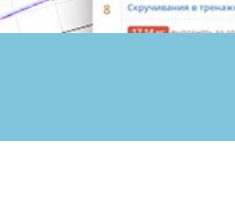


Two-day split for large muscle groups

Muscle growth in conditions of limited time is possible - apply a two-day mass gain split



Intermediate

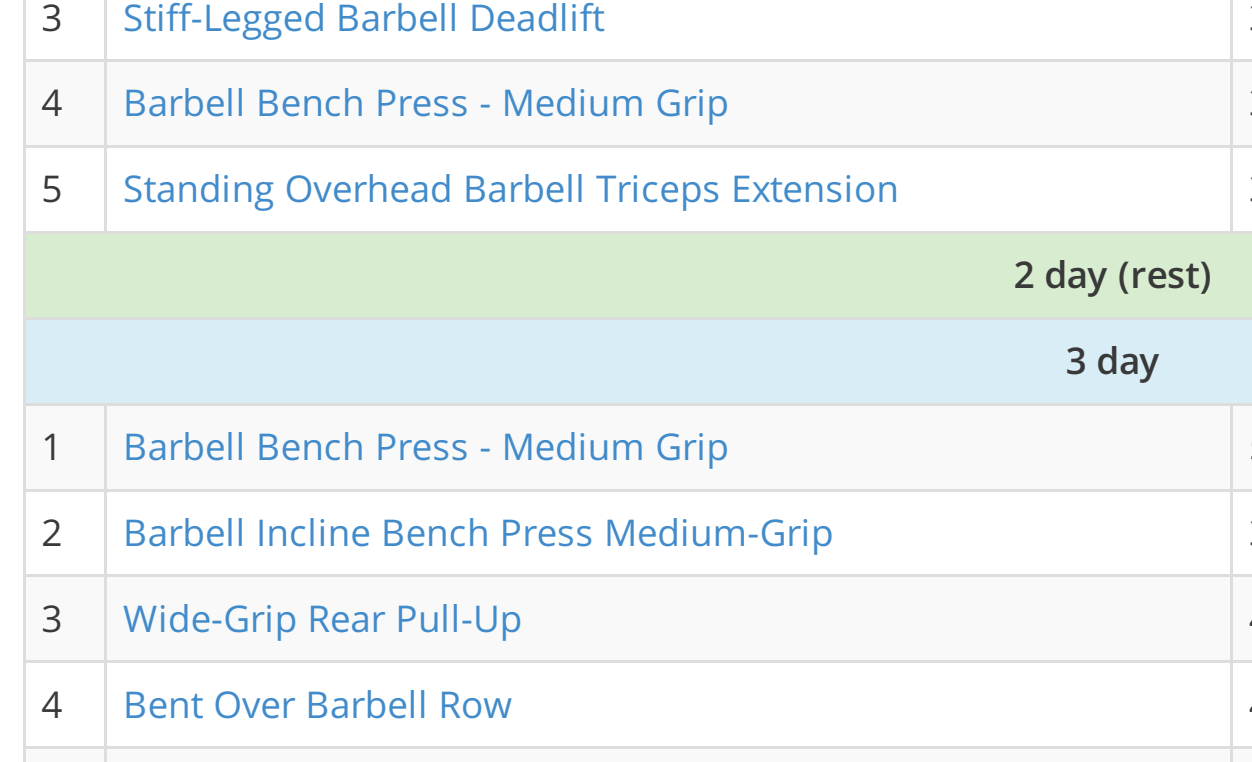
23 days

12 workouts

~46 minutes

The program "Two-day split for large muscle groups" is aimed at athletes with an average level of athletic skill. It is based on the principle of separate training, which allows you to effectively increase power by working with submaximal weights and to grow muscle mass, while having time to recover fully.

