26	20	~44

https://abeliq.com/en/programs/1294

Abdominal Muscles Trainer

Exercising with AbeliQ you get exactly the load established by the author of the routine at any one time performing a workout. In training you do not need to think about the load, it is enough to fulfill the tasks set by coach.

Install App

Install App from Google Play or App Store and enjoy training!

The content of the program

«20-тренировок на 4 точки»

Author's Program | Intermediate Level | Equipment

Workouts for middle-aged people that are the basis of the overall cardiovascular endurance. The body is better accepted and more easily tolerated. Training in this program will be a good start for those who want to start training and improve their physical condition.

#	Exercise (supersets)	Sets	Reps	Rest between sets
	1 day			
1	Decline Crunch	5	10-15	15-60 sec
2	Barbell Bench Press - Medium Grip	5	4-10	15-60 sec
3	Incline Dumbbell Press	4	4-12	15-60 sec
4	Dumbbell Flyes	3	10-15	15-60 sec
5	Back-Arm Dumbbell Pullover	3	10-15	15-60 sec
	2 day			
6	Hyperextensions (Back Extensions)	5	10-15	15-60 sec
7	Clean Deadlift	5	6-10	15-60 sec
8	Wide-Grip Rear Pull-Up	4	6-12	15-60 sec
9	Rare-Grip Barbell Row	4	6-12	15-60 sec
10	Seated Calfs Raise	5	10-15	15-60 sec
	3 day			
11		5	10-15	15-60 sec
12	Standing Military Press	5	6-10	15-60 sec
13	Standing Barbell Press Behind Neck	4	6-12	15-60 sec
14	Upright Barbell Row	3	10-15	15-60 sec
15	Power Partials	3	10-15	15-60 sec
	4 day			
16	Cable Crunch	3	10-15	15-60 sec
17	Barbell Full Squat	5	6-10	15-60 sec
18	Leg Press	4	6-12	15-60 sec
19	Lying Leg Curls	5	10-15	15-60 sec
20	Barbell Lunge	3	10-15	15-60 sec
21	Standing Calf Raises	3	10-15	15-60 sec
	5 day			
22	Dips - Triceps Version	5	6-10	15-60 sec
23	Chin-Up	4	6-12	15-60 sec
24	Barbell Curl	3	10-15	15-60 sec
25	Lying Close-Grip Barbell Triceps Extension Behind The Head	3	10-15	15-60 sec
26	Triceps Pushdown	3	10-15	15-60 sec
27	Palms-Up Barbell Wrist Curl Over A Bench	3	10-15	15-60 sec
	6 day (rest)			
	7 day (rest)			

Training intensity for each exercise

The weight selected for exercises should be the maximum for the specified number of repetitions, and when performing exercises in the allowed rest time of 15-60 seconds, the load should be 10-15% less than the weight selected for exercises with a rest time of 15 seconds.

Directory of the exercises

General recommendations on training with AbeliQ

AbeliQ — 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 from, does not require access to the Internet, but in this case the program will not be adjusted to your results.
- 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-to-date so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to fail(see, take care of the presence of Nelson.
- If you fail to training after a long rest, your power rates will be calculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym.
- Follow the AbeliQ 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 AbeliQ 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. *Press are not of application forces.*

Install App

Mentions Legales

AbeliQ — Beauty Industry Training Application, Fitness Program Generator, Workout Timer, Exercise Library, Training Journal, Workout Log, Workout Calendar, Exercise Tracker, Workout Planner

info@abeliqapp.com (contact)

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