



VOLUME RECORD

МЫШЕЧНЫЕ ОБЪЕМЫ
XXXL КЛАССА



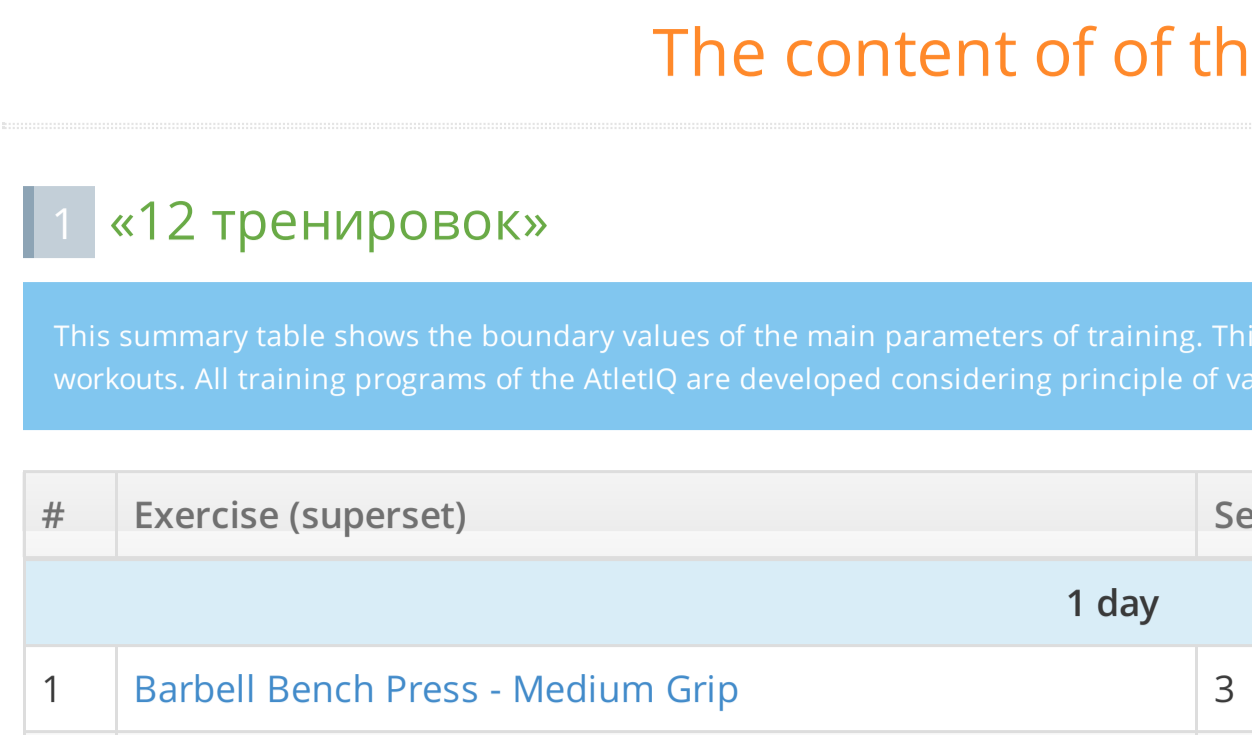
Intermediate

23 days

12 workouts

~42 minutes

<https://atletiq.com/en/programms/769>



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 «12 тренировок»

