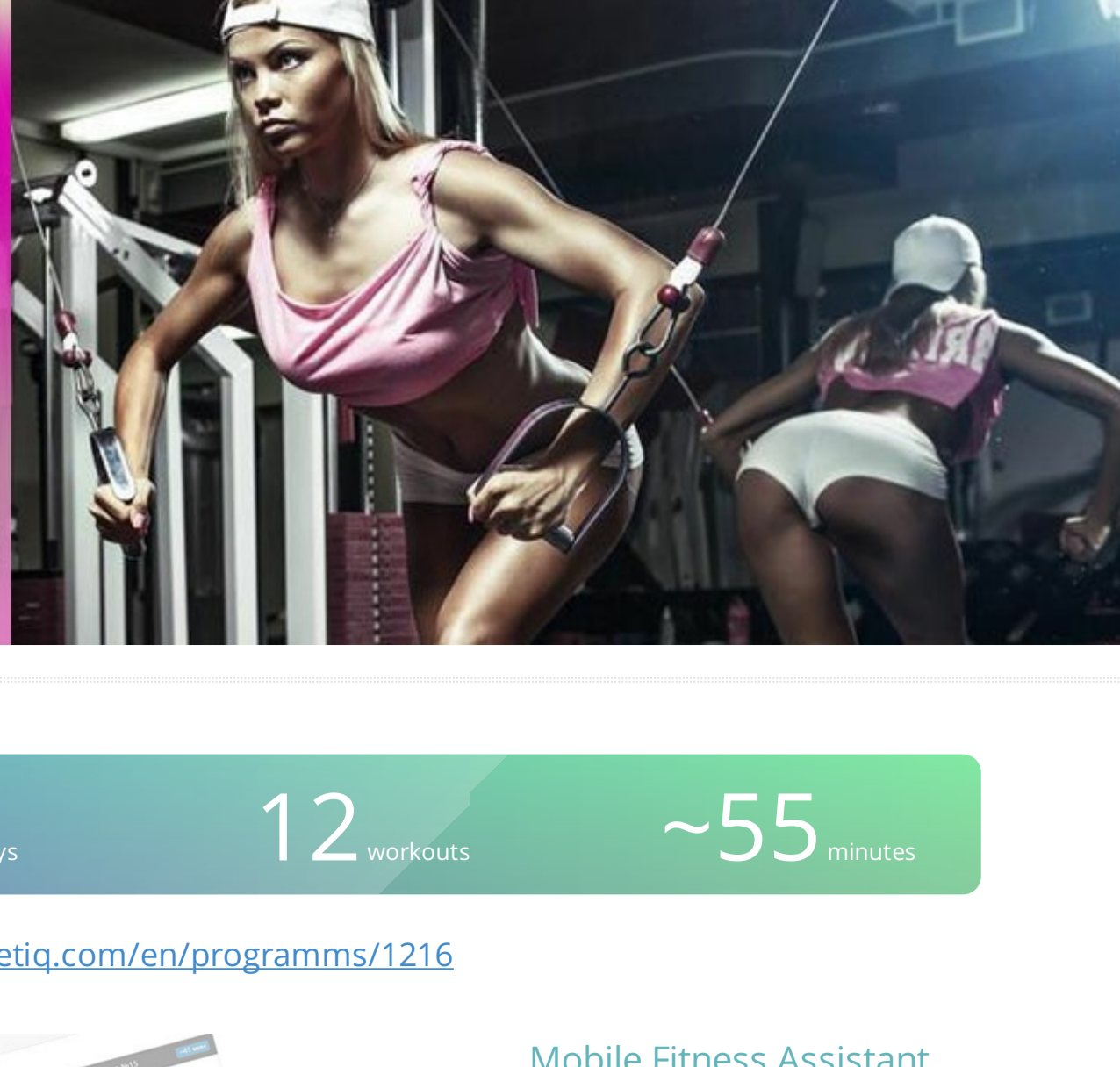


MUSCLE BALANCE

ЖЕНСКИЙ МАССОНАБОРНЫЙ СПЛИТ



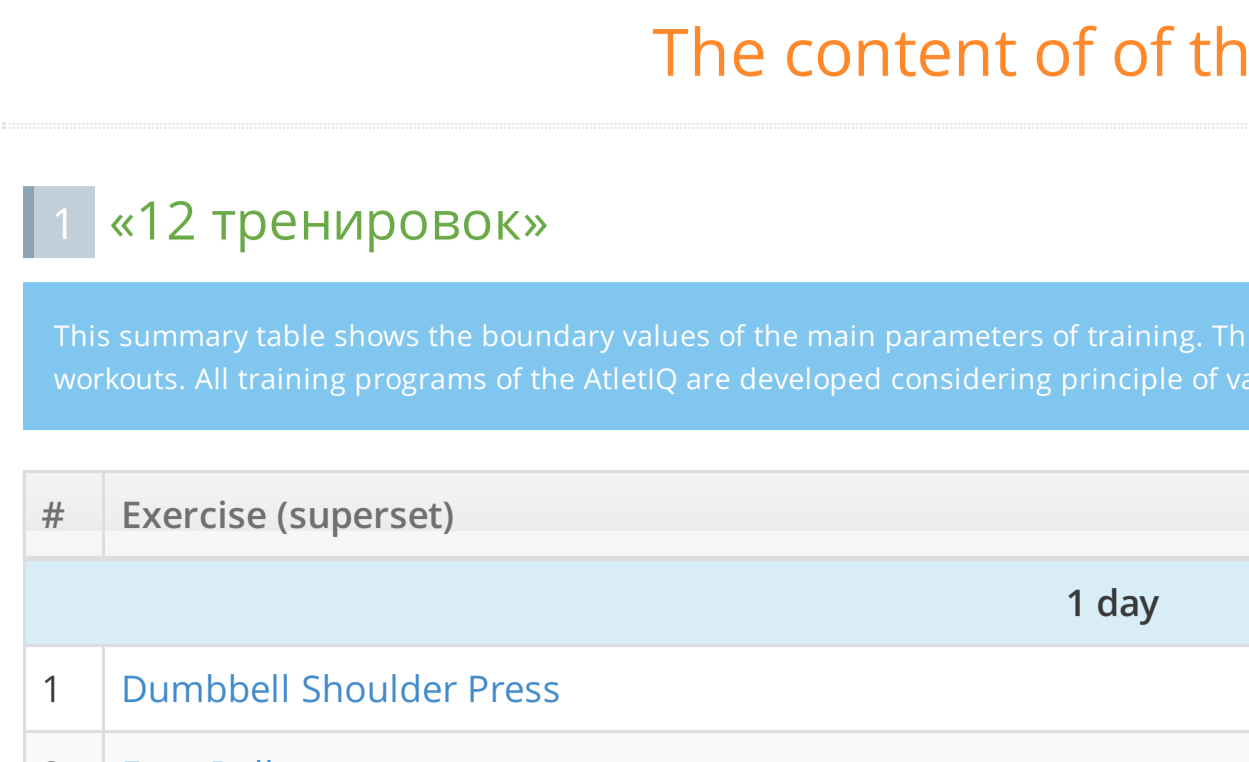
Intermediate

23 days

12 workouts

~55 minutes

<https://atletiq.com/en/programs/1216>



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 the program

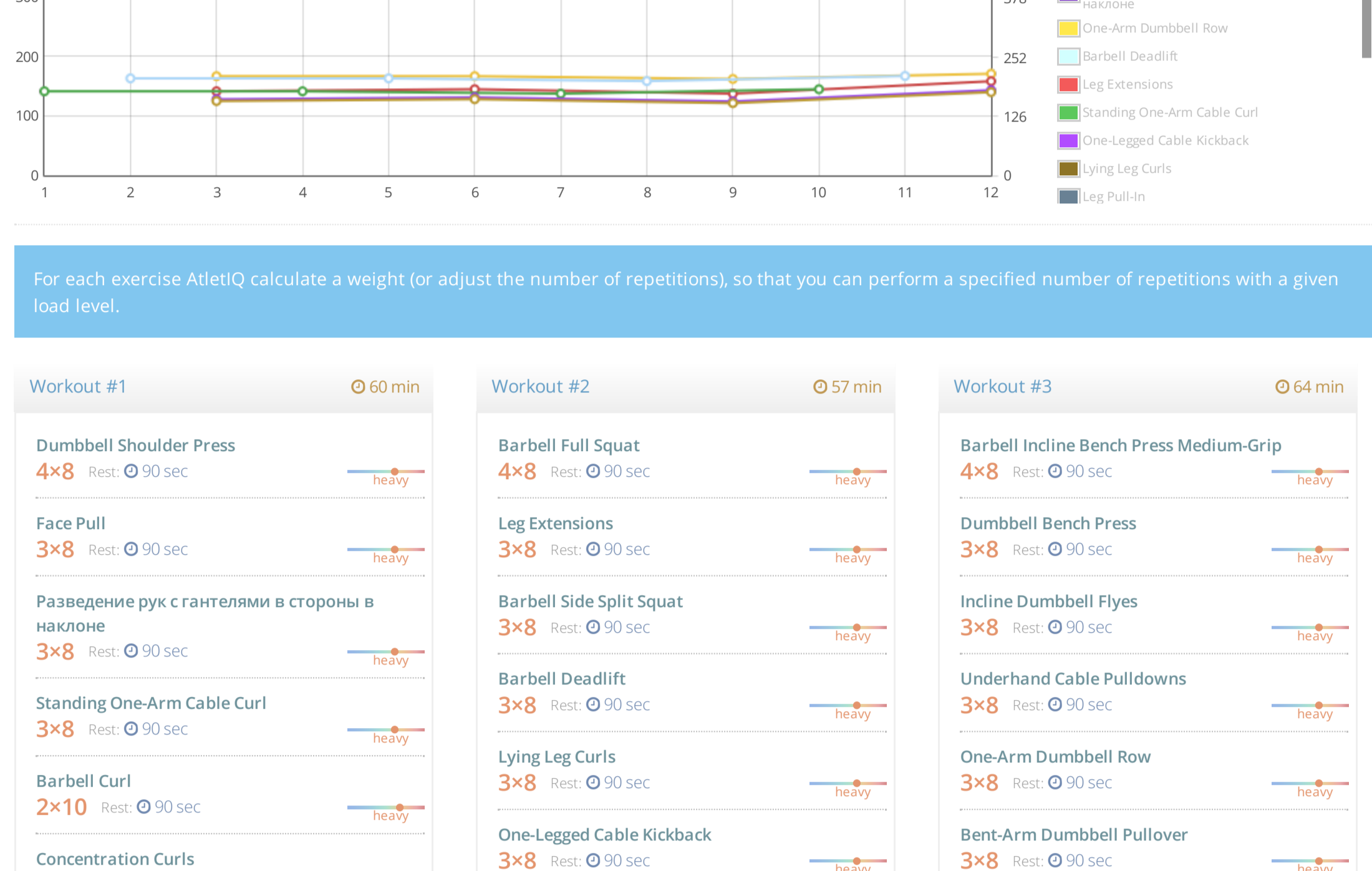
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Dumbbell Shoulder Press	4	8-10	60-90 sec
2	Face Pull	3	8-10	60-90 sec
3	Разведение рук с гантелями в стороны в наклоне	3	8-10	60-90 sec
