Get slender legs and a tightened buttocks in just 8 weeks

Intermediate | 54 days | 32 workouts | ~49 minutes

Tighten the legs and delicious buttocks — closer to the ideal with the impact of split training.

https://atletiq.com/en/programms/306

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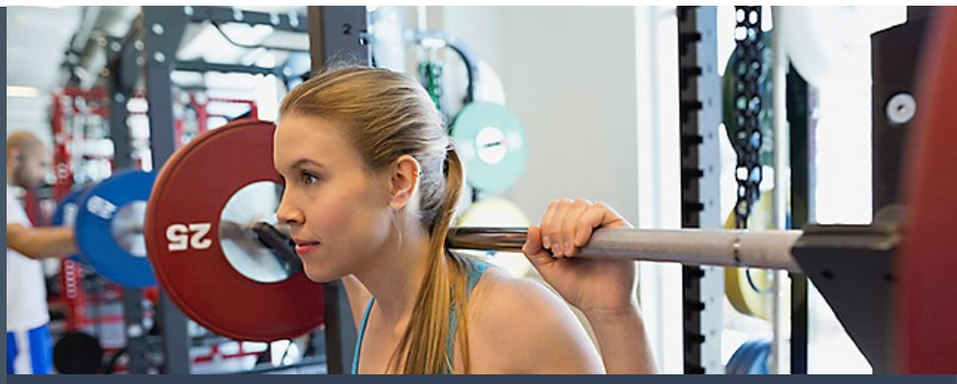
The preparation of a detailed training plan is the work of an experienced trainer. Entrust your body to professionals.

A positive athletic result is never accidental - it is always an intensified work on oneself. Without a doubt, the one who spares no effort and time will ultimately achieve the result. But which one and how soon? - the questions are more than interesting and relevant. Relying on luck or acting at random is not an entirely reasonable and even unreasonable decision



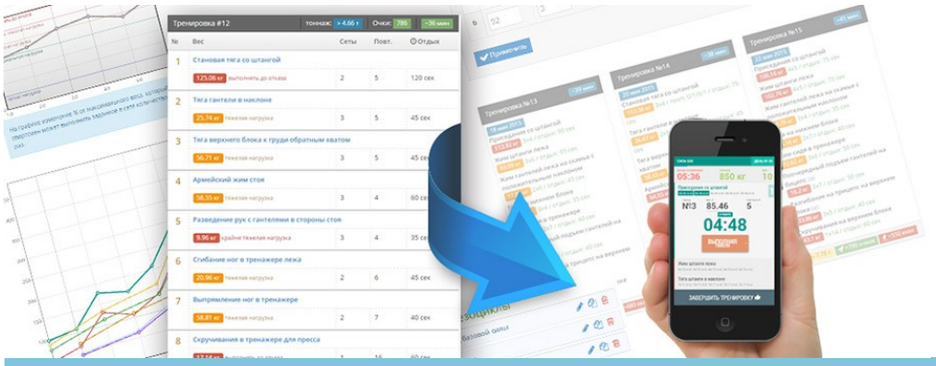
Get your body in shape with the impact of the split training complex!

Do I really have to remind you, that the general focus of exercises in women's training should be shifted towards the legs and buttocks areas, which account for the lion's share of male attention.

for the athlete. Success in sports, as in any other professional sphere, is determined by the clarity of goals and the clarity of the plan. A working and effective plan can be made independently, but sometimes there is not enough experience, theoretical knowledge or time. Fortunately for you, I have a plan and I'm ready to share it!

Functionally, the introduction of the training complex is focused on a detailed study of the gluteal muscles and legs, as well as on the rules of the classic split evenly distributing the exercise on other anatomical systems, ensuring harmonious development of form. This clear focus on the «deprived» muscles of the arms, which receive relatively high loads when performing exercises of major muscle groups.

Prepare for the tremendous amount of work to be done, but the results are worth it: invest in yourself, wasted time does not count.



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 «8 недель (4-х дневный сплит для девушек)»

Duration in days: 54 | Amount of training days: 32 | Rest days: 22

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.

