



# ДОМАШНЯЯ ТРЕНИРОВОЧНАЯ СИСТЕМА FAT-OFF

КОМПЛЕКС НА МЕСЯЦ ДЛЯ ПОХУДЕНИЯ И ОБРЕТЕНИЯ АТЛЕТИЧНОЙ ФОРМЫ



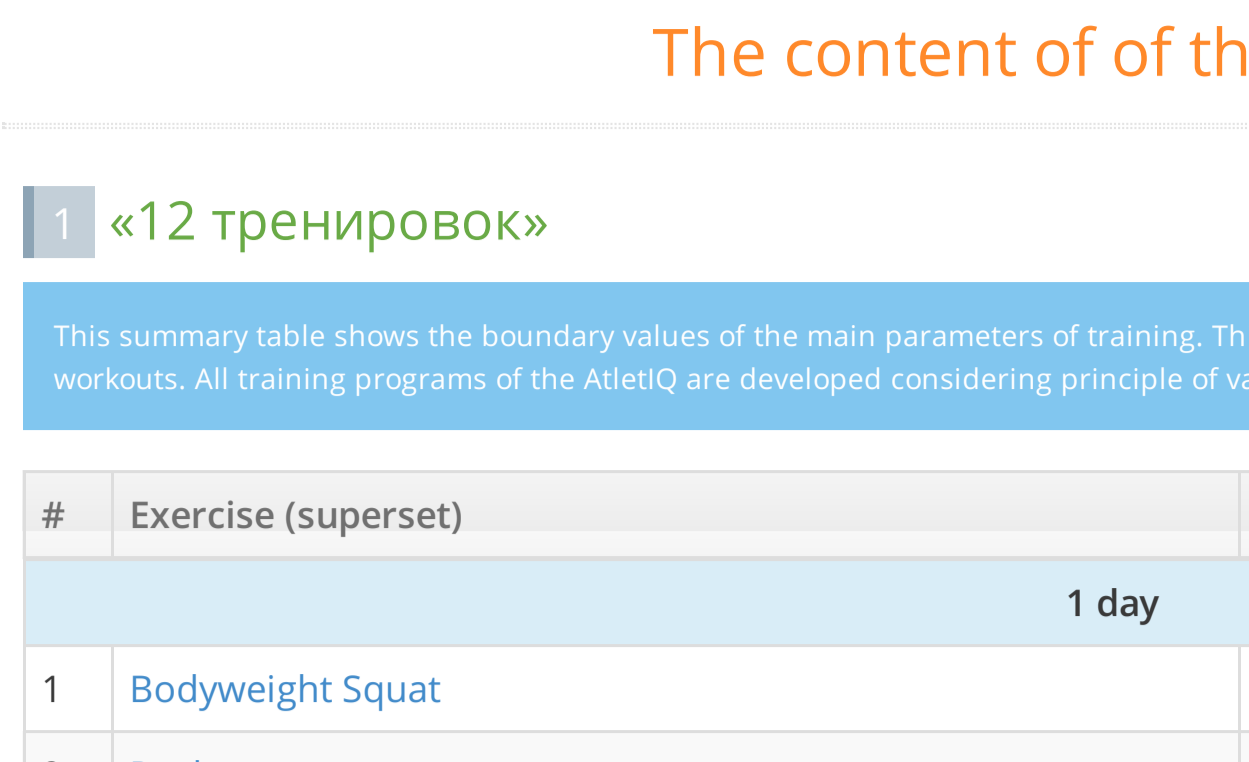
Intermediate

23 days

12 workouts

~34 minutes

<https://atletiq.com/en/programms/1150>



### 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»

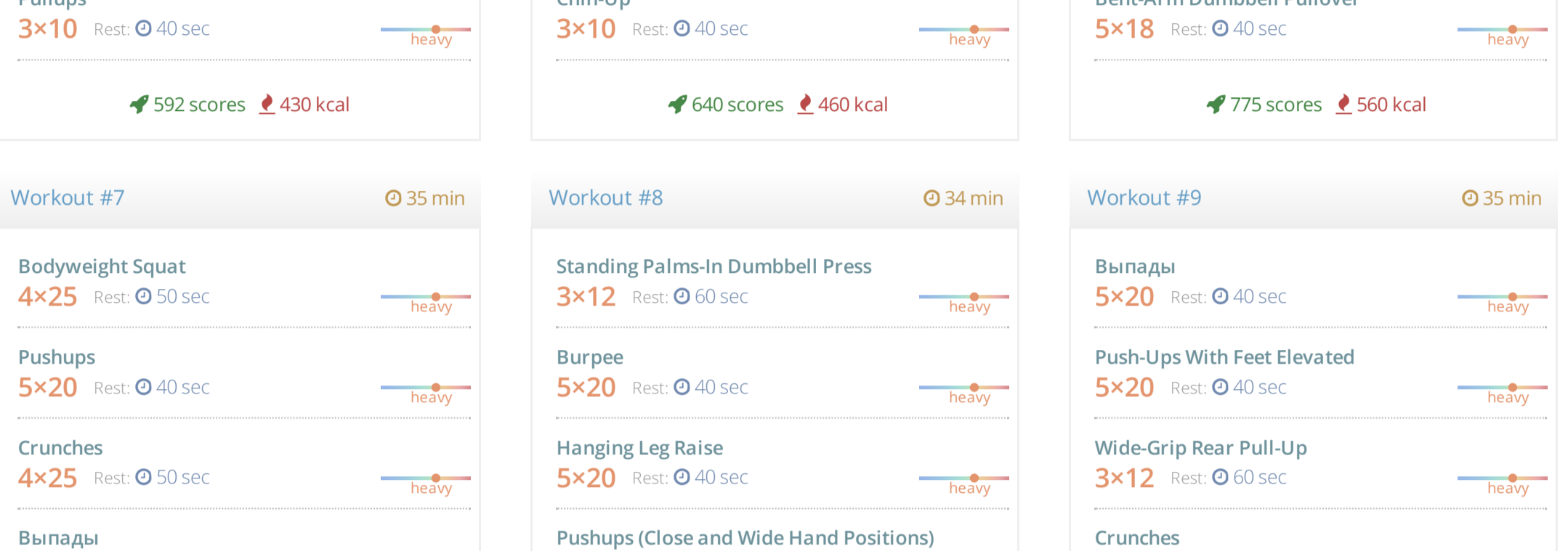
Duration in days: 23 Amount of training days: 12 Rest days: 11

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
<b>1 day</b>				
1	Bodyweight Squat	4	20-30	40-50 sec
2	Pushups	5	15-20	40 sec
3	Crunches	4	20-30	40-50 sec
4	Выпады	5	15-20	40 sec
5	Pullups	3	10-12	40-60 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Standing Palms-In Dumbbell Press	3	10-12	40-60 sec
2	Burpee	5	15-20	40 sec
3	Hanging Leg Raise	5	15-20	40 sec
4	Pushups (Close and Wide Hand Positions)	5	15-20	40 sec
5	Chin-Up	3	10-12	40-60 sec
<b>4 day (rest)</b>				
<b>5 day</b>				
1	Выпады	5	15-20	40 sec
2	Push-Ups With Feet Elevated	5	15-20	40 sec
3	Wide-Grip Rear Pull-Up	3	10-12	40-60 sec
4	Crunches	4	20-30	40-50 sec
5	Bent-Arm Dumbbell Pullover	5	15-20	40 sec
<b>6 day (rest)</b>				