4	Standing One-Arm Cable Curl	3	8-10	60-90 sec
5	Barbell Curl	2	8-10	60-90 sec
6	Concentration Curls	2	8-10	60-90 sec
7	Dumbbell One-Arm Triceps Extension	3	8-10	60-90 sec
8	Cable One Arm Tricep Extension	2	8-10	60-90 sec
2 day (rest)				
3 day				
1	Barbell Full Squat	4	8-10	60-90 sec
2	Leg Extensions	3	8-10	60-90 sec
3	Barbell Side Split Squat	3	8-10	60-90 sec
4	Barbell Deadlift	3	8-10	60-90 sec
5	Lying Leg Curls	3	8-10	60-90 sec
6	One-Legged Cable Kickback	3	8-10	60-90 sec
7	Standing Calf Raises	3	8-10	60-90 sec
4 day (rest)				
5 day				
1	Barbell Incline Bench Press Medium-Grip	4	8-10	60-90 sec
2	Dumbbell Bench Press	3	8-10	60-90 sec
3	Incline Dumbbell Flyes	3	8-10	60-90 sec
4	Underhand Cable Pulldowns	3	8-10	60-90 sec
5	One-Arm Dumbbell Row	3	8-10	60-90 sec
6	Bent-Arm Dumbbell Pullover	3	8-10	60-90 sec
7	Cable Crunch	3	8-10	60-90 sec
8	Leg Pull-In	3	8-10	60-90 sec
6 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 60 min