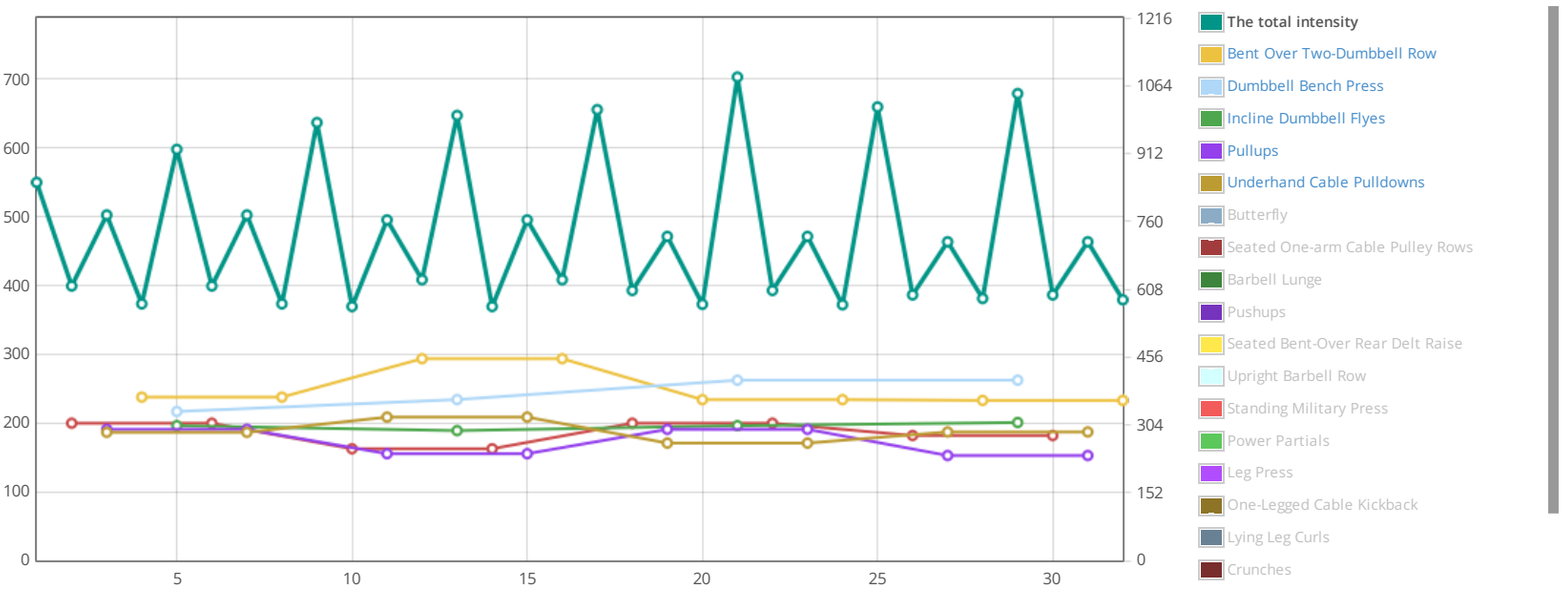
#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Standing Military Press	2-3	8-15	80-120 sec
2	Upright Barbell Row	2-3	9-12	80-120 sec
3	Power Partials	3	9-15	80-100 sec
4	Pushups	4	12-20	90 sec
5	Butterfly	4	8-15	80-90 sec
6	Crunches	2-3	20-25	90 sec
2 day				
1	Crunches	2-3	20-25	90 sec
2	Hyperextensions (Back Extensions)	2-3	15	90 sec
3	Leg Press	3	15-20	90-120 sec
4		4	8-12	80-120 sec
5	Barbell Lunge	4	10-20	110 sec
3 day (rest)				
4 day				

