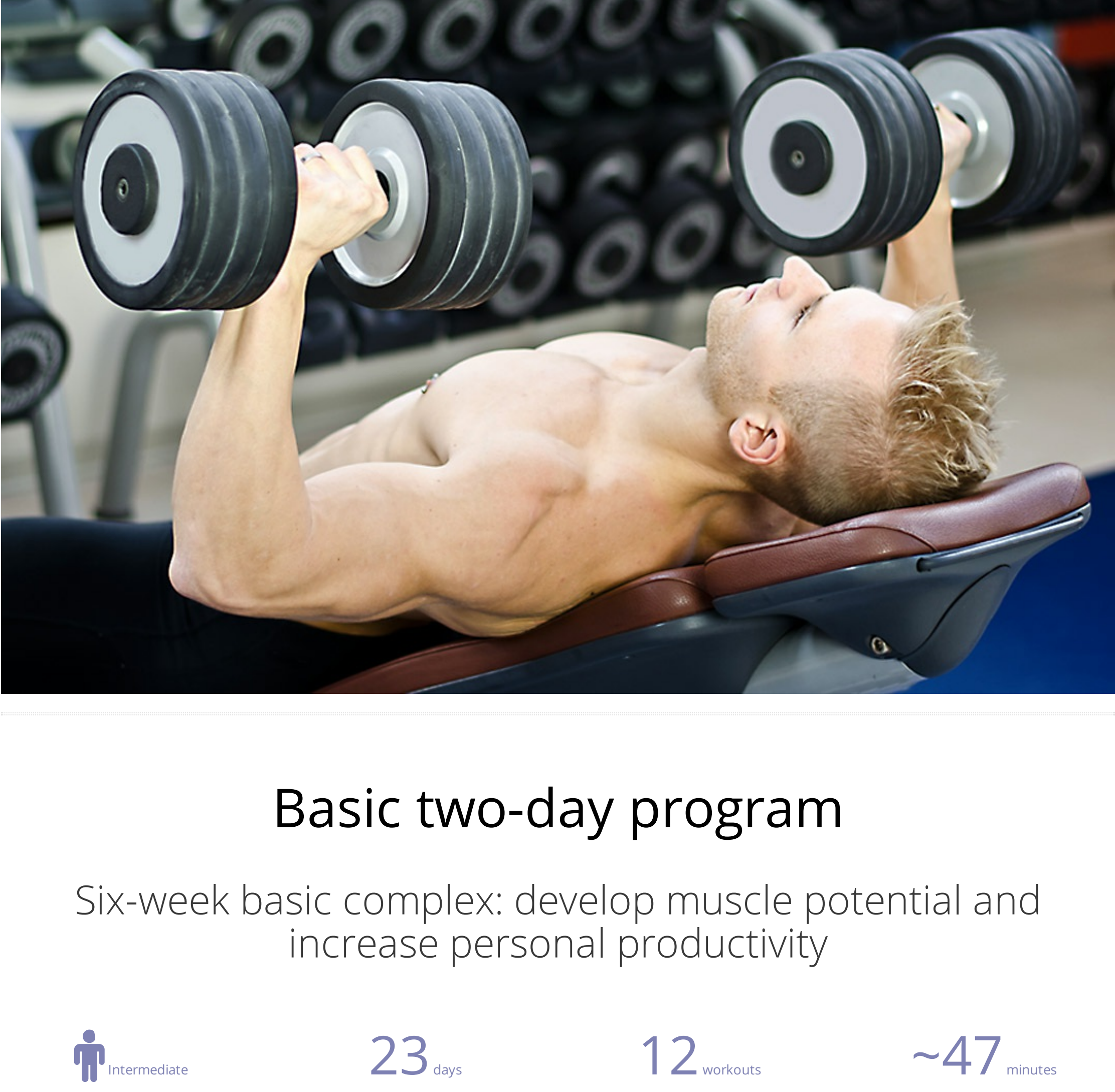




Basic two-day program

Six-week basic complex: develop muscle potential and increase personal productivity

