AtletIQ is a universal program designer that allows you to keep workouts in a special format that can be read by a mobile app. This enables you to easily manage and track your fitness goals.

For instance, here is a workout routine designed for strength training:

**Workout #1**

- **Upright Barbell Row**: 5×12
- **Chin-Up**: 5×10
- **Barbell Curl**: 4×15
- **Dips - Triceps Version**: 5×10
- **Seated Cable Rows**: 5×15
- **Barbell Bench Press - Medium Grip**: 5×8
- **Triceps Pushdown**: 5×12
- **Incline Dumbbell Flyes**: 4×10
- **Decline Crunch**: 5×8
- **Hyperextensions (Back Extensions)**: 5×15

**Total Reps**: 1241
**Total Calories**: 810 kcal
**Duration**: 65 min

Follow these instructions precisely. If the pace of the exercise is specified, adhere to it. Otherwise, ensure the load level matches the intended intensity.

On training days, plan to work until failure. On rest days, make sure to maintain helper exercises.

During training, you will sequentially apply exercises and assess the level of load after completing each.

AtletIQ integrates with other fitness apps, allowing for a comprehensive approach to your workouts. Please refer to the application notes and guides for detailed instructions and safety tips.