1	Pullups	2-4	8-15	80-120 sec
2	Underhand Cable Pulldowns	4	8-15	80-120 sec
3	Seated One-arm Cable Pulley Rows	4	8-15	80-120 sec
4	Seated Bent-Over Rear Delt Raise	4	8-12	90 sec
5	Crunches	2-3	20-25	90 sec
5 day				
1	Crunches	2-3	20-25	90 sec
2	Hyperextensions (Back Extensions)	2-3	15	90 sec
3	Bent Over Two-Dumbbell Row	4	8-15	80-120 sec
4	Lying Leg Curls	3	9-18	110 sec
5	One-Legged Cable Kickback	3	9-18	110 sec
6	Seated Calf Raise	4	9-15	80 sec
6 day (rest)				
7 day (rest)				
8 day				
1	Standing Military Press	2-3	8-15	80-120 sec
2	Upright Barbell Row	2-3	9-12	80-120 sec
3	Power Partials	3	9-15	80-100 sec
4	Dumbbell Bench Press	4	8-12	90 sec
5	Incline Dumbbell Flyes	3-4	9-15	90 sec
6	Crunches	2-3	20-25	90 sec
9 day				
1	Crunches	2-3	20-25	90 sec
2	Hyperextensions (Back Extensions)	2-3	15	90 sec
3	Leg Press	3	15-20	90-120 sec
4		4	8-12	80-120 sec
5	Barbell Lunge	4	10-20	110 sec
10 day (rest)				
11 day				
1	Pullups	2-4	8-15	80-120 sec
2	Underhand Cable Pulldowns	4	8-15	80-120 sec
3	Seated One-arm Cable Pulley Rows	4	8-15	80-120 sec
4	Seated Bent-Over Rear Delt Raise	4	8-12	90 sec
5	Crunches	2-3	20-25	90 sec
12 day				
1	Crunches	2-3	20-25	90 sec

2	Hyperextensions (Back Extensions)	2-3	15	90 sec
3	Bent Over Two-Dumbbell Row	4	8-15	80-120 sec
4	Lying Leg Curls	3	9-18	110 sec
5	One-Legged Cable Kickback	3	9-18	110 sec
6	Standing Dumbbell Calf Raise	4	9-15	80 sec
13 day (rest)				
14 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 — 50 min

Standing Military Press
3×8 Tempo: 2/0/X/0 Rest: 90 sec — heavy

Upright Barbell Row
3×9 Tempo: 2/0/1/1 Rest: 90 sec — heavy

Power Partials
3×10 Tempo: 2/0/1/1 Rest: 80 sec — heavy

Pushups
4×12 Tempo: 2/0/2/1 Rest: 90 sec — heavy

Butterfly
4×12 Tempo: 2/0/X/1 Rest: 80 sec — heavy

Crunches
3×20 Rest: 90 sec — to failure

847 scores

Workout #2 — 44 min

Crunches
3×20 Rest: 90 sec — to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec — very hard

Leg Press
3×15 Rest: 90 sec — very hard

4×8 Rest: 90 sec — very hard

Barbell Lunge
4×18 Rest: 110 sec — heavy

615 scores

Workout #3 — 46 min

Pullups
4×8 Rest: 90 sec — very hard

Underhand Cable Pulldowns
4×12 Rest: 90 sec — heavy

Seated One-arm Cable Pulley Rows
4×12 Rest: 90 sec — very hard

Seated Bent-Over Rear Delt Raise
4×8 Rest: 90 sec — very hard

Crunches
3×20 Rest: 90 sec — to failure

774 scores

Workout #4 — 51 min

Workout #5 — 52 min

Workout #6 — 44 min

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×12 Tempo: 2/0/X/1 Rest: 90 sec very hard

Lying Leg Curls
3×15 Rest: 110 sec very hard

One-Legged Cable Kickback
3×15 Rest: 110 sec very hard

Seated Calf Raise
4×15 Rest: 80 sec heavy

575 scores

Standing Military Press
3×8 Tempo: 2/0/X/0 Rest: 90 sec heavy

Upright Barbell Row
3×9 Tempo: 2/0/1/1 Rest: 90 sec heavy

Power Partials
3×15 Tempo: 2/0/1/1 Rest: 100 sec heavy

Dumbbell Bench Press
4×12 Tempo: 2/0/1/0 Rest: 90 sec heavy

Incline Dumbbell Flyes
4×15 Tempo: 2/0/1/0 Rest: 90 sec heavy

Crunches
3×20 Rest: 90 sec to failure

921 scores

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Leg Press
3×15 Rest: 90 sec very hard