 Intermediate

23 days

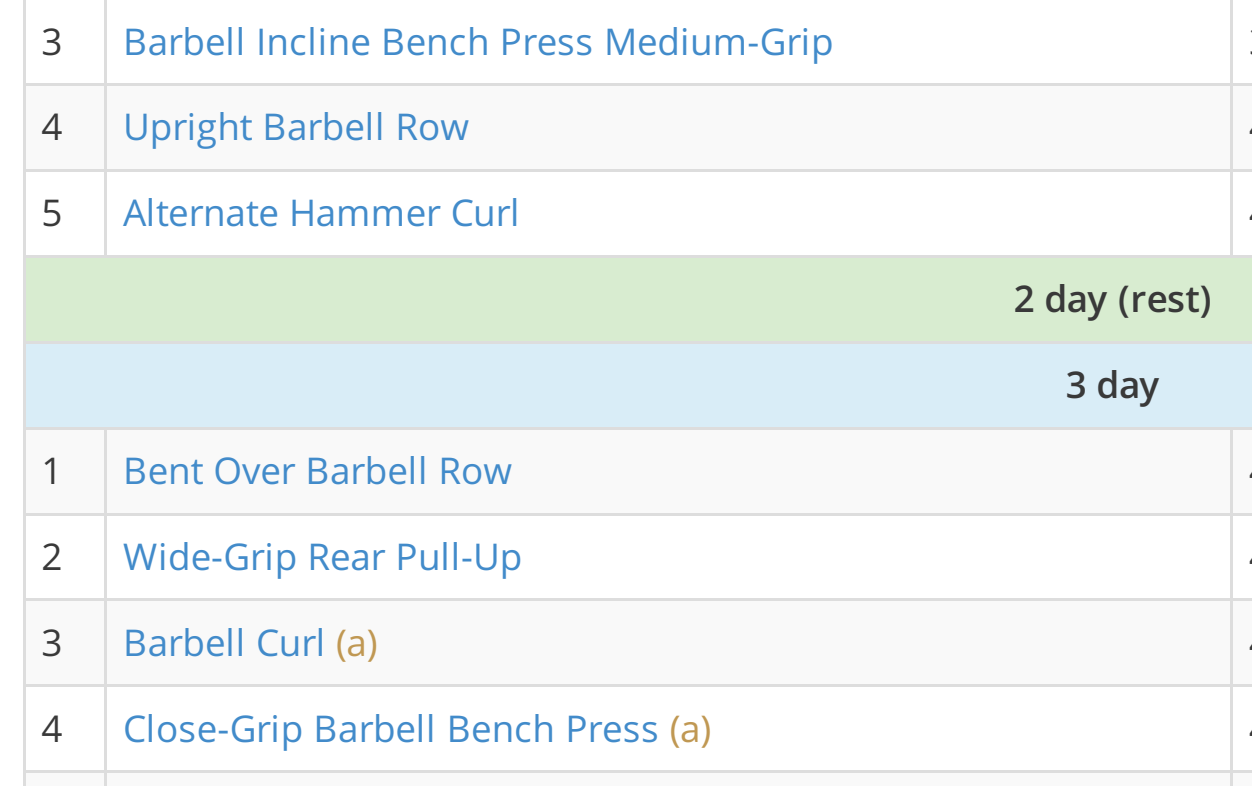
12 workouts

~47 minutes

Two-day training mode is an excellent alternative to the classic power split.

The mechanism of working capacity of the proposed two-day program is based on a low frequency of muscular loadability, which ensures full recovery of injured fibers and, as a consequence, moderately productive muscle growth.

<https://atletiq.com/en/programma/bazovaya-dvuhdnevnyaya-programma.html>



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
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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	4	8 (+max)	⌚ 90-130 sec
2	Barbell Bench Press - Medium Grip	4	8 (+max)	⌚ 90-130 sec
3	Barbell Incline Bench Press Medium-Grip	3	12	⌚ 60-100 sec
4	Upright Barbell Row	4	12	⌚ 60-100 sec
5	Alternate Hammer Curl	4	12	⌚ 60-100 sec
2 day (rest)				
3 day				
1	Bent Over Barbell Row	4	10 (+max)	⌚ 80-120 sec
2	Wide-Grip Rear Pull-Up	4	Max	⌚ 80 sec
3	Barbell Curl (a)	4	12	⌚ 60-100 sec
4	Close-Grip Barbell Bench Press (a)	4	10 (+max)	⌚ 80-120 sec
5	Standing Overhead Barbell Triceps Extension	4	12	⌚ 60-100 sec
4 day (rest)				