<https://atletiq.com/en/programma/dvuhdnevny-split-dlya-bolshih-myshechnyh-grupp.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

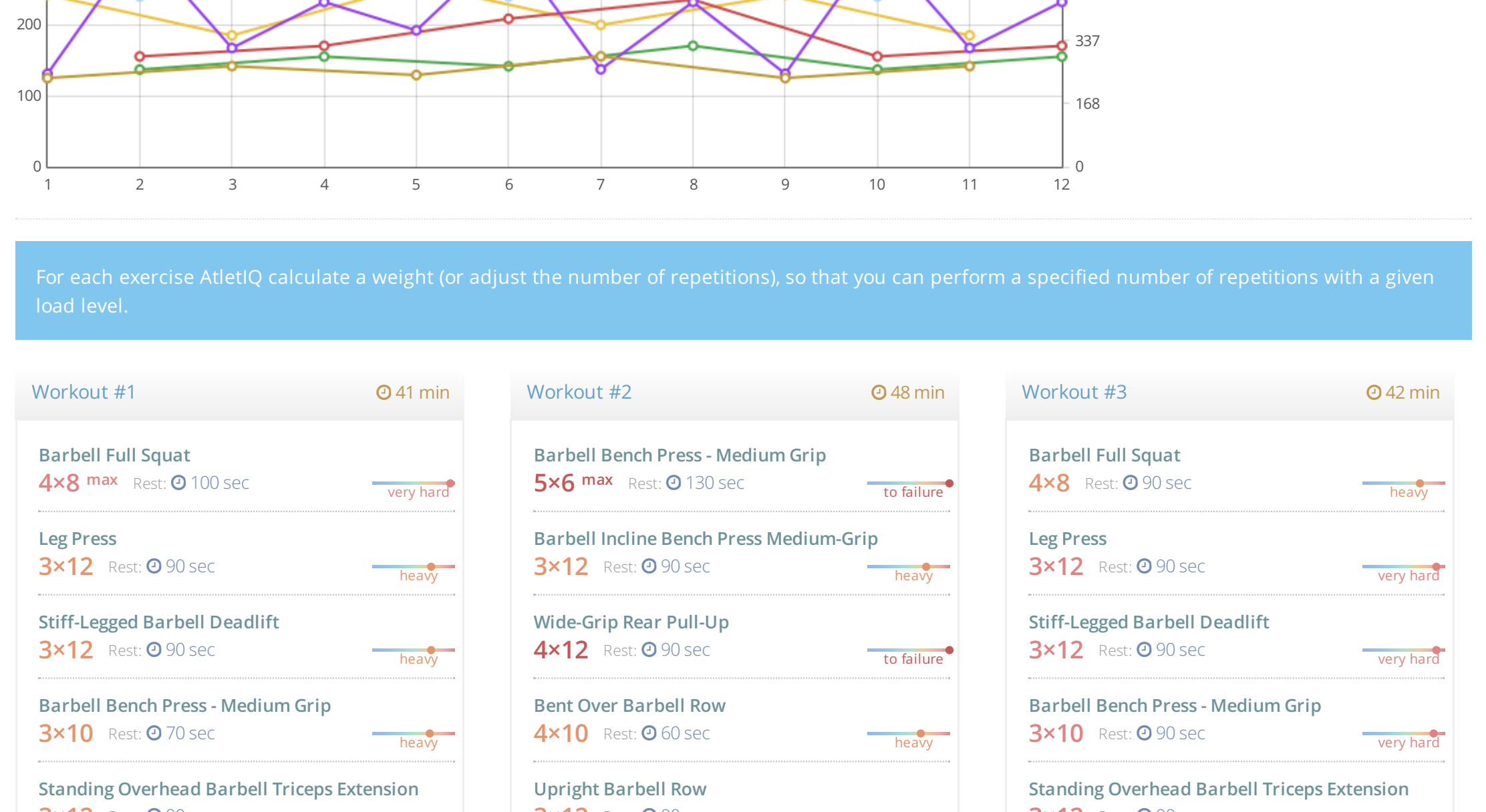
1 «1 месяц» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Leg Press	3	12	⌚ 90-120 sec
3	Stiff-Legged Barbell Deadlift	3	12	⌚ 90-120 sec
4	Barbell Bench Press - Medium Grip	3	10 (+max)	⌚ 70-120 sec
5	Standing Overhead Barbell Triceps Extension	3	12	⌚ 90-120 sec
2 day (rest)				
3 day				
1	Barbell Bench Press - Medium Grip	5	6 (+max)	⌚ 90-130 sec
2	Barbell Incline Bench Press Medium-Grip	3	12	⌚ 90-120 sec
3	Wide-Grip Rear Pull-Up	4	12	⌚ 90 sec
4	Bent Over Barbell Row	4	10 (+max)	⌚ 60-140 sec
5	Upright Barbell Row	3	12	⌚ 90-120 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.

