Build more muscle without leaving your home!

54 min | 24 sets | ~60 reps

The same balanced training package for training is available for dumbbell and your own weight. Keep yourself in shape, develop endurance and increase muscle volume without leaving your home!

https://athlean.com/programs/devil-s-dozen

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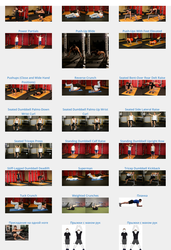
The hypertrophy of dumbbell training has a very specific purpose and is very different than strength training or muscle endurance.

Hypertrophy training is tricky in many aspects. It is very specific in the rep range, the rest periods, the sets, the exercises to perform and the set structure. Hypertrophy training is also very specific in the amount of time under tension and the amount of total volume. Hypertrophy training is also very specific in the amount of time between sets and even in the exercises chosen. Hypertrophy training is very specific in the amount of total volume and even in the amount of time between workouts. Hypertrophy training is very specific in the amount of total volume per week per muscle group. Everything is very specific in hypertrophy training. Dumbbells are very specific in hypertrophy training because they are very versatile and they allow you to perform a wide variety of exercises. Dumbbells are also very specific because they force you to use your muscles in a specific way. Dumbbells are also very specific because they force you to use your muscles in a specific way. Dumbbells are also very specific because they force you to use your muscles in a specific way



Рекомендации по тренировке

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General recommendations on training with AbbIQ

AbbIQ — a universal platform for creating training programs. All trainings are performed using a mobile application and in personalized mode.

Training with the personalized approach

- Each exercise is individually adjusted in relation 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 run on the special training form, data will be synchronized with the server when the Internet connection appears (in the settings).
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The program will compare your scores 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 for failure, take care of the presence of helper.
- The load is calculated for the week, so you can do workouts in any convenient for you sequence with the duration of the week.
- Pay close attention to what is the time, 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 program designer AbbIQ 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. Keep one set of application features.

Workouts
Exercises
Settings
Exercises
Bench Press
Dumbbell Bench Press
Incline Bench Press
Decline Bench Press
Chest Fly
Dumbbell Fly
Cable Crossover
Pec Deck
Push Ups
Dips
Workout
Bench Press
Dumbbell Bench Press
Incline Bench Press
Decline Bench Press
Chest Fly
Dumbbell Fly
Cable Crossover
Pec Deck
Push Ups
Dips