

Hannibal's method of working out: to super-endurance through prolonged and intensive work









The program is based on the principle of the training system of the famous Hannibal King, who devoted most of his life to street workout and achieved stunning results in this field.

https://atletiq.com/en/programms/319



### 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

## «5 базовых тренировок»

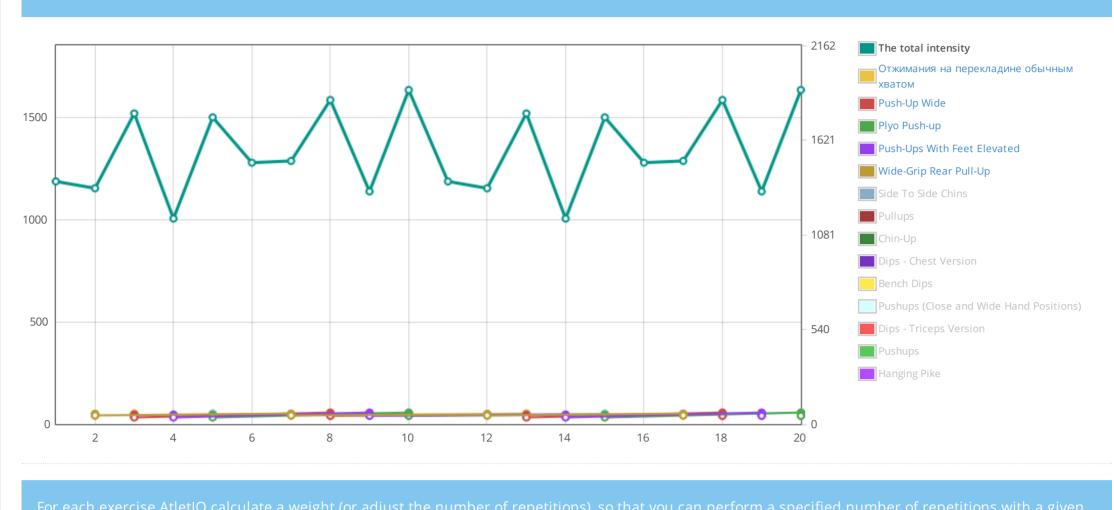
Duration in days: 39Amount of training days: 20Rest days: 19

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	Pushups (a)	11	15-30	<b>②</b> 30 sec	
2	Pullups (a)	10	5-12	<b>②</b> 30 sec	
З	Dins - Tricens Version (a)	11	7-20	<b>()</b> 30 sec	

▲ Level «Amateur 6» is required or you can pay 120 points / ② <u>what is it?</u> ③ Allowed for status «<u>VIP</u>»

## Training intensity for each exercise



load leve

### Example 3 of 20 workouts

Workout #1	<b>2</b> 45 min
• Pushups	
1×25 Rest: <b>2</b> 30 sec	heavy
<b>1×24</b> Rest: <b>0</b> 30 sec	heavy
<b>1×23</b> Rest: <b>0</b> 30 sec	moderate
<b>1×22</b> Rest: <b>0</b> 30 sec	moderate
<b>1×21</b> Rest: <b>0</b> 30 sec	moderate
<b>1×20</b> Rest: <b>④</b> 30 sec	moderate
<b>1×19</b> Rest: <b>0</b> 30 sec	moderate
<b>1×18</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×17</b> Rest: <b>②</b> 30 sec	moderate
<b>1×16</b> Rest: <b>⊙</b> 30 sec	moderate
1×15 Rest: <sup>(2)</sup> 30 sec	moderate
• Pullups	
<b>1×10</b> Rest: <b>②</b> 30 sec	very hard
<b>1×9</b> Rest: <b>④</b> 30 sec	very hard
<b>1×8</b> Rest: <b>④</b> 30 sec	heavy
<b>1×7</b> Rest: <b>2</b> 30 sec	heavy
<b>1×6</b> Rest: <b>2</b> 30 sec	heavy
5×5 Rest: <b>②</b> 30 sec	heavy
• Dips - Triceps Version	
<b>1×15</b> Rest: <b>2</b> 30 sec	heavy
<b>1×14</b> Rest: <b>2</b> 30 sec	heavy
<b>1×13</b> Rest: <b>0</b> 30 sec	heavy
<b>1×12</b> Rest: <b>0</b> 30 sec	heavy
<b>1×11</b> Rest: <b>2</b> 30 sec	moderate
<b>1×10</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×9</b> Rest: <b>④</b> 30 sec	moderate
<b>1×8</b> Rest: <b>④</b> 30 sec	moderate
<b>3×7</b> Rest: <b>⊙</b> 30 sec	moderate
• Chin-Up	
<b>1×10</b> Rest: <b>②</b> 30 sec	very hard
<b>1×9</b> Rest: <b>②</b> 30 sec	very hard
1×8 Rest:	heavy
<b>1×7</b> Rest: <b>2</b> 30 sec	heavy
1×6 Rest:	heavy
5×5 Rest: <b>2</b> 30 sec	heavy
📌 1385 scores	

