

Two-week hybrid training - a powerful and rapid breakthrough to the mass

Intermediate

15 days

8 workouts

~63 minutes

Mass, strength or muscle relief? From now on you will not face the complexities of choice. Here it is a universal hybrid training program with which you can work on training goals simultaneously.

<https://atletiq.com/en/programms/511>



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: 15 Amount of training days: 8 Rest days: 7

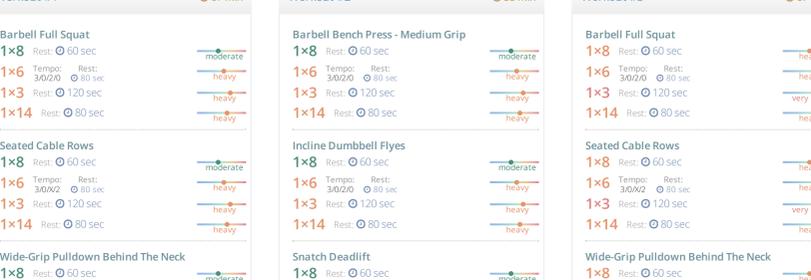
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Full Squat	4	3-14	⌚ 60-120 sec
2	Seated Cable Rows	4	3-14	⌚ 60-120 sec
3	Wide-Grip Pulldown Behind The Neck	4	3-14	⌚ 60-120 sec

▲ Level «Advanced 1» is required or you can pay 400 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 8 workouts

Workout #1 ⌚ 67 min

Barbell Full Squat
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Seated Cable Rows
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Alternate Incline Dumbbell Curl
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x10 Rest: ⌚ 80 sec (heavy)

Tricep Dumbbell Kickback
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x4 Rest: ⌚ 120 sec (heavy)
 1x10 Rest: ⌚ 80 sec (heavy)

Preacher Curl
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x10 Rest: ⌚ 80 sec (heavy)

Triceps Pushdown
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

👉 832 scores

Workout #2 ⌚ 58 min

Barbell Bench Press - Medium Grip
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Incline Dumbbell Flies
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Snatch Deadlift
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x12 Rest: ⌚ 80 sec (heavy)

Upright Barbell Row
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Standing Military Press
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

Seated Side Lateral Raise
 1x8 Rest: ⌚ 60 sec (moderate)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (heavy)
 1x14 Rest: ⌚ 80 sec (heavy)

👉 986 scores

Workout #3 ⌚ 67 min

Barbell Full Squat
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (very hard)
 1x14 Rest: ⌚ 80 sec (heavy)

Seated Cable Rows
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (very hard)
 1x14 Rest: ⌚ 80 sec (heavy)

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (very hard)
 1x14 Rest: ⌚ 80 sec (heavy)

Alternate Incline Dumbbell Curl
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Rest: ⌚ 80 sec (heavy)
 1x6 Rest: ⌚ 120 sec (very hard)
 1x10 Rest: ⌚ 80 sec (heavy)

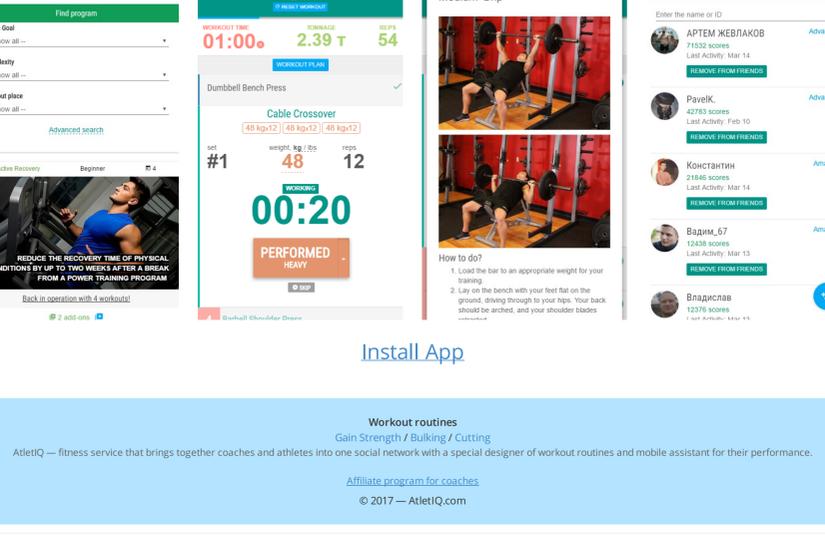
Tricep Dumbbell Kickback
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x4 Rest: ⌚ 120 sec (very hard)
 1x10 Rest: ⌚ 80 sec (heavy)

Preacher Curl
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (very hard)
 1x10 Rest: ⌚ 80 sec (heavy)

Triceps Pushdown
 1x8 Rest: ⌚ 60 sec (heavy)
 1x6 Tempo: 30/20 Rest: ⌚ 80 sec (heavy)
 1x3 Rest: ⌚ 120 sec (very hard)
 1x14 Rest: ⌚ 80 sec (heavy)

👉 934 scores

Directory of the exercises



The price of the full version 20 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 be scheduled 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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