Dumbbell Shoulder Press 4x8 Rest: 90 sec

Face Pull 3x8 Rest: 90 sec

Разведение рук с гантелями в стороны в наклоне 3x8 Rest: 90 sec

Standing One-Arm Cable Curl 3x8 Rest: 90 sec

Barbell Curl 2x10 Rest: 90 sec

Concentration Curls 2x10 Rest: 90 sec

Dumbbell One-Arm Triceps Extension 3x8 Rest: 90 sec

Cable One Arm Tricep Extension 2x10 Rest: 90 sec

> 2.76 T 613 scores 440 kcal

Workout #2 57 min

Barbell Full Squat 4x8 Rest: 90 sec

Leg Extensions 3x8 Rest: 90 sec

Barbell Side Split Squat 3x8 Rest: 90 sec

Barbell Deadlift 3x8 Rest: 90 sec

Lying Leg Curls 3x8 Rest: 90 sec

One-Legged Cable Kickback 3x8 Rest: 90 sec

Standing Calf Raises 3x8 Rest: 90 sec

> 8.19 T 619 scores 440 kcal

Workout #3 64 min

Barbell Incline Bench Press Medium-Grip 4x8 Rest: 90 sec

Dumbbell Bench Press 3x8 Rest: 90 sec

Incline Dumbbell Flyes 3x8 Rest: 90 sec

Underhand Cable Pulldowns 3x8 Rest: 90 sec

One-Arm Dumbbell Row 3x8 Rest: 90 sec

Bent-Arm Dumbbell Pullover 3x8 Rest: 90 sec

Cable Crunch 3x8 Rest: 90 sec

Leg Pull-In 3x6 Rest: 90 sec

> 5.49 T 874 scores 630 kcal

Workout #4 52 min

Dumbbell Shoulder Press 4x10 Rest: 90 sec

Face Pull 3x8 Rest: 60 sec

Разведение рук с гантелями в стороны в наклоне 3x10 Rest: 60 sec

Standing One-Arm Cable Curl 3x10 Rest: 60 sec

Barbell Curl 2x9 Rest: 70 sec

Concentration Curls 2x9 Rest: 70 sec

Dumbbell One-Arm Triceps Extension 3x10 Rest: 70 sec

Cable One Arm Tricep Extension 2x9 Rest: 70 sec

> 2.93 T 625 scores 450 kcal

Workout #5 48 min

Barbell Full Squat 4x8 Rest: 90 sec

Leg Extensions 3x10 Rest: 90 sec