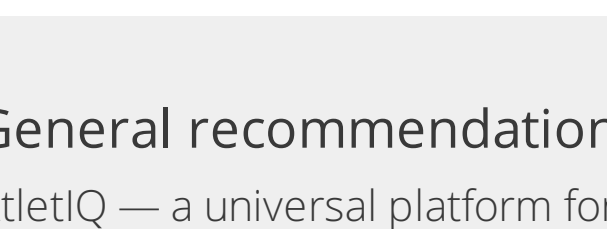


For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

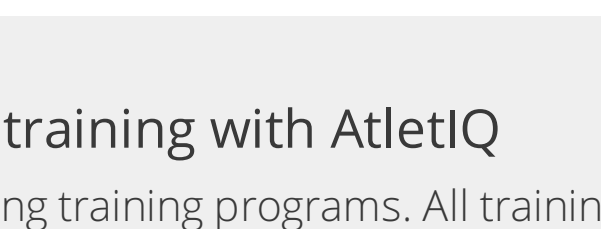
Workout #1 ⌚ 41 min	Workout #2 ⌚ 48 min	Workout #3 ⌚ 42 min
Barbell Full Squat 4×8 max Rest: ⌚ 100 sec very hard	Barbell Bench Press - Medium Grip 5×6 max Rest: ⌚ 130 sec to failure	Barbell Full Squat 4×8 max Rest: ⌚ 90 sec heavy
Leg Press 3×12 Rest: ⌚ 90 sec heavy	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec heavy	Leg Press 3×12 Rest: ⌚ 90 sec very hard
Stiff-Legged Barbell Deadlift 3×12 Rest: ⌚ 90 sec heavy	Wide-Grip Rear Pull-Up 4×12 Rest: ⌚ 90 sec to failure	Stiff-Legged Barbell Deadlift 3×12 Rest: ⌚ 90 sec very hard
Barbell Bench Press - Medium Grip 3×10 Rest: ⌚ 70 sec heavy	Bent Over Barbell Row 4×10 Rest: ⌚ 60 sec heavy	Barbell Bench Press - Medium Grip 3×10 Rest: ⌚ 90 sec very hard
Standing Overhead Barbell Triceps Extension 3×12 Rest: ⌚ 90 sec heavy	Upright Barbell Row 3×12 Rest: ⌚ 90 sec heavy	Standing Overhead Barbell Triceps Extension 3×12 Rest: ⌚ 90 sec very hard
683 scores	966 scores	703 scores
Workout #4 ⌚ 45 min	Workout #5 ⌚ 46 min	Workout #6 ⌚ 50 min
Barbell Bench Press - Medium Grip 5×6 max Rest: ⌚ 90 sec heavy	Barbell Full Squat 4×8 max Rest: ⌚ 130 sec to failure	Barbell Bench Press - Medium Grip 5×6 max Rest: ⌚ 90 sec to failure
Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec very hard	Leg Press 3×12 Rest: ⌚ 90 sec very hard	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec very hard
Wide-Grip Rear Pull-Up 4×12 Rest: ⌚ 90 sec to failure	Stiff-Legged Barbell Deadlift 3×12 Rest: ⌚ 90 sec very hard	Wide-Grip Rear Pull-Up 4×12 Rest: ⌚ 90 sec to failure
Bent Over Barbell Row 4×10 Rest: ⌚ 75 sec very hard	Barbell Bench Press - Medium Grip 3×10 max Rest: ⌚ 120 sec to failure	Bent Over Barbell Row 4×10 Rest: ⌚ 70 sec very hard
Upright Barbell Row 3×12 Rest: ⌚ 90 sec very hard	Standing Overhead Barbell Triceps Extension 3×12 Rest: ⌚ 90 sec very hard	Upright Barbell Row 3×12 Rest: ⌚ 90 sec very hard
