

Rapid growth of muscles is possible! Only 1 month of powerful training!

Intermediate

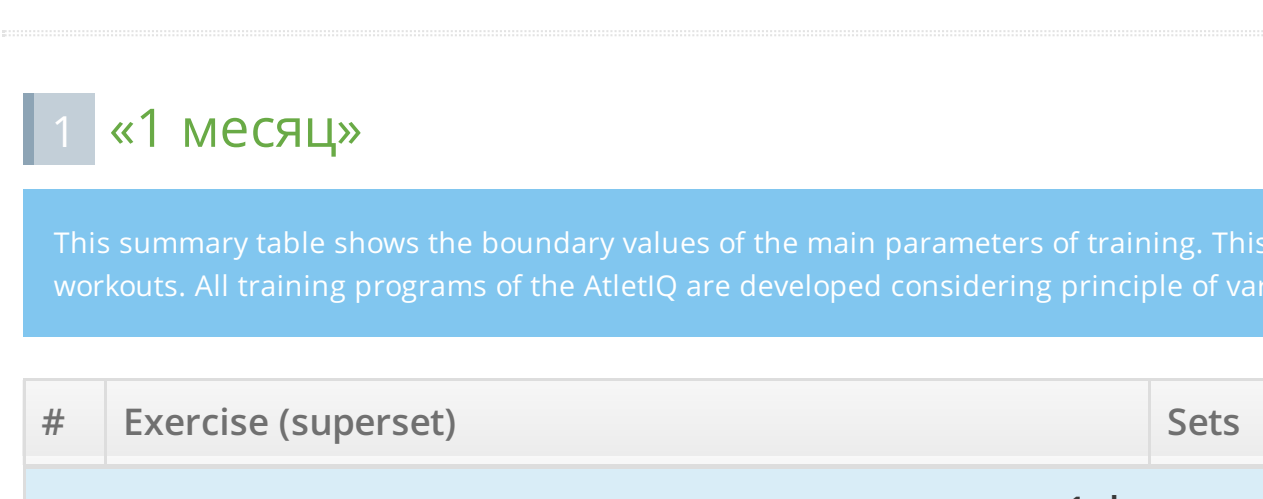
39 days

12 workouts

~58 minutes

Fullbody-style training that perfectly fits into the training plan of the experienced natural "lifter" as a temporary "contrast" to the split-schemes. Accelerate training progress with an effective complex for the simultaneous development of all major muscle groups!

<https://atletiq.com/en/programma/fullbody-plus.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: 39	Amount of training days: 12	Rest days: 27
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.				

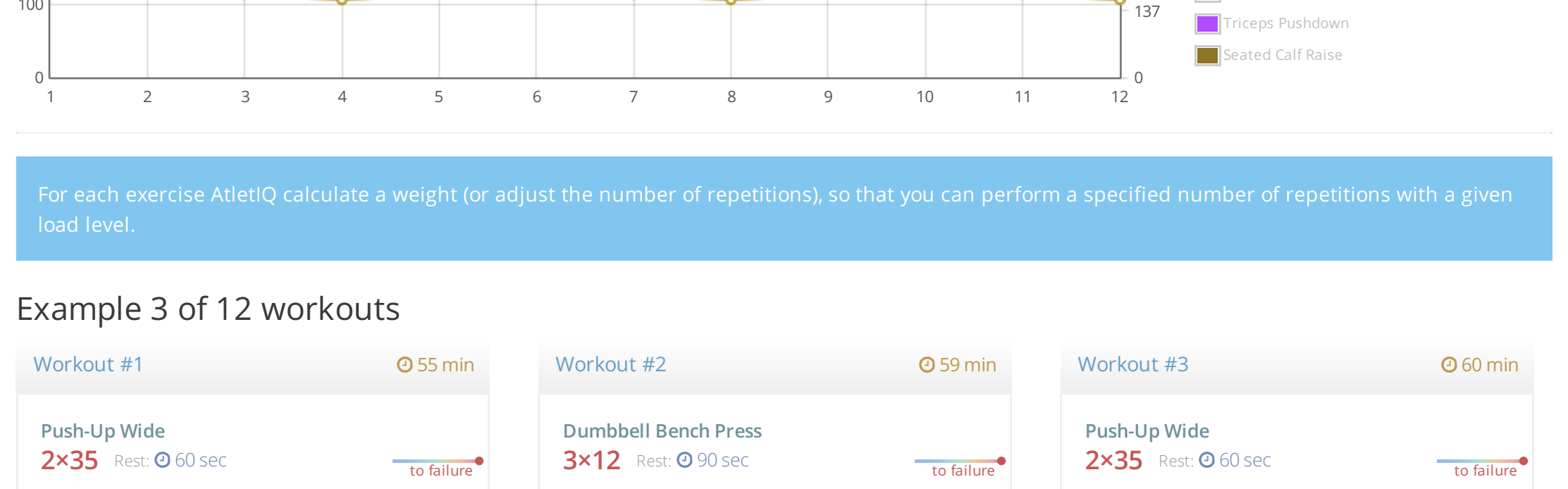
#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
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1 day				
1	Push-Up Wide	2	35	⌚ 60 sec
2	Barbell Full Squat	2-3	10-12 (+max)	⌚ 180 sec
3	Seated Calf Raise	2	15-20	⌚ 60 sec