4×8 Rest: 90 sec very hard

Barbell Lunge
4×18 Rest: 110 sec heavy

615 scores

Workout #7 — 46 min

Pullups
4×8 Rest: 90 sec very hard

Underhand Cable Pulldowns
4×12 Rest: 90 sec heavy

Seated One-arm Cable Pulley Rows
4×12 Rest: 90 sec very hard

Seated Bent-Over Rear Delt Raise
4×8 Rest: 90 sec very hard

Crunches
3×20 Rest: 90 sec to failure

774 scores

Workout #8 — 51 min

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×12 Tempo: 2/0/X/1 Rest: 90 sec very hard

Lying Leg Curls
3×15 Rest: 110 sec very hard

One-Legged Cable Kickback
3×15 Rest: 110 sec very hard

Standing Dumbbell Calf Raise
4×15 Rest: 80 sec heavy

575 scores

Workout #9 — 53 min

Standing Military Press
3×8 Tempo: 2/0/X/0 Rest: 120 sec very hard

Upright Barbell Row
3×10 Tempo: 2/0/1/1 Rest: 120 sec very hard

Power Partials
3×12 Tempo: 2/0/1/1 Rest: 90 sec heavy

Pushups
4×18 Tempo: 2/0/2/1 Rest: 90 sec very hard

Butterfly
4×8 Tempo: 2/0/X/1 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

981 scores

Workout #10 — 47 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Leg Press
3×20 Rest: 120 sec moderate

4×10 Rest: 120 sec heavy

Barbell Lunge
4×10 Rest: 110 sec very hard

569 scores

Workout #11 — 51 min

Pullups
4×10 Rest: 120 sec heavy

Underhand Cable Pulldowns
4×8 Rest: 120 sec very hard

Seated One-arm Cable Pulley Rows
4×8 Rest: 120 sec very hard

Seated Bent-Over Rear Delt Raise
4×12 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

763 scores

Workout #12 — 53 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×8 Tempo: 2/0/X/1 Rest: 120 sec very hard

Lying Leg Curls
3×10 Rest: 110 sec very hard

One-Legged Cable Kickback
3×10 Rest: 110 sec very hard

Seated Calf Raise
4×10 Rest: 80 sec very hard

629 scores

Workout #13 — 51 min

Standing Military Press
3×8 Tempo: 2/0/X/0 Rest: 120 sec very hard

Workout #14 — 47 min

Crunches
2×25 Rest: 90 sec to failure

Workout #15 — 51 min

Pullups
4×10 Rest: 120 sec heavy

Upright Barbell Row
3×10 Tempo: 2/0/1/1 Rest: 120 sec very hard

Power Partials
3×9 Tempo: 2/0/1/1 Rest: 90 sec heavy

Dumbbell Bench Press
4×10 Tempo: 2/0/1/0 Rest: 90 sec very hard

Incline Dumbbell Flyes
3×9 Tempo: 2/0/X/0 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

997 scores

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Leg Press
3×20 Rest: 120 sec moderate

4×10 Rest: 120 sec heavy

Barbell Lunge
4×10 Rest: 110 sec very hard

569 scores

Underhand Cable Pulldowns
4×8 Rest: 120 sec very hard

Seated One-arm Cable Pulley Rows
4×8 Rest: 120 sec very hard

Seated Bent-Over Rear Delt Raise
4×12 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

763 scores

Workout #16 — 53 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×8 Tempo: 2/0/X/1 Rest: 120 sec very hard

Lying Leg Curls
3×10 Rest: 110 sec very hard

One-Legged Cable Kickback
3×10 Rest: 110 sec very hard

Standing Dumbbell Calf Raise
4×10 Rest: 80 sec very hard

629 scores

Workout #17 — 52 min

Standing Military Press
3×9 Tempo: 2/0/X/0 Rest: 100 sec very hard

Upright Barbell Row
3×9 Tempo: 2/0/1/1 Rest: 100 sec very hard

Power Partials
3×9 Tempo: 2/0/1/1 Rest: 100 sec very hard

Pushups
4×15 Tempo: 2/0/2/1 Rest: 90 sec very hard

Butterfly
4×15 Tempo: 2/0/X/1 Rest: 80 sec very hard

Crunches
3×20 Rest: 90 sec to failure

1010 scores

Workout #18 — 44 min

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Leg Press
3×15 Rest: 90 sec very hard