933 scores	769 scores	1027 scores
Workout #7 ⌚ 46 min	Workout #8 ⌚ 53 min	Workout #9 ⌚ 41 min
Barbell Full Squat 4×8 max Rest: ⌚ 90 sec very hard	Barbell Bench Press - Medium Grip 5×6 max Rest: ⌚ 100 sec heavy	Barbell Full Squat 4×8 max Rest: ⌚ 100 sec very hard
Leg Press 3×12 Rest: ⌚ 120 sec to failure	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 120 sec to failure	Leg Press 3×12 Rest: ⌚ 90 sec heavy
Stiff-Legged Barbell Deadlift 3×12 Rest: ⌚ 120 sec to failure	Wide-Grip Rear Pull-Up 4×12 Rest: ⌚ 90 sec to failure	Stiff-Legged Barbell Deadlift 3×12 Rest: ⌚ 90 sec heavy
Barbell Bench Press - Medium Grip 3×10 Rest: ⌚ 90 sec very hard	Bent Over Barbell Row 4×10 max Rest: ⌚ 140 sec to failure	Barbell Bench Press - Medium Grip 3×10 Rest: ⌚ 70 sec heavy
Standing Overhead Barbell Triceps Extension 3×12 Rest: ⌚ 120 sec to failure	Upright Barbell Row 3×12 Rest: ⌚ 120 sec to failure	Standing Overhead Barbell Triceps Extension 3×12 Rest: ⌚ 90 sec heavy
722 scores	1026 scores	683 scores
Workout #10 ⌚ 48 min	Workout #11 ⌚ 42 min	Workout #12 ⌚ 45 min
Barbell Bench Press - Medium Grip 5×6 max Rest: ⌚ 130 sec to failure	Barbell Full Squat 4×8 max Rest: ⌚ 90 sec heavy	Barbell Bench Press - Medium Grip 5×6 max Rest: ⌚ 90 sec heavy
Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec heavy	Leg Press 3×12 Rest: ⌚ 90 sec very hard	Barbell Incline Bench Press Medium-Grip 3×12 Rest: ⌚ 90 sec very hard
Wide-Grip Rear Pull-Up 4×12 Rest: ⌚ 90 sec to failure	Stiff-Legged Barbell Deadlift 3×12 Rest: ⌚ 90 sec very hard	Wide-Grip Rear Pull-Up 4×12 Rest: ⌚ 90 sec to failure
Bent Over Barbell Row 4×10 Rest: ⌚ 90 sec heavy	Barbell Bench Press - Medium Grip 3×10 Rest: ⌚ 90 sec very hard	Bent Over Barbell Row 4×10 Rest: ⌚ 75 sec very hard
Upright Barbell Row 3×12 Rest: ⌚ 90 sec heavy	Standing Overhead Barbell Triceps Extension 3×12 Rest: ⌚ 90 sec very hard	Upright Barbell Row 3×12 Rest: ⌚ 90 sec very hard
966 scores	703 scores	933 scores

