

equipme

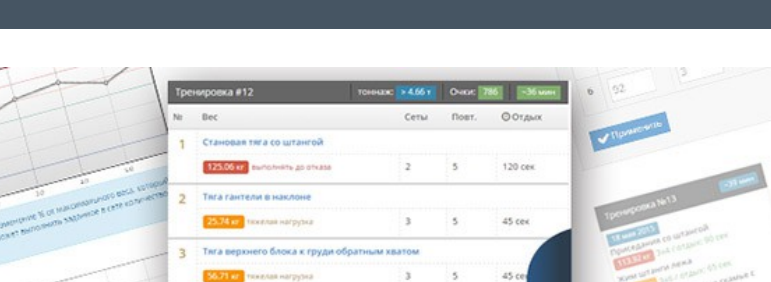
Build with Athletico

work with your weight and

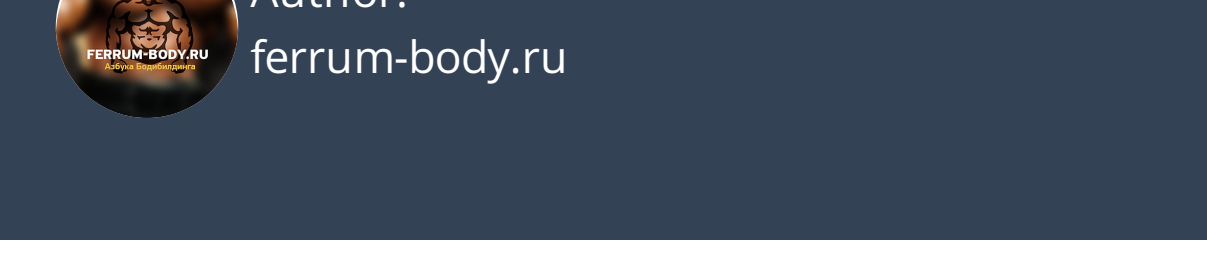
114



programs and mobile assistant for their



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- The screenshot shows the 'Mobile' app interface. On the left, a line graph displays four data series (green, blue, red, and purple) over time. On the right, a list of tasks is shown with columns for task name, status, and a numerical value.
- | Task Name | Status | Value |
|------------------------|--------|-------|
| 1. Проверка состояния | 0 | 0 |
| 2. Проверка состояния | 0 | 0 |
| 3. Проверка состояния | 0 | 0 |
| 4. Проверка состояния | 0 | 0 |
| 5. Проверка состояния | 0 | 0 |
| 6. Проверка состояния | 0 | 0 |
| 7. Проверка состояния | 0 | 0 |
| 8. Проверка состояния | 0 | 0 |
| 9. Проверка состояния | 0 | 0 |
| 10. Проверка состояния | 0 | 0 |



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

will spend the necessary time to fulfill the tasks set by coach

Assistant AtletIQ»: <https://atletiq.com/app>

nt of of the program

Duration in days: 23	Amount of training days: 12	Rest days: 11
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eters of training. This helps to better understand in what mode will be carried out
 ering principle of variability of the training scheme.

8-10

Ⓢ 70-90 sec

	70-90 sec
	70-90 sec

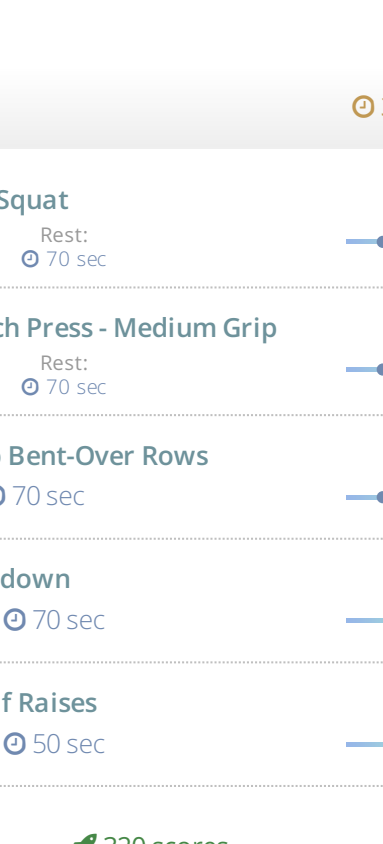
Training intensity for each exercise

This graph provides in

size, and what contribution to the overall load each of the

graph plot the intensity of each exercise in the workout and program, and you can see what contribution to the overall load each exercise 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.



⌚	Rest between sets
⌚	70-90 sec
⌚	70-90 sec
⌚	70-90 sec

Reverse Grip Bent-Over Rows
3x8 Rest: 070 sec moderate

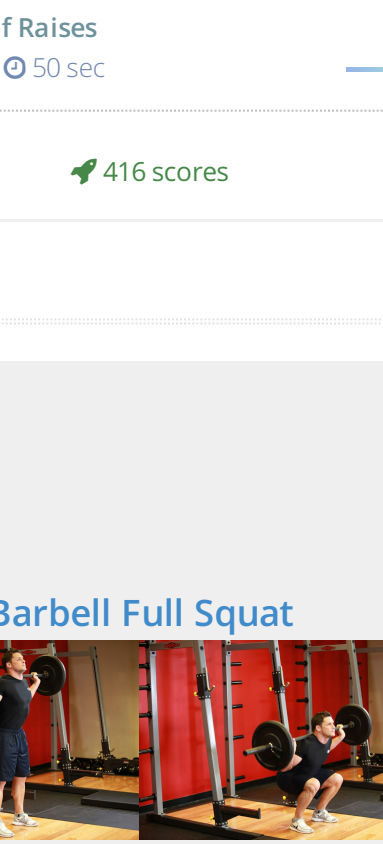
Standing Military Press
3x8 Rest: 070 sec moderate

Reverse Grip Bent-Over Rows
3x8 Rest: 070 sec heavy

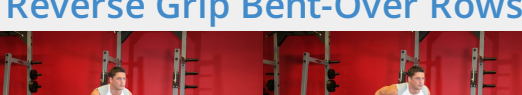
Triceps Pushdown
1x10 Rest: 070 sec moderate

Barbell Curl
1x10 Rest: 060 sec moderate

Triceps Pushdown
1x10 Rest: 070 sec moderate



Reverse Grip Bent-Over Rows




Training with AtletIQ

- This application requires access to the Internet. There is also the opportunity to train on the special training Form 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 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 planned.

Cable Crossover

Active Recovery Beginner 4 **#1** weight: 69.1 kg reps **12** **Константин** 21046 scores




REDUCE THE RECOVERY TIME OF YOUR MUSCLES BY UP TO TWO HOURS AFTER A BURN FROM A POWER TRAINING PROGRAM

WORKING

00:20

PERFORMED
HEAVY



How to do?

- Load the bar to an appropriate weight for your training.

Last Activity: Mar 16

REMOVE FROM THE DOG

Bazium, 67

12438 scores

Last Activity: Mar 13

UPDATE FROM THE DOG