Training intensity for each exercise

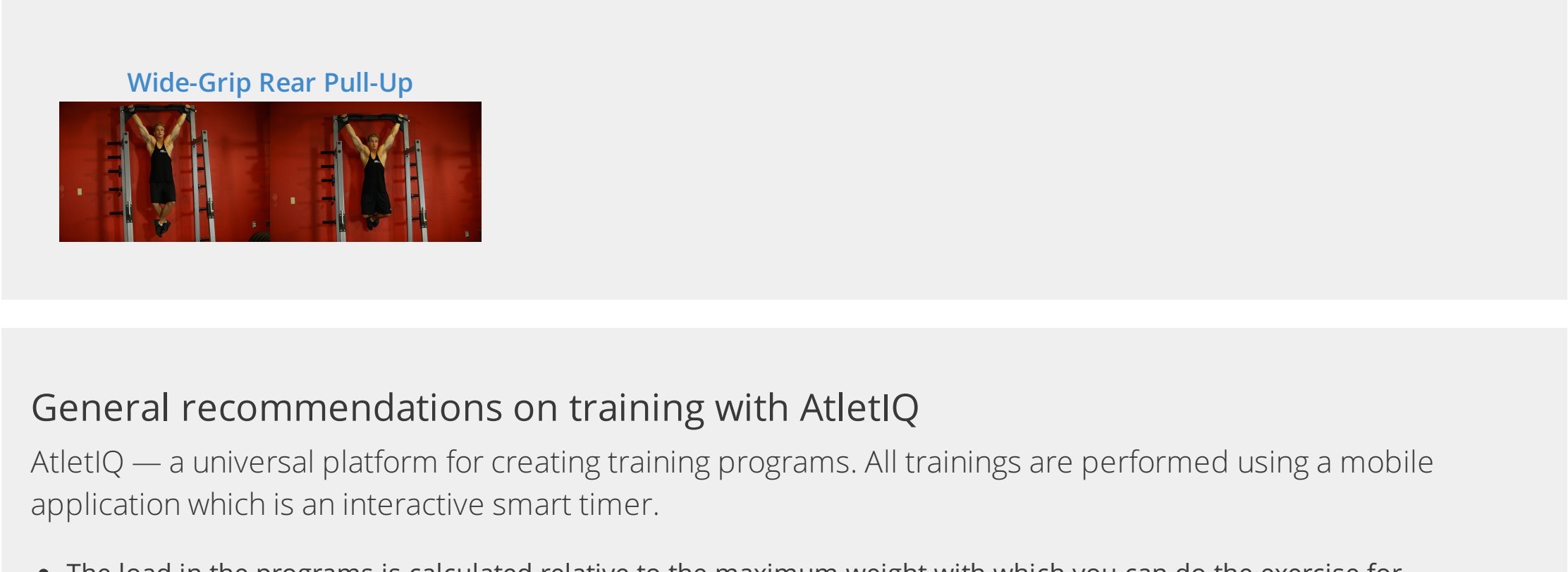
This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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 ⌚ 45 min	Workout #2 ⌚ 42 min	Workout #3 ⌚ 49 min
Barbell Full Squat 4×8 Rest: ⌚ 120 sec very hard	Bent Over Barbell Row 4×10 Rest: ⌚ 90 sec heavy	Barbell Full Squat 4×8 max Rest: ⌚ 130 sec to failure
Barbell Bench Press - Medium Grip 4×8 max Rest: ⌚ 130 sec to failure	Wide-Grip Rear Pull-Up 4×10 max Rest: ⌚ 80 sec to failure	Barbell Bench Press - Medium Grip 4×8 max Rest: ⌚ 90 sec heavy
Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 60 sec heavy	Barbell Curl 4×12 Rest: ⌚ 60 sec heavy	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec very hard
Upright Barbell Row 4×12 Rest: ⌚ 60 sec heavy	Close-Grip Barbell Bench Press 4×10 max Rest: ⌚ 80 sec heavy	Upright Barbell Row 4×12 Rest: ⌚ 90 sec very hard
Alternate Hammer Curl 4×12 Rest: ⌚ 60 sec heavy	Standing Overhead Barbell Triceps Extension 4×12 Rest: ⌚ 60 sec heavy	Alternate Hammer Curl 4×12 Rest: ⌚ 90 sec very hard
🏆 872 scores	🏆 768 scores	🏆 900 scores
Workout #4 ⌚ 50 min	Workout #5 ⌚ 46 min	Workout #6 ⌚ 46 min
Bent Over Barbell Row 4×10 max Rest: ⌚ 110 sec to failure	Barbell Full Squat 4×8 max Rest: ⌚ 90 sec heavy	Bent Over Barbell Row 4×10 max Rest: ⌚ 120 sec very hard
Wide-Grip Rear Pull-Up 4×10 max Rest: ⌚ 80 sec to failure	Barbell Bench Press - Medium Grip 4×8 max Rest: ⌚ 120 sec to failure	Wide-Grip Rear Pull-Up 4×10 max Rest: ⌚ 80 sec to failure
Barbell Curl 4×12 Rest: ⌚ 90 sec very hard	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec very hard	Barbell Curl 4×12 Rest: ⌚ 80 sec very hard
Close-Grip Barbell Bench Press 4×10 max Rest: ⌚ 110 sec to failure	Upright Barbell Row 4×12 Rest: ⌚ 120 sec very hard	Close-Grip Barbell Bench Press 4×10 max Rest: ⌚ 90 sec very hard
Standing Overhead Barbell Triceps Extension 4×12 Rest: ⌚ 90 sec very hard	Alternate Hammer Curl 4×12 Rest: ⌚ 80 sec very hard	Standing Overhead Barbell Triceps Extension 4×12 Rest: ⌚ 80 sec very hard