4×8 Rest: 100 sec very hard

Barbell Lunge
4×20 Rest: 110 sec moderate

605 scores

Workout #19 — 49 min

Pullups
4×8 Rest: 100 sec very hard

Underhand Cable Pulldowns
4×15 Rest: 100 sec heavy

Seated One-arm Cable Pulley Rows
4×15 Rest: 100 sec heavy

Seated Bent-Over Rear Delt Raise
4×10 Rest: 90 sec very hard

Crunches
3×20 Rest: 90 sec to failure

726 scores

Workout #20 — 52 min

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×10 Tempo: 2/0/X/1 Rest: 100 sec very hard

Lying Leg Curls
3×15 Rest: 110 sec very hard

One-Legged Cable Kickback
3×15 Rest: 110 sec very hard

Seated Calf Raise
4×12 Rest: 80 sec very hard

574 scores

Workout #21 — 53 min

Standing Military Press
3×9 Tempo: 2/0/X/0 Rest: 100 sec very hard

Upright Barbell Row
3×9 Tempo: 2/0/1/1 Rest: 100 sec very hard

Power Partials
3×10 Tempo: 2/0/1/1 Rest: 100 sec very hard

Dumbbell Bench Press
4×8 Tempo: 2/0/1/0 Rest: 90 sec very hard

Incline Dumbbell Flyes
4×15 Tempo: 2/0/1/0 Rest: 90 sec heavy

Crunches
3×20 Rest: 90 sec to failure

1083 scores

Workout #22 — 44 min

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Workout #23 — 49 min

Pullups
4×8 Rest: 100 sec very hard

Underhand Cable Pulldowns
4×15 Rest: 100 sec heavy

Workout #24 — 52 min

Crunches
3×20 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
2×15 Rest: 90 sec very hard

Leg Press
3×15 Rest: 90 sec very hard

4×8 Rest: 100 sec very hard

Barbell Lunge
4×20 Rest: 110 sec moderate

605 scores

Seated One-arm Cable Pulley Rows
4×15 Rest: 100 sec heavy

Seated Bent-Over Rear Delt Raise
4×10 Rest: 90 sec very hard

Crunches
3×20 Rest: 90 sec to failure

726 scores

Bent Over Two-Dumbbell Row
4×10 Tempo: 2/0/X/1 Rest: 100 sec very hard

Lying Leg Curls
3×15 Rest: 110 sec very hard

One-Legged Cable Kickback
3×15 Rest: 110 sec very hard

Standing Dumbbell Calf Raise
4×12 Rest: 80 sec very hard

573 scores

Workout #25 — 49 min

Standing Military Press
3×15 Tempo: 2/0/1/0 Rest: 80 sec very hard

Upright Barbell Row
3×12 Tempo: 2/0/1/1 Rest: 80 sec very hard

Power Partials
3×15 Tempo: 2/0/1/1 Rest: 80 sec heavy

Pushups
4×20 Tempo: 2/0/2/1 Rest: 90 sec very hard

Butterfly
4×10 Tempo: 2/0/X/1 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

1016 scores

Workout #26 — 45 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Leg Press
3×20 Rest: 120 sec moderate

4×12 Rest: 80 sec very hard

Barbell Lunge
4×15 Rest: 110 sec very hard

595 scores

Workout #27 — 43 min

Pullups
4×12 Rest: 80 sec heavy

Underhand Cable Pulldowns
4×10 Rest: 80 sec very hard

Seated One-arm Cable Pulley Rows
4×10 Rest: 80 sec very hard

Seated Bent-Over Rear Delt Raise
4×12 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

714 scores

Workout #28 — 51 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×15 Tempo: 2/0/X/1 Rest: 80 sec heavy

Lying Leg Curls
3×12 Rest: 110 sec very hard

One-Legged Cable Kickback
3×12 Rest: 110 sec very hard

Seated Calf Raise
4×9 Rest: 80 sec very hard

587 scores

Workout #29 — 48 min

Standing Military Press
3×15 Tempo: 2/0/1/0 Rest: 80 sec very hard

Upright Barbell Row
3×12 Tempo: 2/0/1/1 Rest: 80 sec very hard

Power Partials
3×10 Tempo: 2/0/1/1 Rest: 80 sec heavy

Dumbbell Bench Press
4×8 Tempo: 2/0/1/0 Rest: 90 sec very hard

Incline Dumbbell Flyes
4×10 Tempo: 2/0/X/0 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

