

# Burn the subcutaneous fat and gain the long-awaited relief with the female training complex for fat burning



# 26 <sub>days</sub>

12<sub>workouts</sub>



We hasten to please all sports ladies, whose main task is not just the maintenance of the physical form, but the complex training of all muscle groups for giving them relief. It is not so difficult to reduce the percentage of fatty tissues and find the desired relief. Just adhere to the basic principles of fat burning and perform the exercises offered in the program.

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#### https://atletiq.com/en/programms/289

#### Mobile Fitness Assistant

Exercising with AtletlQ, 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»: <u>https://atletiq.com/app</u>

# The content of of the program

#### 1 «1 месяц»

Duration in days: 26Amount of training days: 12Rest days: 14

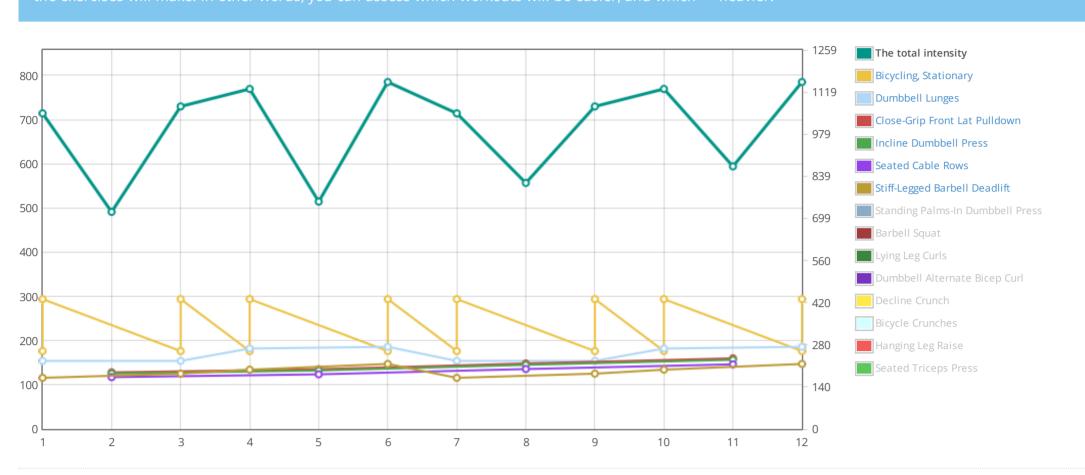
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	② Rest between sets			
1 day							
1	Barbell Squat	3	15	❷ 60-70 sec			
2	Stiff-Legged Barbell Deadlift (a)	4	15	❷ 60-70 sec			
З	Lving Leg Curls (a)	4	20	<b>()</b> 60-70 sec			

A When activated, it will be charged 8 points

#### 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 o the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier



or 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 bad level.