Directory of the exercises

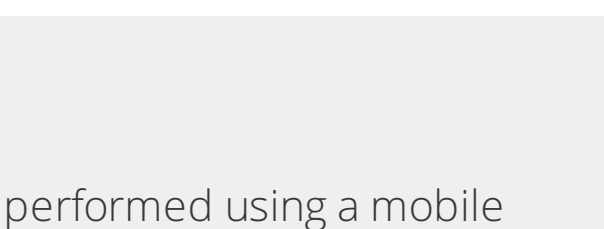
Stiff-Legged Barbell Deadlift



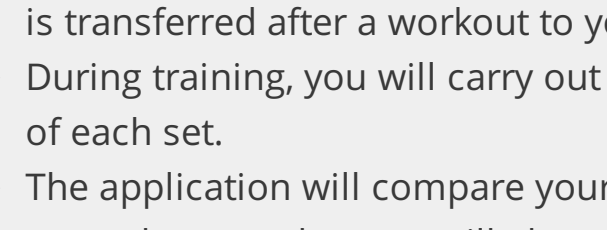
Barbell Bench Press - Medium Grip



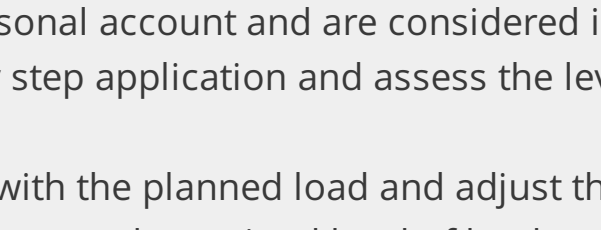
Barbell Full Squat



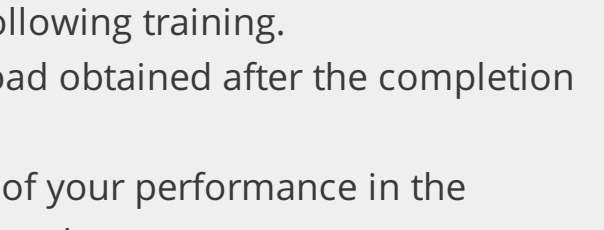
Barbell Incline Bench Press Medium-Grip



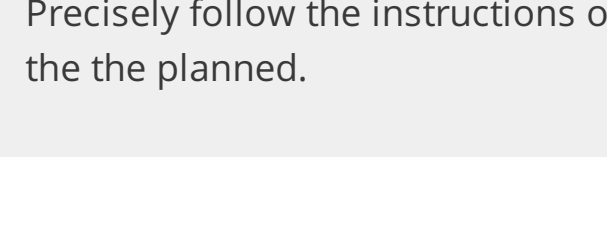
Bent Over Barbell Row



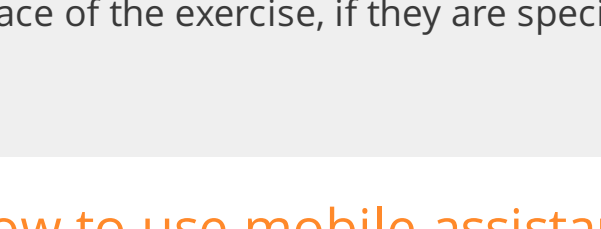
Leg Press



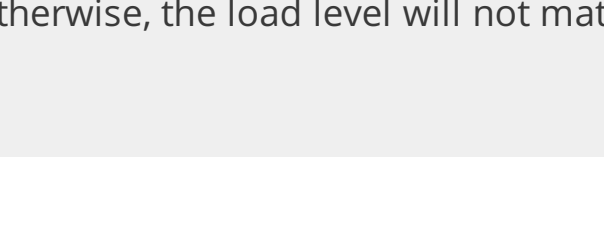
Standing Overhead Barbell Triceps Extension



