

Intermediate **23** days **12** workouts **~69** minutes

<https://atletiq.com/en/programms/1203>

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

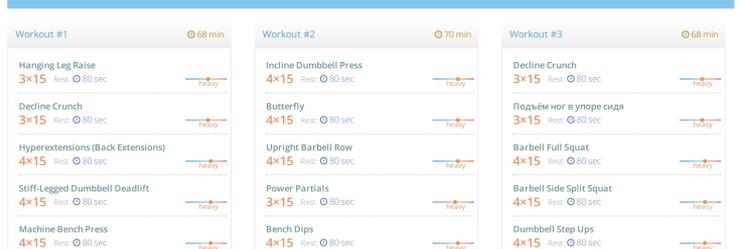
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Hanging Leg Raise	3	10-15	⌚ 60-90 sec
2	Decline Crunch	3	10-15	⌚ 60-90 sec
3	Hyperextensions (Back Extensions)	4	10-15	⌚ 60-90 sec
4	Stiff-Legged Dumbbell Deadlift	4	10-15	⌚ 60-90 sec
5	Machine Bench Press	4	10-15	⌚ 60-90 sec
6	Dumbbell Lunges	4	10-15	⌚ 60-90 sec
7	Thigh Abductor	4	12-20	⌚ 60-90 sec
8	Thigh Adductor	4	12-20	⌚ 60-90 sec
2 day (rest)				
3 day				
1	Incline Dumbbell Press	4	10-15	⌚ 60-90 sec
2	Butterfly	4	10-15	⌚ 60-90 sec
3	Upright Barbell Row	4	10-15	⌚ 60-90 sec
4	Power Partials	3	10-15	⌚ 60-90 sec
5	Bench Dips	4	10-15	⌚ 60-90 sec
6	Triceps Pushdown	4	12-20	⌚ 60-90 sec
7	Underhand Cable Pulldowns	4	10-15	⌚ 60-90 sec
8	Barbell Curl	4	10-15	⌚ 60-90 sec
4 day (rest)				
5 day				
1	Decline Crunch	3	10-15	⌚ 60-90 sec
2	Подъём ног в упоре сидя	3	10-15	⌚ 60-90 sec
3	Barbell Full Squat	4	10-15	⌚ 60-90 sec
4	Barbell Side Split Squat	4	10-15	⌚ 60-90 sec
5	Dumbbell Step Ups	4	10-15	⌚ 60-90 sec
6	Standing Calf Raises	4	12-20	⌚ 60-90 sec
7	Наклоны вперед	4	10-15	⌚ 60-90 sec
8	Barbell Glute Bridge	4	12-20	⌚ 60-90 sec
6 day (rest)				
7 day				
1	Hyperextensions (Back Extensions)	3	10-15	⌚ 60-90 sec
2	Crunches	4	12-20	⌚ 60-90 sec
3	Bent-Arm Dumbbell Pullover	4	10-15	⌚ 60-90 sec
4	Wide-Grip Pulldown Behind The Neck	4	10-15	⌚ 60-90 sec
5	Seated Cable Rows	4	10-15	⌚ 60-90 sec
6	Plie Dumbbell Squat	4	10-15	⌚ 60-90 sec
7	Lying Leg Curls	4	10-15	⌚ 60-90 sec
8 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 ⌚ 68 min