🏆 926 scores	🏆 861 scores	🏆 788 scores
Workout #7 ⌚ 52 min	Workout #8 ⌚ 52 min	Workout #9 ⌚ 45 min
Barbell Full Squat 4×8 max Rest: ⌚ 120 sec to failure	Bent Over Barbell Row 4×10 max Rest: ⌚ 130 sec to failure	Barbell Full Squat 4×8 max Rest: ⌚ 120 sec very hard
Barbell Bench Press - Medium Grip 4×8 max Rest: ⌚ 120 sec very hard	Wide-Grip Rear Pull-Up 4×10 max Rest: ⌚ 80 sec to failure	Barbell Bench Press - Medium Grip 4×8 max Rest: ⌚ 130 sec to failure
Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 100 sec to failure	Barbell Curl 4×12 Rest: ⌚ 100 sec to failure	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec heavy
Upright Barbell Row 4×12 Rest: ⌚ 110 sec to failure	Close-Grip Barbell Bench Press 4×10 max Rest: ⌚ 120 sec to failure	Upright Barbell Row 4×12 Rest: ⌚ 90 sec heavy
Alternate Hammer Curl 4×12 Rest: ⌚ 100 sec to failure	Standing Overhead Barbell Triceps Extension 4×12 Rest: ⌚ 100 sec to failure	Alternate Hammer Curl 4×12 Rest: ⌚ 60 sec heavy
🏆 970 scores	🏆 950 scores	🏆 872 scores
Workout #10 ⌚ 42 min	Workout #11 ⌚ 49 min	Workout #12 ⌚ 50 min
Bent Over Barbell Row 4×10 max Rest: ⌚ 80 sec heavy	Barbell Full Squat 4×8 max Rest: ⌚ 130 sec to failure	Bent Over Barbell Row 4×10 max Rest: ⌚ 110 sec to failure
Wide-Grip Rear Pull-Up 4×10 max Rest: ⌚ 80 sec to failure	Barbell Bench Press - Medium Grip 4×8 max Rest: ⌚ 90 sec heavy	Wide-Grip Rear Pull-Up 4×10 max Rest: ⌚ 80 sec to failure
Barbell Curl 4×12 Rest: ⌚ 60 sec heavy	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec very hard	Barbell Curl 4×12 Rest: ⌚ 90 sec very hard
Close-Grip Barbell Bench Press 4×10 max Rest: ⌚ 80 sec heavy	Upright Barbell Row 4×12 Rest: ⌚ 90 sec very hard	Close-Grip Barbell Bench Press 4×10 max Rest: ⌚ 110 sec to failure
Standing Overhead Barbell Triceps Extension 4×12 Rest: ⌚ 90 sec heavy	Alternate Hammer Curl 4×12 Rest: ⌚ 90 sec very hard	Standing Overhead Barbell Triceps Extension 4×12 Rest: ⌚ 90 sec very hard
🏆 768 scores	🏆 900 scores	🏆 926 scores

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.

