### General recommendations on training with AtletIQ

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.

### Directory of the exercises

**Workout #1**

- Standing Calf Raises
- 4×14
- Bent Over Two-Dumbbell Row
- 4×9

**Workout #2**

- Barbell Shrug
- 4×14
- Seated Barbell Military Press
- 4×8

**Workout #3**

- Standing Dumbbell Triceps Extension
- 3×10
- Dumbbell Flyes
- 4×8

**Workout #4**

- Power Partials
- 3×10
- Seated Barbell Military Press
- 4×10

**Workout #5**

- Close-Grip Barbell Bench Press
- 2×10
- Barbell Full Squat
- 4×12

**Workout #6**

- Bent Over Two-Dumbbell Row
- 4×14
- Standing Calf Raises
- 4×8

**Workout #7**

- Barbell Shrug
- 4×14
- Seated Barbell Military Press
- 4×12

**Workout #8**

- Standing Dumbbell Triceps Extension
- 3×10
- Dumbbell Flyes
- 4×8

**Workout #9**

- Power Partials
- 3×10
- Seated Barbell Military Press
- 4×10

**Workout #10**

- Close-Grip Barbell Bench Press
- 2×10
- Barbell Full Squat
- 4×12

**Workout #11**

- Bent Over Two-Dumbbell Row
- 4×14
- Standing Calf Raises
- 4×8

**Workout #12**

- Barbell Shrug
- 4×14
- Seated Barbell Military Press
- 4×12

**Workout #13**

- Standing Dumbbell Triceps Extension
- 3×10
- Dumbbell Flyes
- 4×8

**Workout #14**

- Power Partials
- 3×10
- Seated Barbell Military Press
- 4×10

**Workout #15**

- Close-Grip Barbell Bench Press
- 2×10
- Barbell Full Squat
- 4×12

**Workout #16**

- Bent Over Two-Dumbbell Row
- 4×14
- Standing Calf Raises
- 4×8

**Workout #17**

- Barbell Shrug
- 4×14
- Seated Barbell Military Press
- 4×12

**Workout #18**

- Standing Dumbbell Triceps Extension
- 3×10
- Dumbbell Flyes
- 4×8

**Workout #19**

- Power Partials
- 3×10
- Seated Barbell Military Press
- 4×10

**Workout #20**

- Close-Grip Barbell Bench Press
- 2×10
- Barbell Full Squat
- 4×12

**Workout #21**

- Bent Over Two-Dumbbell Row
- 4×14
- Standing Calf Raises
- 4×8

**Workout #22**

- Barbell Shrug
- 4×14
- Seated Barbell Military Press
- 4×12

**Workout #23**

- Standing Dumbbell Triceps Extension
- 3×10
- Dumbbell Flyes
- 4×8

**Workout #24**

- Power Partials
- 3×10
- Seated Barbell Military Press
- 4×10

**Workout #25**

- Close-Grip Barbell Bench Press
- 2×10
- Barbell Full Squat
- 4×12

**Workout #26**

- Bent Over Two-Dumbbell Row
- 4×14
- Standing Calf Raises
- 4×8

**Workout #27**

- Barbell Shrug
- 4×14
- Seated Barbell Military Press
- 4×12

**Workout #28**

- Standing Dumbbell Triceps Extension
- 3×10
- Dumbbell Flyes
- 4×8

**Workout #29**

- Power Partials
- 3×10
- Seated Barbell Military Press
- 4×10

**Workout #30**

- Close-Grip Barbell Bench Press
- 2×10
- Barbell Full Squat
- 4×12

### How to use mobile assistant?

The load in the programs is calculated relative to the maximum weight with which you can do the exercise for the specified number of sets.

Try to set the weights as close to the calculated considering the capabilities of your gym.

On training days, on which work is scheduled to failure, take care of the presence of helper.

When performing exercises on the upper back, you should keep your back straight. When doing exercises on the lower back, you need to maintain a neutral position of the spine.

When performing exercises on the chest, you should keep your back as straight as possible.

When performing exercises on the shoulders, you should keep your back straight and your shoulders back.

When performing exercises on the arms, you should keep your back straight and your shoulders back.

When performing exercises on the legs, you should keep your back straight and your knees bent.

When performing exercises on the core, you should keep your back straight and your core engaged.

When performing exercises on the hips, you should keep your back straight and your hips engaged.

When performing exercises on the glutes, you should keep your back straight and your glutes engaged.

When performing exercises on the calves, you should keep your back straight and your calves engaged.

When performing exercises on the hamstrings, you should keep your back straight and your hamstrings engaged.

When performing exercises on the quads, you should keep your back straight and your quads engaged.

When performing exercises on the abs, you should keep your back straight and your abs engaged.

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