### 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** 35 min

Bodyweight Squat 4x20 Rest: 40 sec

Pushups 5x15 Rest: 40 sec

Crunches 4x20 Rest: 50 sec

Выпады 5x15 Rest: 40 sec

Pullups 3x10 Rest: 60 sec

590 scores 420 kcal

**Workout #2** 34 min

Standing Palms-In Dumbbell Press 3x10 Rest: 60 sec

Burpee 5x15 Rest: 40 sec

Hanging Leg Raise 5x15 Rest: 40 sec

Pushups (Close and Wide Hand Positions) 5x15 Rest: 40 sec

Chin-Up 3x10 Rest: 60 sec

637 scores 460 kcal

**Workout #3** 35 min

Выпады 5x15 Rest: 40 sec

Push-Ups With Feet Elevated 5x15 Rest: 40 sec

Wide-Grip Rear Pull-Up 3x10 Rest: 60 sec

Crunches 4x20 Rest: 50 sec

Bent-Arm Dumbbell Pullover 5x15 Rest: 40 sec

772 scores 550 kcal

**Workout #4** 33 min

Bodyweight Squat 4x20 Rest: 40 sec

Pushups 5x15 Rest: 40 sec

Crunches 4x20 Rest: 40 sec

Выпады 5x18 Rest: 40 sec

Pullups 3x10 Rest: 40 sec

592 scores 430 kcal

**Workout #5** 32 min

Standing Palms-In Dumbbell Press 3x10 Rest: 40 sec

Burpee 5x15 Rest: 40 sec

Hanging Leg Raise 5x18 Rest: 40 sec

Pushups (Close and Wide Hand Positions) 5x18 Rest: 40 sec

Chin-Up 3x10 Rest: 40 sec

640 scores 460 kcal

**Workout #6** 33 min

Выпады 5x18 Rest: 40 sec

Push-Ups With Feet Elevated 5x18 Rest: 40 sec

Wide-Grip Rear Pull-Up 3x10 Rest: 40 sec

Crunches 4x20 Rest: 40 sec

Bent-Arm Dumbbell Pullover 5x15 Rest: 40 sec

775 scores 560 kcal

**Workout #7** 35 min

Bodyweight Squat 4x25 Rest: 40 sec

Pushups 5x20 Rest: 40 sec

Crunches 4x25 Rest: 40 sec

Выпады 5x20 Rest: 40 sec

Pullups 3x12 Rest: 60 sec

606 scores 440 kcal

**Workout #8** 34 min

Standing Palms-In Dumbbell Press 3x12 Rest: 60 sec

Burpee 5x20 Rest: 40 sec

Hanging Leg Raise 5x20 Rest: 40 sec

Pushups (Close and Wide Hand Positions) 5x20 Rest: 40 sec

Chin-Up 3x12 Rest: 60 sec

656 scores 470 kcal

**Workout #9** 35 min

Выпады 5x20 Rest: 40 sec

Push-Ups With Feet Elevated 5x20 Rest: 40 sec

Wide-Grip Rear Pull-Up 3x12 Rest: 60 sec

Crunches 4x25 Rest: 50 sec

Bent-Arm Dumbbell Pullover 5x20 Rest: 40 sec

796 scores 570 kcal

**Workout #10** 33 min

Bodyweight Squat 4x25 Rest: 40 sec

Pushups 5x15 Rest: 40 sec

Crunches 4x25 Rest: 40 sec

Выпады 5x15 Rest: 40 sec

Pullups 3x10 Rest: 40 sec

595 scores 430 kcal

**Workout #11** 32 min

Standing Palms-In Dumbbell Press 3x10 Rest: 40 sec

Burpee 5x15 Rest: 40 sec

Hanging Leg Raise 5x15 Rest: 40 sec

Pushups (Close and Wide Hand Positions) 5x15 Rest: 40 sec

Chin-Up 3x10 Rest: 40 sec

637 scores 460 kcal

**Workout #12** 33 min

Выпады 5x15 Rest: 40 sec

Push-Ups With Feet Elevated 5x15 Rest: 40 sec

Wide-Grip Rear Pull-Up 3x10 Rest: 40 sec

Crunches 4x25 Rest: 40 sec

Bent-Arm Dumbbell Pullover 5x15 Rest: 40 sec

773 scores 560 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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