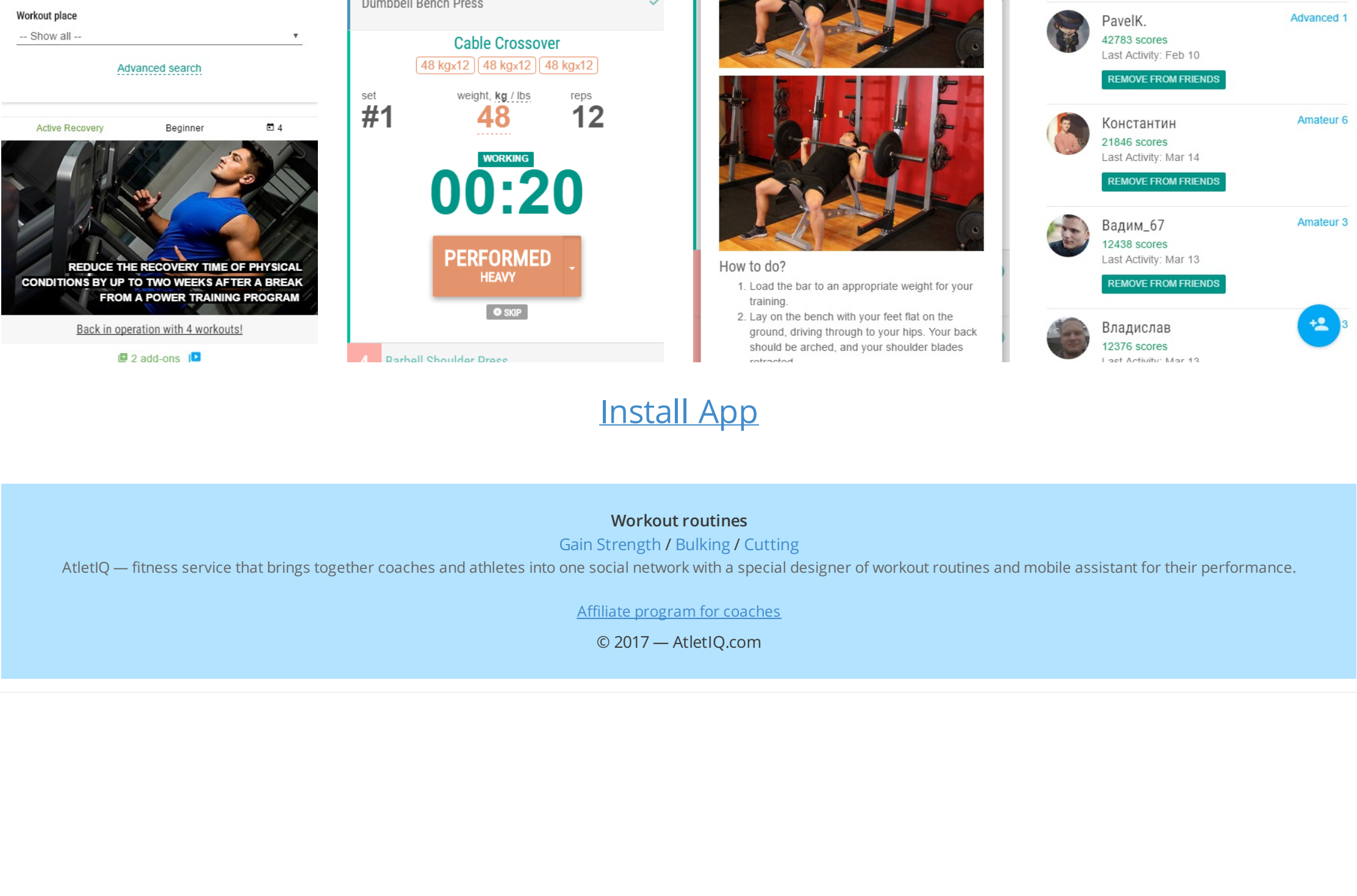
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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.

[Affiliate program for coaches](#)

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