Barbell Side Split Squat 3x10 Rest: 90 sec

Barbell Deadlift 3x8 Rest: 60 sec

Lying Leg Curls 3x10 Rest: 60 sec

One-Legged Cable Kickback 3x10 Rest: 90 sec

Standing Calf Raises 3x10 Rest: 60 sec

> 9.4 T 630 scores 450 kcal

Workout #6 54 min

Barbell Incline Bench Press Medium-Grip 4x8 Rest: 90 sec

Dumbbell Bench Press 3x10 Rest: 60 sec

Incline Dumbbell Flyes 3x10 Rest: 60 sec

Underhand Cable Pulldowns 3x10 Rest: 60 sec

One-Arm Dumbbell Row 3x10 Rest: 60 sec

Bent-Arm Dumbbell Pullover 3x10 Rest: 60 sec

Cable Crunch 3x10 Rest: 60 sec

Leg Pull-In 3x6 Rest: 60 sec

> 6.25 T 892 scores 640 kcal

Workout #7 59 min

Dumbbell Shoulder Press 4x10 Rest: 70 sec

Face Pull 3x10 Rest: 90 sec

Разведение рук с гантелями в стороны в наклоне 3x10 Rest: 90 sec

Standing One-Arm Cable Curl 3x10 Rest: 90 sec

Barbell Curl 2x8 Rest: 90 sec

Concentration Curls 2x8 Rest: 90 sec

Dumbbell One-Arm Triceps Extension 3x10 Rest: 90 sec

Cable One Arm Tricep Extension 2x8 Rest: 90 sec

> 2.89 T 597 scores 430 kcal

Workout #8 56 min

Barbell Full Squat 4x10 Rest: 70 sec

Leg Extensions 3x10 Rest: 90 sec

Barbell Side Split Squat 3x10 Rest: 90 sec

Barbell Deadlift 3x8 Rest: 90 sec

Lying Leg Curls 3x10 Rest: 90 sec

One-Legged Cable Kickback 3x10 Rest: 90 sec

Standing Calf Raises 3x10 Rest: 90 sec

> 9.59 T 602 scores 430 kcal

Workout #9 64 min

Barbell Incline Bench Press Medium-Grip 4x10 Rest: 70 sec

Dumbbell Bench Press 3x8 Rest: 90 sec

Incline Dumbbell Flyes 3x10 Rest: 90 sec

Underhand Cable Pulldowns 3x10 Rest: 90 sec