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 Bench Press - Medium Grip	3	6-8	⌚ 75-110 sec
2	Dumbbell Bench Press	2	Max	⌚ 100 sec
3	Dumbbell Flies	2	Max	⌚ 80 sec
4	Pullups	3	6-8	⌚ 75-110 sec
5	Bent Over Two-Arm Long Bar Row	2	Max	⌚ 100 sec
6	One-Arm Dumbbell Row	2	Max	⌚ 80 sec
2 day (rest)				
3 day				
1	Standing Military Press	3	6-8	⌚ 75-110 sec
2	Dumbbell Shoulder Press	2	Max	⌚ 100 sec
3	Lying Rear Delt Raise	2	Max	⌚ 80 sec
4	Barbell Full Squat	3	6-8	⌚ 75-110 sec
5	Dumbbell Rear Lunge	2	Max	⌚ 100 sec
6	Lying Leg Curls	2	Max	⌚ 80 sec
4 day (rest)				
5 day				
1	Barbell Curl	3	6-8	⌚ 75-110 sec
2	Alternate Hammer Curl	2	Max	⌚ 100 sec
3	Standing Biceps Cable Curl	2	Max	⌚ 80 sec
4	Close-Grip Barbell Bench Press	3	6-8	⌚ 75-110 sec
5	Dips - Triceps Version	2	Max	⌚ 100 sec
6	Dumbbell One-Arm Triceps Extension	2	Max	⌚ 80 sec
6 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 ⌚ 044 min

- Barbell Bench Press - Medium Grip 3x6 Rest: ⌚ 110 sec heavy
- Dumbbell Bench Press 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell Flies 2x12 max Rest: ⌚ 80 sec to failure
- Pullups 3x6 Rest: ⌚ 110 sec heavy
- Bent Over Two-Arm Long Bar Row 2x8 max Rest: ⌚ 100 sec to failure
- One-Arm Dumbbell Row 2x12 max Rest: ⌚ 80 sec to failure

> 2.95 T 👍 646 scores 🔥 460 kcal

Workout #2 ⌚ 044 min

- Standing Military Press 3x6 Rest: ⌚ 110 sec heavy
- Dumbbell Shoulder Press 2x8 max Rest: ⌚ 100 sec to failure
- Lying Rear Delt Raise 2x12 max Rest: ⌚ 80 sec to failure
- Barbell Full Squat 3x6 Rest: ⌚ 110 sec heavy
- Dumbbell Rear Lunge 2x8 max Rest: ⌚ 100 sec to failure
- Lying Leg Curls 2x12 max Rest: ⌚ 80 sec to failure

> 3.57 T 👍 620 scores 🔥 450 kcal

Workout #3 ⌚ 044 min

- Barbell Curl 3x6 Rest: ⌚ 110 sec heavy
- Alternate Hammer Curl 2x8 max Rest: ⌚ 100 sec to failure
- Standing Biceps Cable Curl 2x12 max Rest: ⌚ 80 sec to failure
- Close-Grip Barbell Bench Press 3x6 Rest: ⌚ 110 sec heavy
- Dips - Triceps Version 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell One-Arm Triceps Extension 2x12 max Rest: ⌚ 80 sec to failure

> 2.27 T 👍 456 scores 🔥 330 kcal

Workout #4 ⌚ 040 min

- Barbell Bench Press - Medium Grip 3x8 Rest: ⌚ 75 sec heavy
- Dumbbell Bench Press 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell Flies 2x12 max Rest: ⌚ 80 sec to failure
- Pullups 3x8 Rest: ⌚ 75 sec heavy
- Bent Over Two-Arm Long Bar Row 2x8 max Rest: ⌚ 100 sec to failure
- One-Arm Dumbbell Row 2x12 max Rest: ⌚ 80 sec to failure

> 3.28 T 👍 676 scores 🔥 490 kcal

Workout #5 ⌚ 040 min

- Standing Military Press 3x8 Rest: ⌚ 75 sec heavy
- Dumbbell Shoulder Press 2x8 max Rest: ⌚ 100 sec to failure
- Lying Rear Delt Raise 2x12 max Rest: ⌚ 80 sec to failure
- Barbell Full Squat 3x8 Rest: ⌚ 75 sec heavy
- Dumbbell Rear Lunge 2x8 max Rest: ⌚ 100 sec to failure
- Lying Leg Curls 2x12 max Rest: ⌚ 80 sec to failure

> 4.07 T 👍 651 scores 🔥 470 kcal

Workout #6 ⌚ 040 min

- Barbell Curl 3x8 Rest: ⌚ 75 sec heavy
- Alternate Hammer Curl 2x8 max Rest: ⌚ 100 sec to failure
- Standing Biceps Cable Curl 2x12 max Rest: ⌚ 80 sec to failure
- Close-Grip Barbell Bench Press 3x8 Rest: ⌚ 75 sec heavy
- Dips - Triceps Version 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell One-Arm Triceps Extension 2x12 max Rest: ⌚ 80 sec to failure