⚠ Level «Advanced 1» is required or you can pay 120 points / [what is it?](#)
🟢 Allowed for status «VIP»

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 ⌚ 55 min

Push-Up Wide
2×35 Rest: ⌚ 60 sec to failure

Barbell Full Squat
2×10 max Rest: ⌚ 180 sec to failure

Seated Calf Raise
2×15 Rest: ⌚ 60 sec to failure

Dips - Chest Version
2×12 Rest: ⌚ 90 sec to failure

Barbell Bench Press - Medium Grip
2×8 max Rest: ⌚ 140 sec to failure

Dumbbell Shoulder Press
2×10 max Rest: ⌚ 90 sec to failure

Wide-Grip Pulldown Behind The Neck
2×10 max Rest: ⌚ 90 sec to failure

Close-Grip EZ Bar Curl
2×9 max Rest: ⌚ 100 sec to failure

🏆 839 scores

Workout #2 ⌚ 59 min

Dumbbell Bench Press
3×12 Rest: ⌚ 90 sec to failure

Barbell Incline Bench Press Medium-Grip
2×8 max Rest: ⌚ 150 sec to failure

Leg Press
2×10 max Rest: ⌚ 150 sec to failure

Lying T-Bar Row
2×10 max Rest: ⌚ 90 sec to failure

Bent Over Barbell Row
2×10 max Rest: ⌚ 110 sec to failure

Triceps Pushdown
2×12 Rest: ⌚ 80 sec to failure

Chin-Up
2×7 max Rest: ⌚ 90 sec to failure

Decline Crunch
3×10 max Rest: ⌚ 90 sec to failure

🏆 878 scores

Workout #3 ⌚ 60 min

Push-Up Wide
2×35 Rest: ⌚ 60 sec to failure

Barbell Full Squat
3×12 Rest: ⌚ 180 sec to failure

Seated Calf Raise
2×20 Rest: ⌚ 60 sec to failure

Dips - Chest Version
2×10 max Rest: ⌚ 90 sec to failure

Barbell Bench Press - Medium Grip
2×12 Rest: ⌚ 140 sec to failure

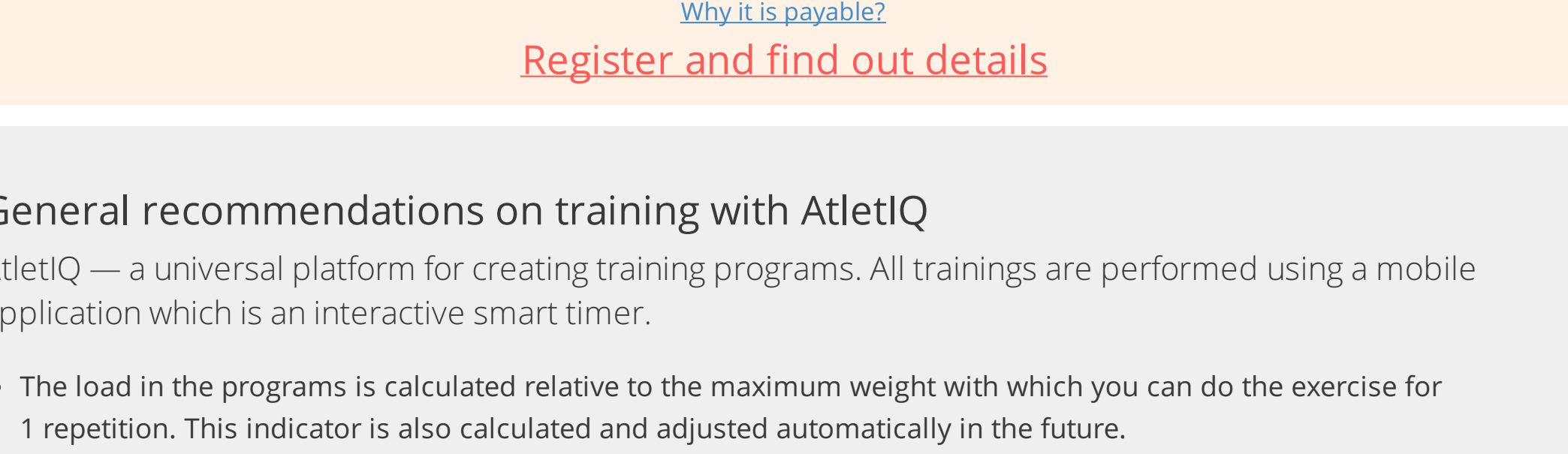
Dumbbell Shoulder Press
2×12 Rest: ⌚ 90 sec to failure

