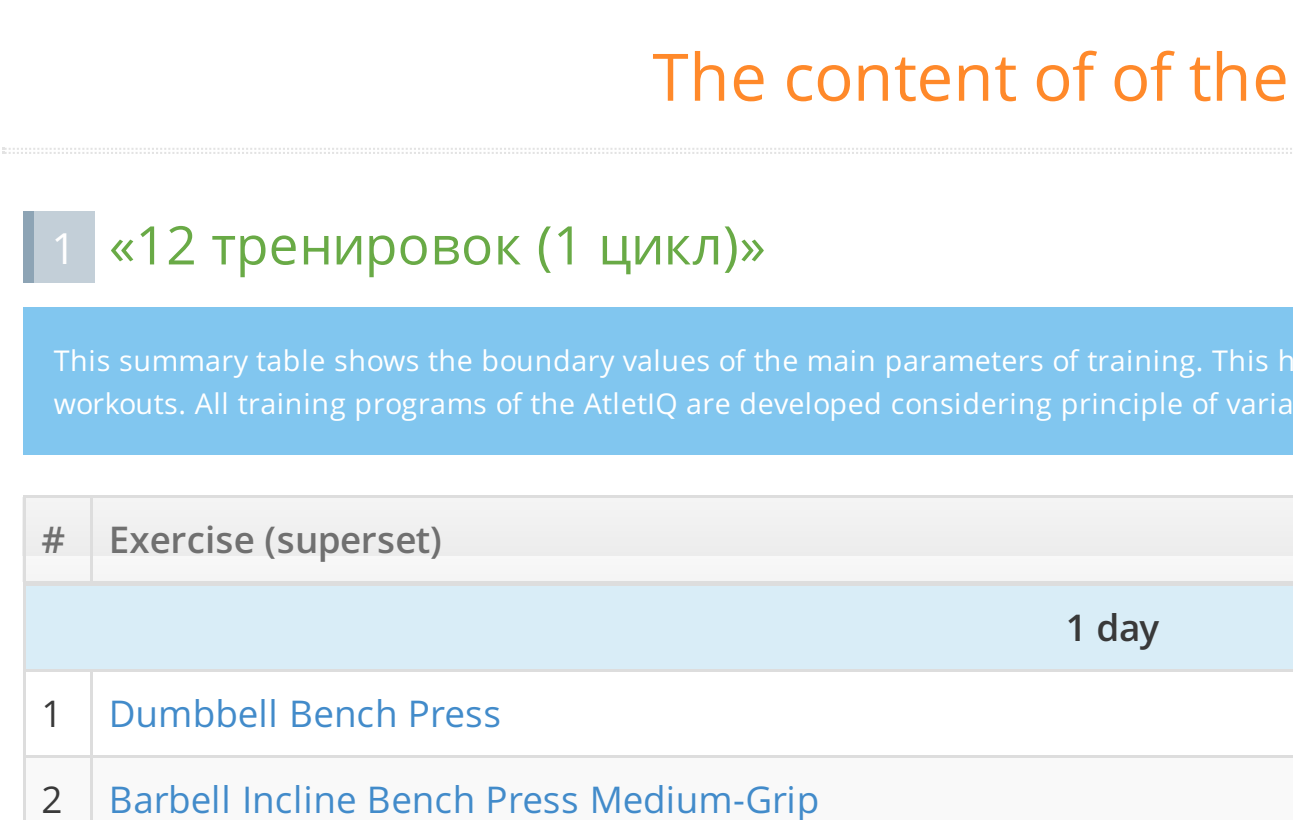


Intermediate
46 days
24 workouts
~55 minutes

<https://atletiq.com/en/programs/1218>



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

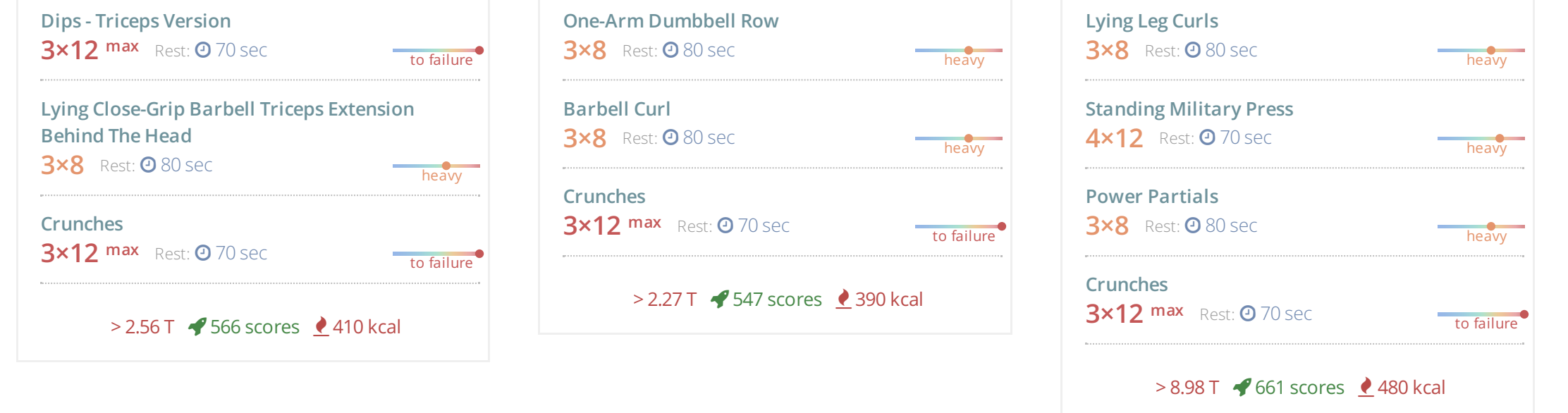
1 «12 тренировок (1 цикл)»
Duration in days: 21
Amount of training days: 12
Rest days: 11

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 Bench Press	4	8-12	70-90 sec
2	Barbell Incline Bench Press Medium-Grip	3	8-12	80-90 sec
3	Dips - Triceps Version	3	12-18 (4 max)	70 sec

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.

Example 3 of 12 workouts

Workout #1 37 min

- Dumbbell Bench Press 4x12 Rest: 70 sec
- Barbell Incline Bench Press Medium-Grip 3x8 Rest: 80 sec
- Dips - Triceps Version 3x12 max Rest: 70 sec
- Lying Close-Grip Barbell Triceps Extension Behind the Head 3x8 Rest: 80 sec
- Crunches 3x12 max Rest: 70 sec

> 2.56 T 566 scores 410 kcal

Workout #2 38 min

- Подтягивания широким хватом к груди 4x12 Rest: 70 sec
- Seated Cable Rows 3x8 Rest: 80 sec