> 2.63 T 👍 477 scores 🔥 340 kcal

Workout #7 ⌚ 042 min

- Barbell Bench Press - Medium Grip 3x6 Rest: ⌚ 90 sec heavy
- Dumbbell Bench Press 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell Flies 2x12 max Rest: ⌚ 80 sec to failure
- Pullups 3x6 Rest: ⌚ 90 sec heavy
- Bent Over Two-Arm Long Bar Row 2x8 max Rest: ⌚ 100 sec to failure
- One-Arm Dumbbell Row 2x12 max Rest: ⌚ 80 sec to failure

> 3 T 👍 665 scores 🔥 480 kcal

Workout #8 ⌚ 042 min

- Standing Military Press 3x6 Rest: ⌚ 90 sec heavy
- Dumbbell Shoulder Press 2x8 max Rest: ⌚ 100 sec to failure
- Lying Rear Delt Raise 2x12 max Rest: ⌚ 80 sec to failure
- Barbell Full Squat 3x6 Rest: ⌚ 90 sec heavy
- Dumbbell Rear Lunge 2x8 max Rest: ⌚ 100 sec to failure
- Lying Leg Curls 2x12 max Rest: ⌚ 80 sec to failure

> 3.58 T 👍 639 scores 🔥 460 kcal

Workout #9 ⌚ 042 min

- Barbell Curl 3x6 Rest: ⌚ 90 sec heavy
- Alternate Hammer Curl 2x8 max Rest: ⌚ 100 sec to failure
- Standing Biceps Cable Curl 2x12 max Rest: ⌚ 80 sec to failure
- Close-Grip Barbell Bench Press 3x6 Rest: ⌚ 90 sec heavy
- Dips - Triceps Version 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell One-Arm Triceps Extension 2x12 max Rest: ⌚ 80 sec to failure

> 2.28 T 👍 469 scores 🔥 340 kcal

Workout #10 ⌚ 041 min

- Barbell Bench Press - Medium Grip 3x8 Rest: ⌚ 85 sec very hard
- Dumbbell Bench Press 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell Flies 2x12 max Rest: ⌚ 80 sec to failure
- Pullups 3x8 Rest: ⌚ 85 sec very hard
- Bent Over Two-Arm Long Bar Row 2x8 max Rest: ⌚ 100 sec to failure
- One-Arm Dumbbell Row 2x12 max Rest: ⌚ 80 sec to failure

> 3.28 T 👍 696 scores 🔥 500 kcal

Workout #11 ⌚ 041 min

- Standing Military Press 3x8 Rest: ⌚ 85 sec very hard
- Dumbbell Shoulder Press 2x8 max Rest: ⌚ 100 sec to failure
- Lying Rear Delt Raise 2x12 max Rest: ⌚ 80 sec to failure
- Barbell Full Squat 3x8 Rest: ⌚ 85 sec very hard
- Dumbbell Rear Lunge 2x8 max Rest: ⌚ 100 sec to failure
- Lying Leg Curls 2x12 max Rest: ⌚ 80 sec to failure

> 4.07 T 👍 671 scores 🔥 480 kcal

Workout #12 ⌚ 041 min

- Barbell Curl 3x8 Rest: ⌚ 85 sec very hard
- Alternate Hammer Curl 2x8 max Rest: ⌚ 100 sec to failure
- Standing Biceps Cable Curl 2x12 max Rest: ⌚ 80 sec to failure
- Close-Grip Barbell Bench Press 3x8 Rest: ⌚ 85 sec very hard
- Dips - Triceps Version 2x8 max Rest: ⌚ 100 sec to failure
- Dumbbell One-Arm Triceps Extension 2x12 max Rest: ⌚ 80 sec to failure

> 2.66 T 👍 491 scores 🔥 350 kcal

Directory of the exercises

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 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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