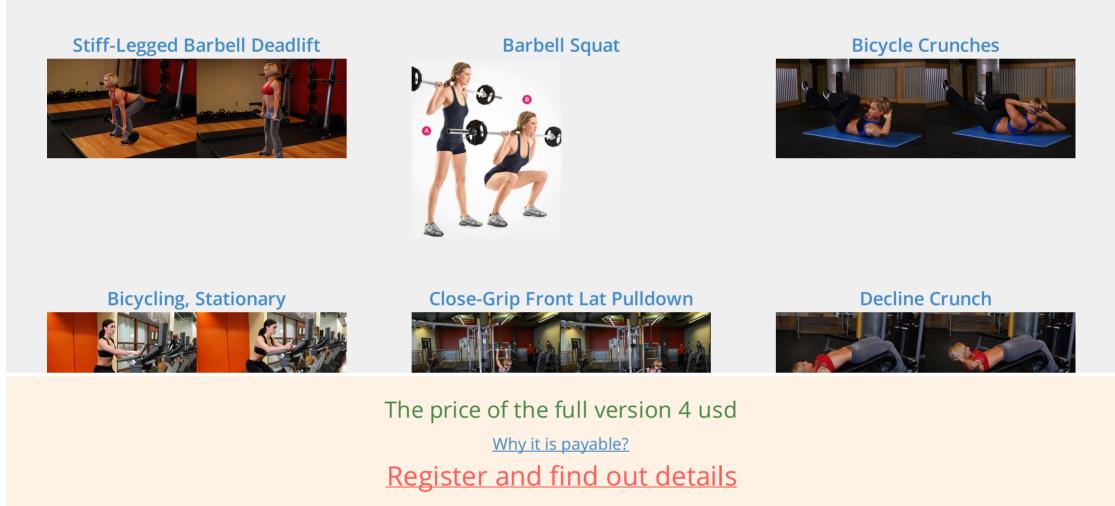
#### Example 3 of 12 workouts

Workout #1	<b>2</b> 84 min
Barbell Squat 3×15 Rest: <b>②</b> 60 sec	heavy
<ul> <li>Stiff-Legged Barbell Deadlift</li> <li>4×15 Rest: <sup>●</sup> 60 sec</li> </ul>	heavy
<ul> <li>Lying Leg Curls</li> <li>4×20 Rest: ● 60 sec</li> </ul>	heavy
Dumbbell Lunges 4×20 Rest: ❷ 60 sec	heavy
Bicycling, Stationary 1×15 min Rest: ❷ 60 sec	heavy
• Decline Crunch 2×20 max Rest: <sup>(2)</sup> 70 sec	to failure
• Hanging Leg Raise 2×10 max Rest: <sup>(2)</sup> 70 sec	to failure
Bicycling, Stationary 1×25 min Rest: <b>⊙</b> 60 sec	heavy
🛷 1048 scores	

Workout #2	<b>2</b> 52 min
• Close-Grip Front Lat Pulldown 3×15 Rest: • 60 sec	heavy
● Seated Cable Rows 3×15 Rest: ④ 60 sec	heavy
<ul> <li>Incline Dumbbell Press</li> <li>3×15 Rest: ● 60 sec</li> </ul>	heavy
• Seated Triceps Press 3×15 Rest: • 60 sec	heavy
• Standing Palms-In Dumbbell Press 3×15 Rest: • 60 sec	heavy
• Dumbbell Alternate Bicep Curl 3×15 Rest: • 60 sec	heavy
<ul> <li>Hanging Leg Raise</li> <li>2×10 max Rest:          <ul> <li>70 sec</li> </ul> </li> </ul>	to failure
<ul> <li>Bicycle Crunches</li> <li>3×26 max Rest: ● 70 sec</li> </ul>	to failure
🗬 721 scores	

Workout #3	<b>2</b> 84 min
Barbell Squat 3×15 Rest: ❷ 60 sec	very hard
• Stiff-Legged Barbell Deadlift 4×15 Rest: • 60 sec	heavy
• Lying Leg Curls 4×20 Rest: <sup>(2)</sup> 60 sec	heavy
Dumbbell Lunges 4×20 Rest: ❷ 60 sec	heavy
Bicycling, Stationary 1×15 min Rest:	heavy
• Decline Crunch 2×20 <sup>max</sup> Rest: <sup>(2)</sup> 70 sec	to failure
• Hanging Leg Raise <b>2×10</b> max Rest: <b>2</b> 70 sec	to failure
Bicycling, Stationary 1×25 min Rest: ❷ 60 sec	heavy
📌 1071 scores	

## Directory of the exercises



#### General recommendations on training with AtletIQ

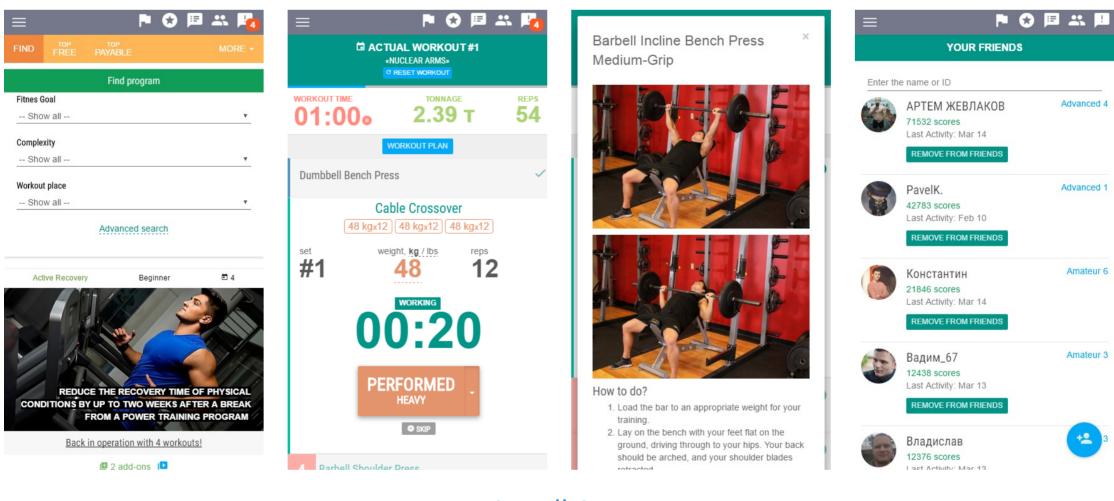
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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 © 2017 — AtletIQ.com