

Increase the intensity and boost muscle growth in two weeks with this program using cluster sets

Intermediate

13 days

8 workouts

~43 minutes

Do you shuffle the brutally intense training and short intervals of easy work?
Change the outmoded style of training for the cluster program! No more violence over your own nervous system, divide your sets into a series of ultra-short "clusters" and get your guarantee of growth.

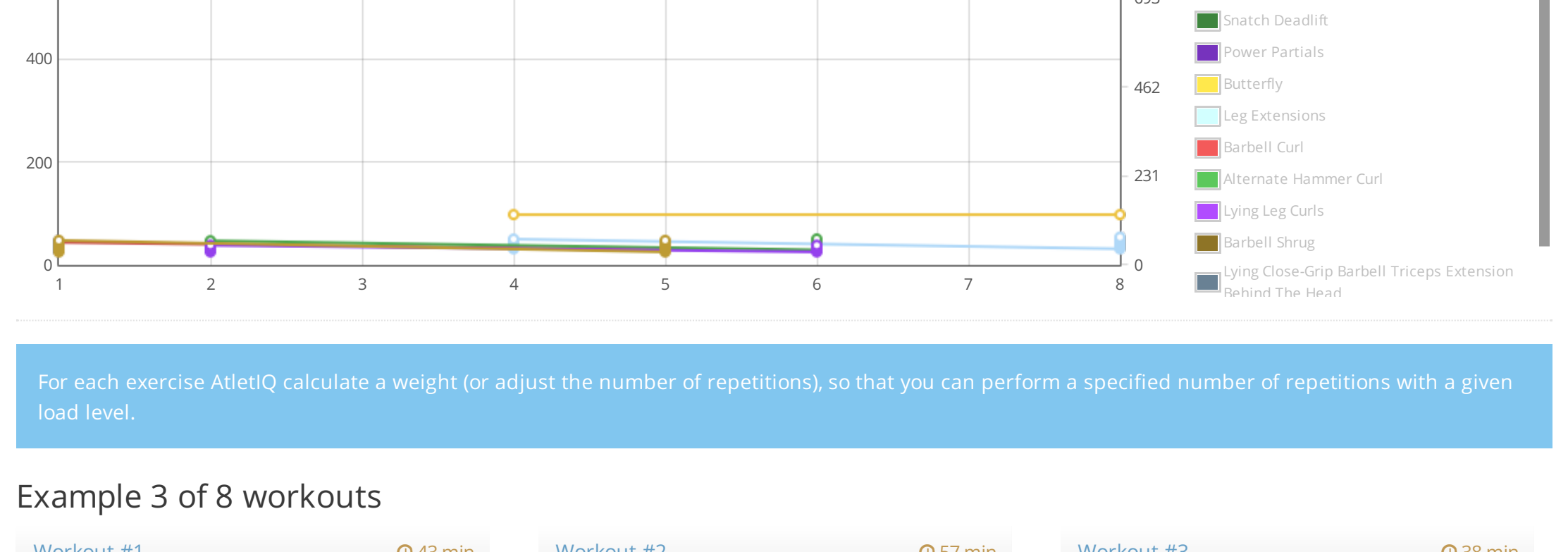
<https://atletiq.com/en/programms/567>

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Bench Press - Medium Grip	10	4	⌚ 15-60 sec
2	Incline Dumbbell Press	6	6	⌚ 15-60 sec
3	Butterfly	6	6	⌚ 15-60 sec

⚠ Level «Amateur 5» 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 8 workouts

Workout #1 ⌚ 43 min

Barbell Bench Press - Medium Grip

1x4 Rest: ⌚ 15 sec
1x4 Rest: ⌚ 20 sec
2x4 Rest: ⌚ 40 sec
1x4 Rest: ⌚ 60 sec
1x4 Rest: ⌚ 60 sec
1x4 Rest: ⌚ 60 sec
1x4 Rest: ⌚ 60 sec

Incline Dumbbell Press

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

Butterfly

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

Lying Close-Grip Barbell Triceps Extension Behind The Head

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

Standing Dumbbell Triceps Extension

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

941 scores

Workout #2 ⌚ 57 min

Snatch Deadlift

1x3 Rest: ⌚ 40 sec
1x3 Rest: ⌚ 50 sec
1x3 Rest: ⌚ 60 sec
1x3 Rest: ⌚ 70 sec
1x3 Rest: ⌚ 80 sec
1x3 Rest: ⌚ 90 sec
1x3 Rest: ⌚ 100 sec
1x3 Rest: ⌚ 110 sec

Bent Over Barbell Row

1x5 Rest: ⌚ 40 sec
1x5 Rest: ⌚ 50 sec
1x5 Rest: ⌚ 60 sec
1x5 Rest: ⌚ 70 sec
1x5 Rest: ⌚ 80 sec
1x5 Rest: ⌚ 90 sec
1x5 Rest: ⌚ 100 sec
1x5 Rest: ⌚ 110 sec

Wide-Grip Lat Pulldown

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

Barbell Curl

1x5 Rest: ⌚ 40 sec
1x5 Rest: ⌚ 50 sec
1x5 Rest: ⌚ 60 sec
1x5 Rest: ⌚ 70 sec
1x5 Rest: ⌚ 80 sec
1x5 Rest: ⌚ 90 sec
1x5 Rest: ⌚ 100 sec
1x5 Rest: ⌚ 110 sec

Alternate Hammer Curl

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec

1086 scores

Workout #3 ⌚ 38 min

Standing Military Press

1x4 Rest: ⌚ 15 sec
1x4 Rest: ⌚ 20 sec
2x4 Rest: ⌚ 40 sec
1x4 Rest: ⌚ 60 sec
1x4 Rest: ⌚ 60 sec
1x4 Rest: ⌚ 60 sec

Arnold Dumbbell Press

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

Power Partial

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 20 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 40 sec
1x6 Rest: ⌚ 50 sec
1x6 Rest: ⌚ 60 sec

Barbell Shrug

1x6 Rest: ⌚ 15 sec
1x6 Rest: ⌚ 18 sec
1x6 Rest: ⌚ 22 sec
1x6 Rest: ⌚ 26 sec
1x6 Rest: ⌚ 30 sec
1x6 Rest: ⌚ 34 sec
1x6 Rest: ⌚ 38 sec
1x6 Rest: ⌚ 42 sec
1x6 Rest: ⌚ 46 sec
1x6 Rest: ⌚ 50 sec

917 scores

Directory of the exercises

Alternate Hammer Curl

Arnold Dumbbell Press

Barbell Bench Press - Medium Grip

Barbell Curl

Barbell Full Squat

Barbell Shrug

The price of the full version 6 use

[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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Barbell Incline Bench Press Medium-Grip

How to do?
1. Load the bar to an appropriate weight for your training.
2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades retracted.

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