Hanging Leg Raise
3x15 Rest: ⌚ 90 sec

Decline Crunch
3x15 Rest: ⌚ 90 sec

Hyperextensions (Back Extensions)
4x15 Rest: ⌚ 90 sec

Stiff-Legged Dumbbell Deadlift
4x15 Rest: ⌚ 90 sec

Machine Bench Press
4x15 Rest: ⌚ 90 sec

Dumbbell Lunges
4x15 Rest: ⌚ 90 sec

Thigh Abductor
4x12 Rest: ⌚ 90 sec

Thigh Adductor
4x12 Rest: ⌚ 90 sec

> 5.04 T 📈 733 scores 🔥 530 kcal

Workout #2 ⌚ 70 min

Incline Dumbbell Press
4x15 Rest: ⌚ 90 sec

Butterfly
4x15 Rest: ⌚ 90 sec

Upright Barbell Row
4x15 Rest: ⌚ 90 sec

Power Partials
3x15 Rest: ⌚ 90 sec

Bench Dips
4x15 Rest: ⌚ 90 sec

Triceps Pushdown
4x12 Rest: ⌚ 90 sec

Underhand Cable Pulldowns
4x15 Rest: ⌚ 90 sec

Barbell Curl
4x15 Rest: ⌚ 90 sec

> 9.8 T 📈 982 scores 🔥 710 kcal

Workout #3 ⌚ 68 min

Decline Crunch
3x15 Rest: ⌚ 90 sec

Подъём ног в упоре сидя
3x15 Rest: ⌚ 90 sec

Barbell Full Squat
4x15 Rest: ⌚ 90 sec

Barbell Side Split Squat
4x15 Rest: ⌚ 90 sec

Dumbbell Step Ups
4x15 Rest: ⌚ 90 sec

Standing Calf Raises
4x12 Rest: ⌚ 90 sec

Наклоны вперед
4x15 Rest: ⌚ 90 sec

Barbell Glute Bridge
4x12 Rest: ⌚ 90 sec

> 8.63 T 📈 712 scores 🔥 510 kcal

Workout #4 ⌚ 61 min

Hyperextensions (Back Extensions)
3x15 Rest: ⌚ 90 sec

Crunches
4x12 Rest: ⌚ 90 sec

Bent-Arm Dumbbell Pullover
4x15 Rest: ⌚ 90 sec

Wide-Grip Pulldown Behind The Neck
4x15 Rest: ⌚ 90 sec

Seated Cable Rows
4x15 Rest: ⌚ 90 sec

Plie Dumbbell Squat
4x15 Rest: ⌚ 90 sec

Lying Leg Curls
4x15 Rest: ⌚ 90 sec

> 9 T 📈 821 scores 🔥 590 kcal

Workout #5 ⌚ 71 min

Hanging Leg Raise
3x15 Rest: ⌚ 70 sec

Decline Crunch
3x15 Rest: ⌚ 90 sec

Butterfly
4x15 Rest: ⌚ 90 sec

Hyperextensions (Back Extensions)
4x15 Rest: ⌚ 90 sec

Stiff-Legged Dumbbell Deadlift
4x10 Rest: ⌚ 90 sec

Machine Bench Press
4x10 Rest: ⌚ 90 sec

Dumbbell Lunges
4x10 Rest: ⌚ 90 sec

Thigh Abductor
4x15 Rest: ⌚ 90 sec

Thigh Adductor
4x15 Rest: ⌚ 90 sec

> 3.78 T 📈 694 scores 🔥 500 kcal

Workout #6 ⌚ 73 min

Incline Dumbbell Press
4x10 Rest: ⌚ 90 sec

Butterfly
4x10 Rest: ⌚ 90 sec

Upright Barbell Row
4x10 Rest: ⌚ 90 sec

Power Partials
3x15 Rest: ⌚ 70 sec

Bench Dips
4x10 Rest: ⌚ 90 sec

Triceps Pushdown
4x15 Rest: ⌚ 90 sec

Underhand Cable Pulldowns
4x10 Rest: ⌚ 90 sec

Barbell Curl
4x10 Rest: ⌚ 90 sec

> 8.01 T 📈 919 scores 🔥 660 kcal

Workout #7 ⌚ 71 min

Decline Crunch
3x15 Rest: ⌚ 90 sec

Подъём ног в упоре сидя
3x15 Rest: ⌚ 90 sec