Upright Barbell Row



Wide-Grip Rear Pull-Up



General recommendations on training with AtletIQ

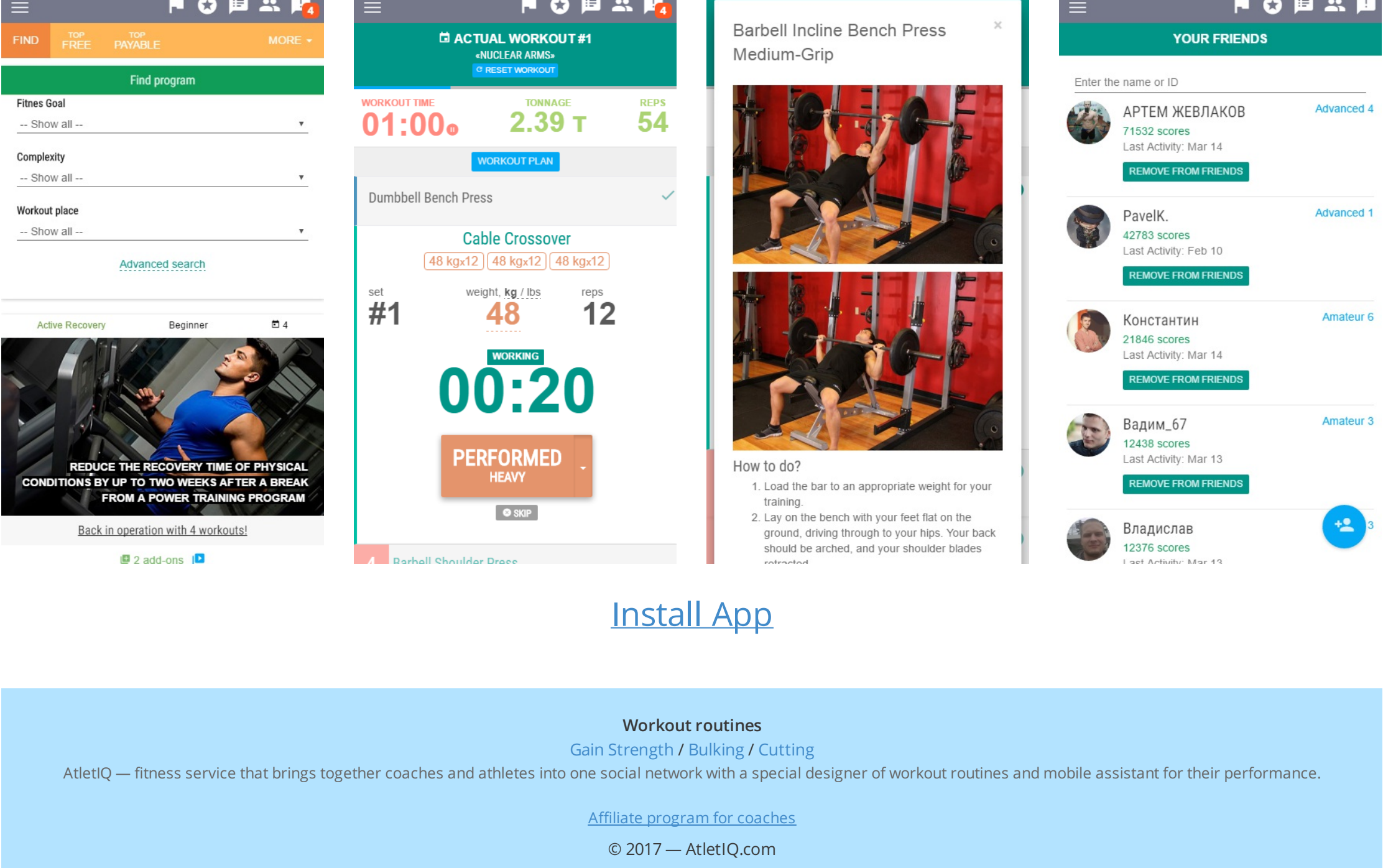
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive timer.

- 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 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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