1046 scores

Workout #30 — 45 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Leg Press
3×20 Rest: 120 sec moderate

4×12 Rest: 80 sec very hard

Barbell Lunge
4×15 Rest: 110 sec very hard

595 scores

Workout #31 — 43 min

Pullups
4×12 Rest: 80 sec heavy

Underhand Cable Pulldowns
4×10 Rest: 80 sec very hard

Seated One-arm Cable Pulley Rows
4×10 Rest: 80 sec very hard

Workout #32 — 51 min

Crunches
2×25 Rest: 90 sec to failure

Hyperextensions (Back Extensions)
3×15 Rest: 90 sec very hard

Bent Over Two-Dumbbell Row
4×15 Tempo: 2/0/X/1 Rest: 80 sec heavy

Seated Bent-Over Rear Delt Raise
4×12 Rest: 90 sec very hard

Crunches
2×25 Rest: 90 sec to failure

714 scores

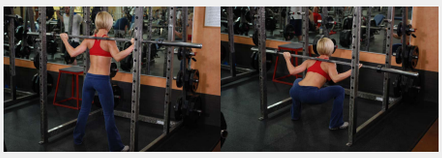
Lying Leg Curls
3×12 Rest: 110 sec very hard

One-Legged Cable Kickback
3×12 Rest: 110 sec very hard

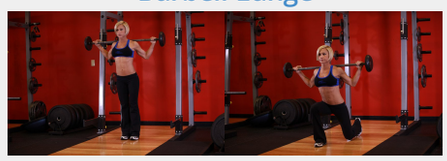
Standing Dumbbell Calf Raise
4×9 Rest: 80 sec very hard

584 scores

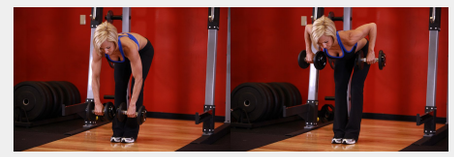
Directory of the exercises



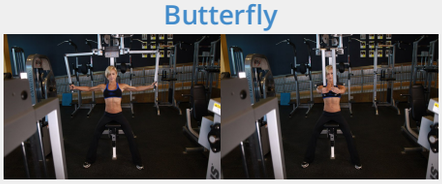
Barbell Lunge



Bent Over Two-Dumbbell Row

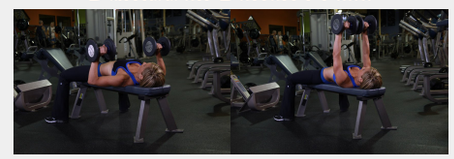


Butterfly

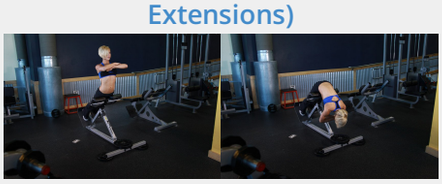


Crunches

Dumbbell Bench Press

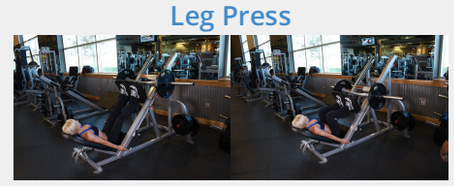


Hyperextensions (Back Extensions)