Barbell Full Squat
4x10 Rest: ⌚ 90 sec

Barbell Side Split Squat
4x10 Rest: ⌚ 90 sec

Dumbbell Step Ups
4x10 Rest: ⌚ 90 sec

Standing Calf Raises
4x15 Rest: ⌚ 90 sec

Наклоны вперед
4x10 Rest: ⌚ 90 sec

Barbell Glute Bridge
4x15 Rest: ⌚ 90 sec

> 8.03 T 📈 677 scores 🔥 490 kcal

Workout #8 ⌚ 64 min

Hyperextensions (Back Extensions)
3x15 Rest: ⌚ 70 sec

Crunches
4x15 Rest: ⌚ 90 sec

Bent-Arm Dumbbell Pullover
4x10 Rest: ⌚ 90 sec

Wide-Grip Pulldown Behind The Neck
4x10 Rest: ⌚ 90 sec

Seated Cable Rows
4x10 Rest: ⌚ 90 sec

Plie Dumbbell Squat
4x10 Rest: ⌚ 90 sec

Lying Leg Curls
4x10 Rest: ⌚ 90 sec

> 6.76 T 📈 768 scores 🔥 550 kcal

Workout #9 ⌚ 72 min

Hanging Leg Raise
3x12 Rest: ⌚ 90 sec

Decline Crunch
3x12 Rest: ⌚ 90 sec

Hyperextensions (Back Extensions)
4x12 Rest: ⌚ 90 sec

Stiff-Legged Dumbbell Deadlift
4x12 Rest: ⌚ 90 sec

Machine Bench Press
4x12 Rest: ⌚ 90 sec

Dumbbell Lunges
4x12 Rest: ⌚ 90 sec

Thigh Abductor
4x18 Rest: ⌚ 80 sec

Thigh Adductor
4x18 Rest: ⌚ 80 sec

> 4.37 T 📈 741 scores 🔥 530 kcal

Workout #10 ⌚ 74 min

Incline Dumbbell Press
4x12 Rest: ⌚ 90 sec

Butterfly
4x12 Rest: ⌚ 90 sec

Upright Barbell Row
4x12 Rest: ⌚ 90 sec

Power Partials
3x12 Rest: ⌚ 90 sec

Bench Dips
4x12 Rest: ⌚ 90 sec

Triceps Pushdown
4x18 Rest: ⌚ 90 sec

Underhand Cable Pulldowns
4x12 Rest: ⌚ 90 sec

Barbell Curl
4x12 Rest: ⌚ 90 sec

> 9.07 T 📈 988 scores 🔥 710 kcal

Workout #11 ⌚ 72 min

Decline Crunch
3x12 Rest: ⌚ 90 sec

Подъём ног в упоре сидя
3x12 Rest: ⌚ 90 sec

Barbell Full Squat
4x12 Rest: ⌚ 90 sec

Barbell Side Split Squat
4x12 Rest: ⌚ 90 sec

Dumbbell Step Ups
4x12 Rest: ⌚ 90 sec

Standing Calf Raises
4x18 Rest: ⌚ 90 sec

Наклоны вперед
4x12 Rest: ⌚ 90 sec

Barbell Glute Bridge
4x18 Rest: ⌚ 90 sec

> 9.18 T 📈 720 scores 🔥 520 kcal

Workout #12 ⌚ 64 min

Hyperextensions (Back Extensions)
3x12 Rest: ⌚ 90 sec

Crunches
4x12 Rest: ⌚ 80 sec

Bent-Arm Dumbbell Pullover
4x12 Rest: ⌚ 90 sec

Wide-Grip Pulldown Behind The Neck
4x12 Rest: ⌚ 90 sec

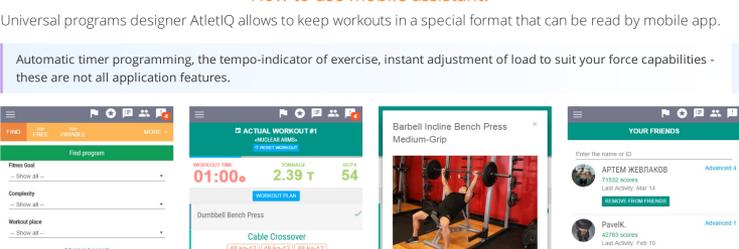
Seated Cable Rows
4x12 Rest: ⌚ 90 sec

Plie Dumbbell Squat
4x12 Rest: ⌚ 90 sec

Lying Leg Curls
4x12 Rest: ⌚ 90 sec

> 7.8 T 📈 824 scores 🔥 590 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 result 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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