One-Arm Dumbbell Row 3x10 Rest: 90 sec

Bent-Arm Dumbbell Pullover 3x10 Rest: 90 sec

Cable Crunch 3x8 Rest: 90 sec

Leg Pull-In 3x6 Rest: 90 sec

> 6.38 T 851 scores 610 kcal

Workout #10 49 min

Dumbbell Shoulder Press 4x10 Rest: 60 sec

Face Pull 3x8 Rest: 60 sec

Разведение рук с гантелями в стороны в наклоне 3x8 Rest: 60 sec

Standing One-Arm Cable Curl 3x8 Rest: 60 sec

Barbell Curl 2x8 Rest: 60 sec

Concentration Curls 2x8 Rest: 60 sec

Dumbbell One-Arm Triceps Extension 3x8 Rest: 60 sec

Cable One Arm Tricep Extension 2x8 Rest: 60 sec

> 2.71 T 652 scores 470 kcal

Workout #11 46 min

Barbell Full Squat 4x10 Rest: 60 sec

Leg Extensions 3x8 Rest: 60 sec

Barbell Side Split Squat 3x8 Rest: 60 sec

Barbell Deadlift 3x8 Rest: 60 sec

Lying Leg Curls 3x8 Rest: 60 sec

One-Legged Cable Kickback 3x8 Rest: 60 sec

Standing Calf Raises 3x8 Rest: 60 sec

> 8.74 T 677 scores 490 kcal

Workout #12 52 min

Barbell Incline Bench Press Medium-Grip 4x10 Rest: 60 sec

Dumbbell Bench Press 3x8 Rest: 60 sec

Incline Dumbbell Flyes 3x8 Rest: 60 sec

Underhand Cable Pulldowns 3x8 Rest: 60 sec

One-Arm Dumbbell Row 3x8 Rest: 60 sec

Bent-Arm Dumbbell Pullover 3x8 Rest: 60 sec

Cable Crunch 3x8 Rest: 60 sec

Leg Pull-In 3x6 Rest: 60 sec

> 5.81 T 963 scores 690 kcal

Directory of the exercises

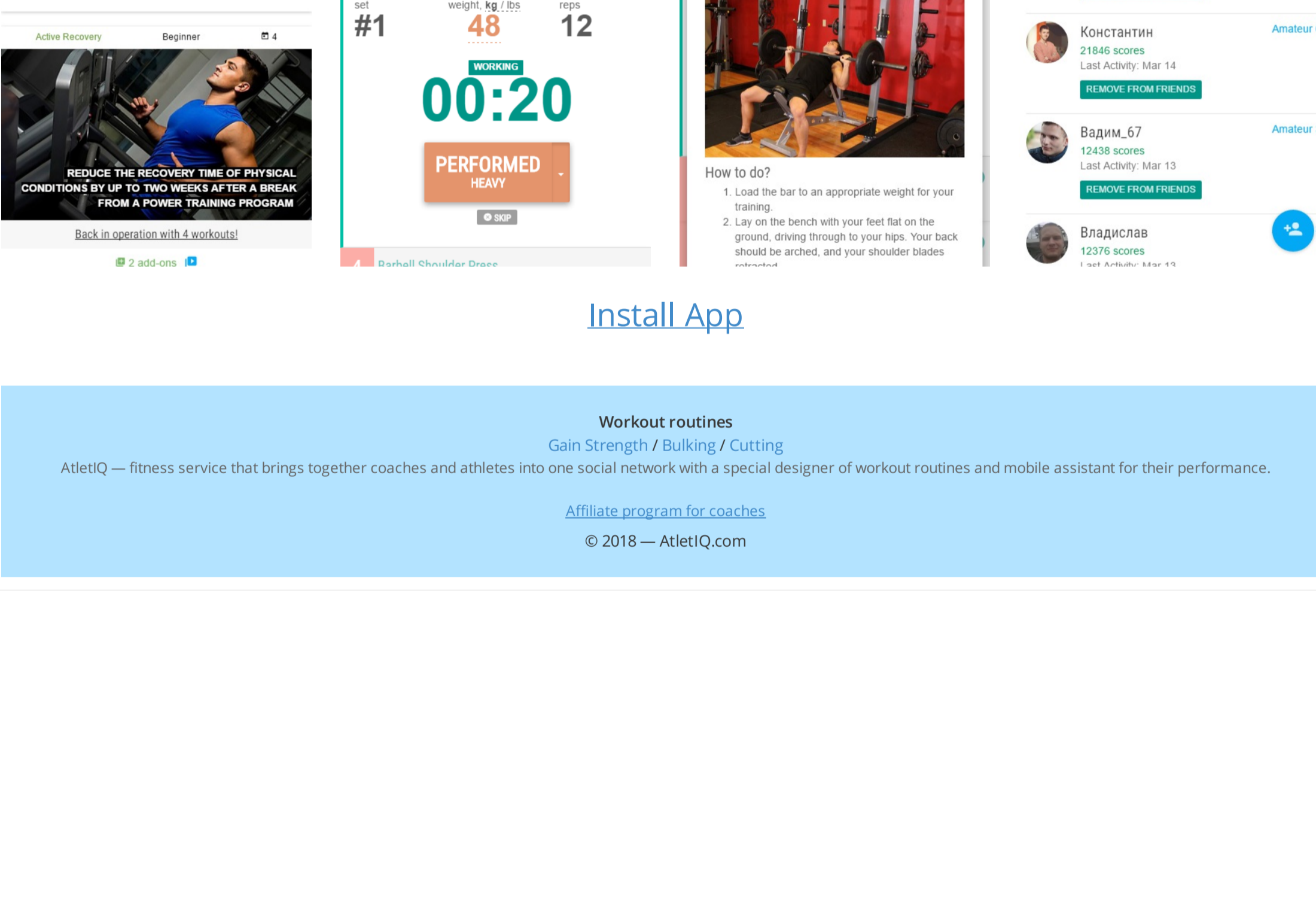
General recommendations for training with AtletIQ
 AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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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