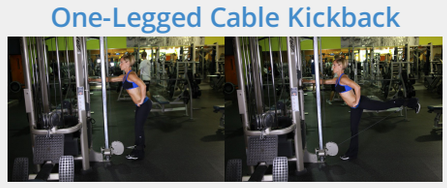
Incline Dumbbell Flyes

Leg Press

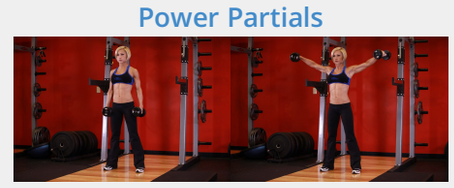


Lying Leg Curls

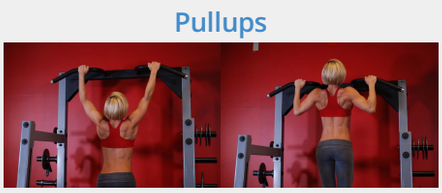
One-Legged Cable Kickback



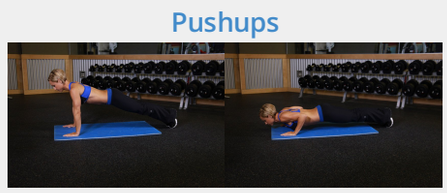
Power Partials



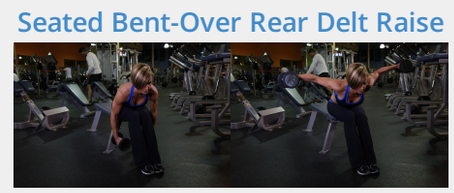
Pullups



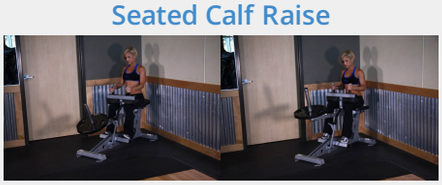
Pushups



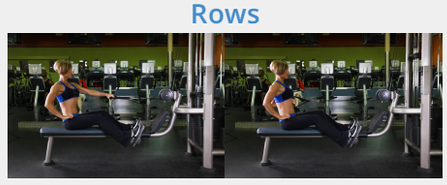
Seated Bent-Over Rear Delt Raise



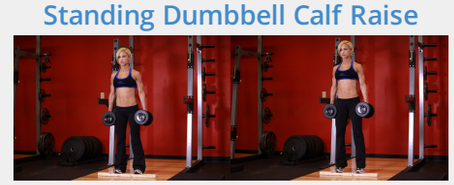
Seated Calf Raise



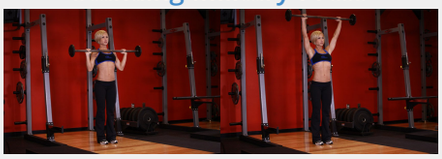
Seated One-arm Cable Pulley Rows



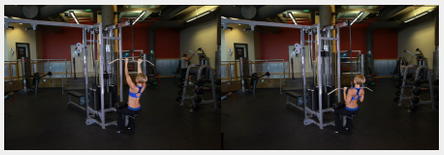
Standing Dumbbell Calf Raise



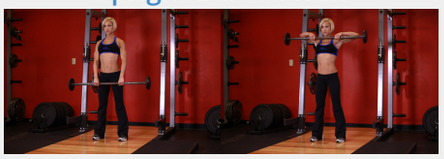
Standing Military Press



Underhand Cable Pulldowns



Upright Barbell Row



QUICKLY GET YOUR BODY TO YOUR IDEAL!

«Four-day split for girls»

Fat Burning

32

Tighten the legs and delicious buttocks — closer to the ideal with the impact of split training.

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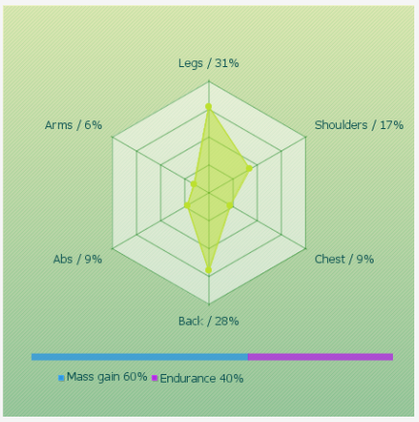