- One-Arm Dumbbell Row 3x8 Rest: 80 sec
- Barbell Curl 3x8 Rest: 80 sec
- Crunches 3x12 max Rest: 70 sec

> 2.27 T 547 scores 390 kcal

Workout #3 46 min

- Leg Press 4x12 Rest: 70 sec
- Leg Extensions 3x8 Rest: 80 sec
- Lying Leg Curls 3x8 Rest: 80 sec
- Standing Military Press 4x12 Rest: 70 sec
- Power Partials 3x8 Rest: 80 sec
- Crunches 3x12 max Rest: 70 sec

> 3.98 T 661 scores 480 kcal

2 «12 тренировок (2 цикл)»
Duration in days: 23
Amount of training days: 12
Rest days: 11

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Leg Press	3	15-20	180 sec
2	Seated Cable Rows	3	15-20	180 sec
3	Dips - Triceps Version	2	15-20	180 sec

Training intensity for each exercise



Example 3 of 12 workouts

Workout #1 69 min

- Leg Press 3x15 Rest: 180 sec
- Seated Cable Rows 3x15 Rest: 180 sec
- Dips - Triceps Version 2x15 Rest: 180 sec
- Machine Shoulder (Military) Press 2x15 Rest: 180 sec
- Reverse Cable Curl 2x15 Rest: 180 sec
- Triceps Pushdown 2x15 Rest: 180 sec
- Планка 3x60 sec Rest: 40 sec