Wide-Grip Pulldown Behind The Neck
3×12 Rest: ⌚ 90 sec to failure

Close-Grip EZ Bar Curl
2×12 Rest: ⌚ 100 sec to failure

🏆 901 scores

Directory of the exercises



The price of the full version 6 usd

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

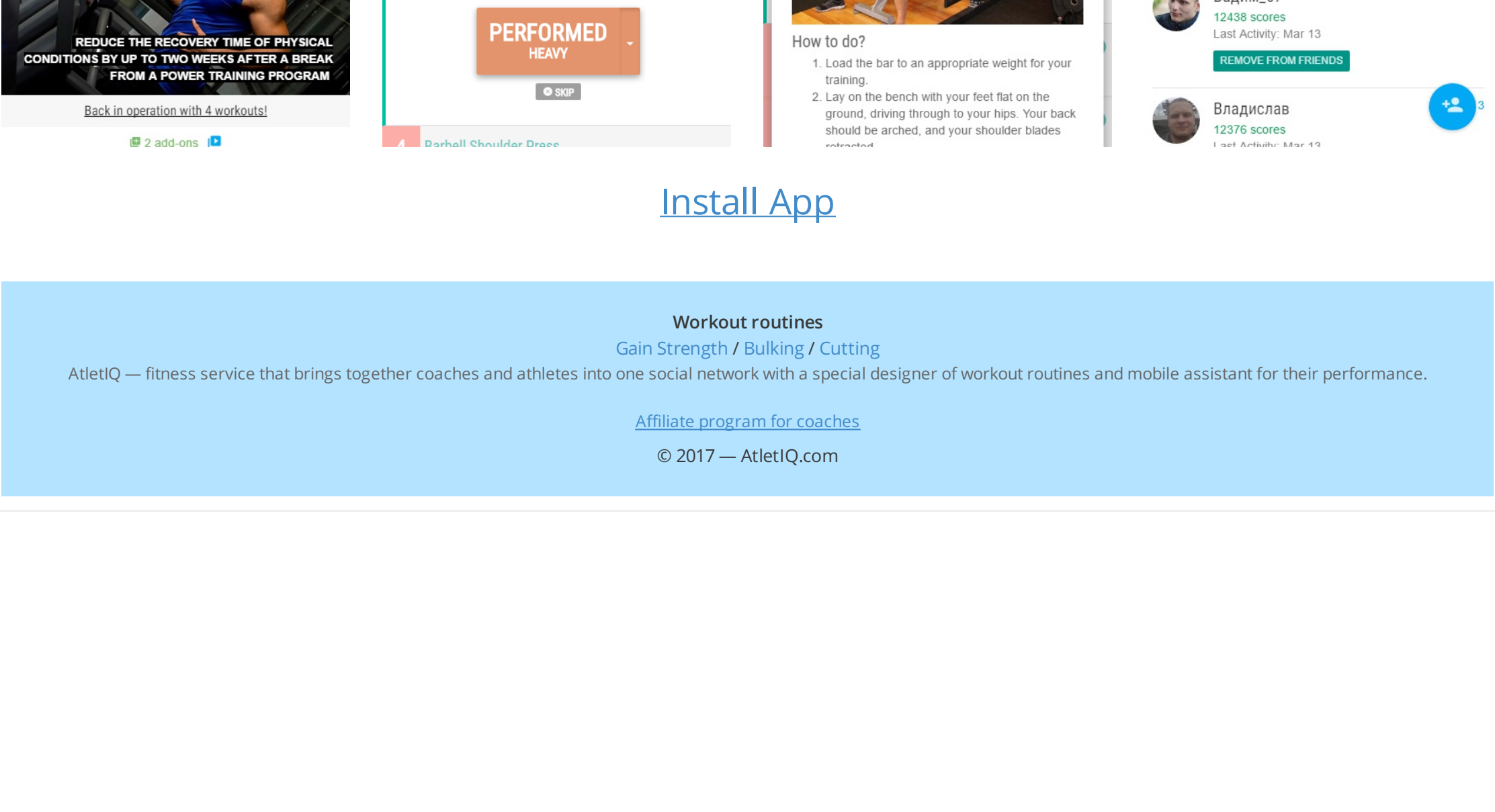
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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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