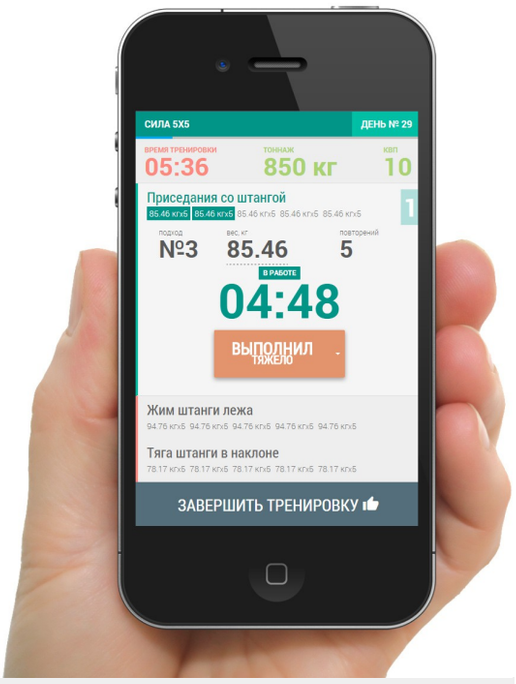
Автор программы

Олег Горемыкин

Подробнее о программе

Install App:

https://atletiq.com/app



General recommendations on training with AtletIQ

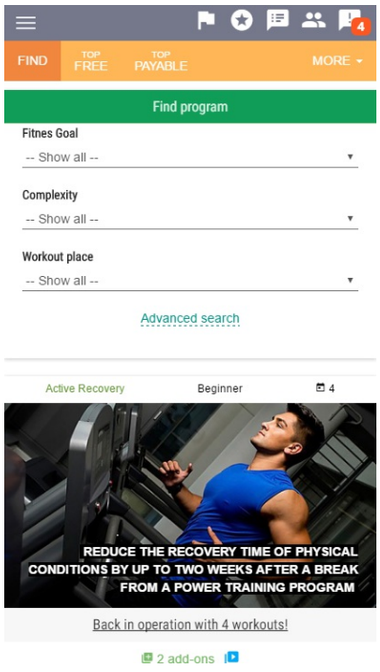
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

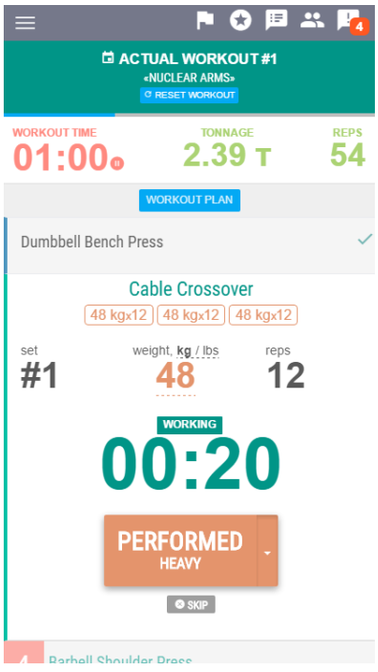
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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.

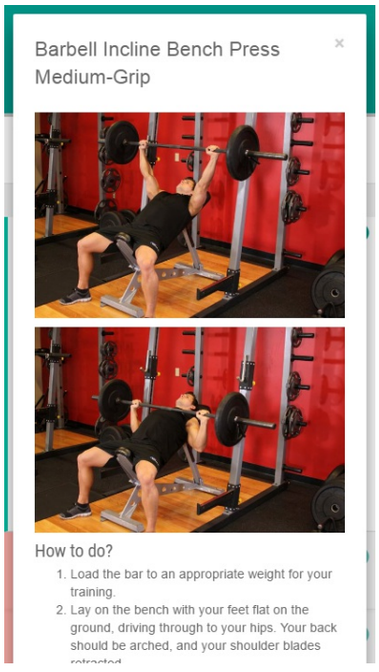
How to use mobile assistant?

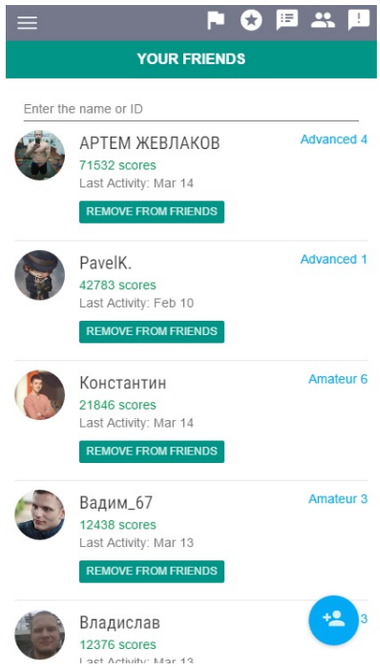
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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

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