> 8.01 T 501 scores 360 kcal

Workout #2 70 min

- Smith Machine Squat 3x15 Rest: 180 sec
- Seated Calf Raise 2x20 Rest: 70 sec
- Close-Grip Front Lat Pulldown 3x15 Rest: 180 sec
- Dumbbell Flyes 3x15 Rest: 180 sec
- Разведение рук с гантелями в стороны в наклоне 2x15 Rest: 180 sec
- Dumbbell Alternate Bicep Curl 2x15 Rest: 180 sec
- Decline Crunch 3x15 max Rest: 70 sec

> 6.04 T 597 scores 430 kcal

Workout #3 63 min

- Dumbbell Lunges 4x10 Rest: 120 sec
- Подтягивания широким хватом к груди 3x15 max Rest: 70 sec
- Barbell Incline Bench Press Medium-Grip 3x15 Rest: 180 sec
- Barbell Curl 3x15 Rest: 180 sec
- Bench Dips 3x15 Rest: 180 sec
- Hanging Leg Raise 3x15 max Rest: 70 sec

> 3.41 T 720 scores 520 kcal

The price of the full version 10 usd

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

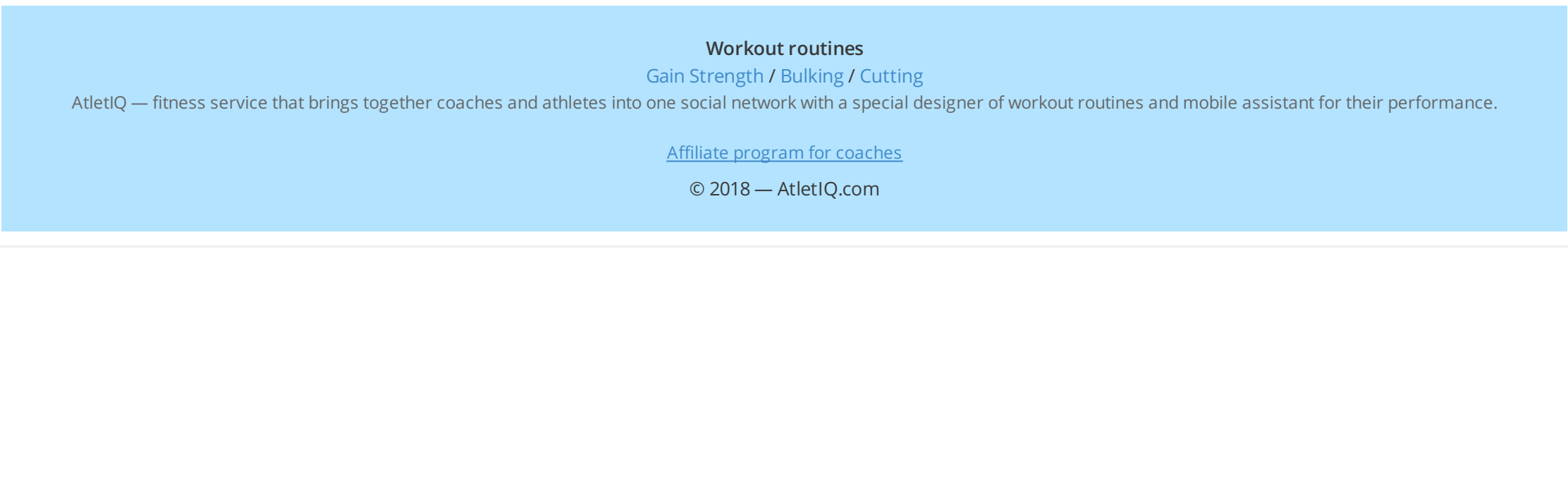
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 a 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](#)
 © 2018 — AtletIQ.com