Workout #2	<b>④</b> 47 min
<ul> <li>Pushups (Close and Wide Hand F</li> </ul>	Positions)
1×25 Rest: @ 30 sec	heavy
<b>1×24</b> Rest: <b>2</b> 30 sec	heavy
<b>1×23</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×22</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×21</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×20</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×19</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×18</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×17</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×16</b> Rest: <b>⊙</b> 30 sec	moderate
<b>1×15</b> Rest: <b>②</b> 30 sec	moderate
Wide-Grip Rear Pull-Up	
<b>1×10</b> Rest: <b>②</b> 30 sec	very hard
<b>1×9</b> Rest: <b>④</b> 30 sec	very hard
<b>1×8</b> Rest: <b>②</b> 30 sec	heavy
<b>1×7</b> Rest: <b>2</b> 30 sec	heavy
<b>1×6</b> Rest: <b>2</b> 30 sec	heavy
5×5 Rest: <b>③</b> 30 sec	heavy
Dips - Chest Version	
1×15 Rest: <b>0</b> 30 sec	heavy
<b>1×14</b> Rest: <b>④</b> 30 sec	heavy
1×13 Rest:	heavy
1×12 Rest:	heavy
<b>1×11</b> Rest: <b>②</b> 30 sec	moderate
<b>1×10</b> Rest: <b>④</b> 30 sec	moderate
<b>1×9</b> Rest: <b>④</b> 30 sec	moderate
<b>1×8</b> Rest: <b>④</b> 30 sec	moderate
<b>3×7</b> Rest: <b>⊙</b> 30 sec	moderate
Hanging Pike	
<b>1×15</b> Rest: <b>②</b> 30 sec	heavy
<b>1×14</b> Rest: <b>②</b> 30 sec	heavy
<b>1×13</b> Rest: <b>2</b> 30 sec	heavy
<b>1×12</b> Rest: <b>0</b> 30 sec	heavy
<b>1×11</b> Rest: <b>②</b> 30 sec	moderate
<b>1×10</b> Rest: <b>2</b> 30 sec	moderate
<b>1×9</b> Rest: <b>②</b> 30 sec	moderate
<b>1×8</b> Rest: <b>②</b> 30 sec	moderate
<b>3×7</b> Rest: <b>④</b> 30 sec	moderate

Work	out #3	<b>2</b> 43 mir
• Push·	Up Wide	
1×2	5 Rest: 🕘 30 sec	heavy
1×2	4 Rest: 🕑 30 sec	heavy
1×2	<b>3</b> Rest: <b>4</b> 30 sec	moderat
1×2	<b>2</b> Rest: <b>④</b> 30 sec	moderat
1×2	<b>1</b> Rest: <b>2</b> 30 sec	moderat
1×2	0 Rest: 🕑 30 sec	moderat
1×1	9 Rest: 🕑 30 sec	moderat
1×1	8 Rest: 🕑 30 sec	moderat
1×1	<b>7</b> Rest: <b>2</b> 30 sec	moderat
1×1	6 Rest: 🕑 30 sec	moderat
1×1	5 Rest: 🕑 30 sec	moderat
Side	Γο Side Chins	
	0 Rest: <b>@</b> 30 sec	very har
1×9	Rest: 🕗 30 sec	very hard
1×8	Rest: 🕗 30 sec	heavy
1×7	Rest: 🕗 30 sec	heavy
1×6	Rest: 🕑 30 sec	heavy
5×5	Rest: 🕘 30 sec	heavy
• Отжи	мания на перекладине о	обычным хватог
1×8	Rest: 🕑 30 sec	heavy
2×7	Rest: 🕘 30 sec	heavy
3×6	Rest: 🕘 30 sec	heavy
4×5	Rest: 🕑 30 sec	heavy
• Chin-	Up	
1×8	Rest: <b>@</b> 30 sec	heavy
	Rest: 🕘 30 sec	heavy
2×7		
	Rest: 🕘 30 sec	heavy

Directory of the exercises









Chin-Up Di

Dips - Chest Version

Dips - Triceps Version







The price of the full version 6 usd <u>Why it is payable?</u> <u>Register and find out details</u>

# General recommendations on training with AtletIQ

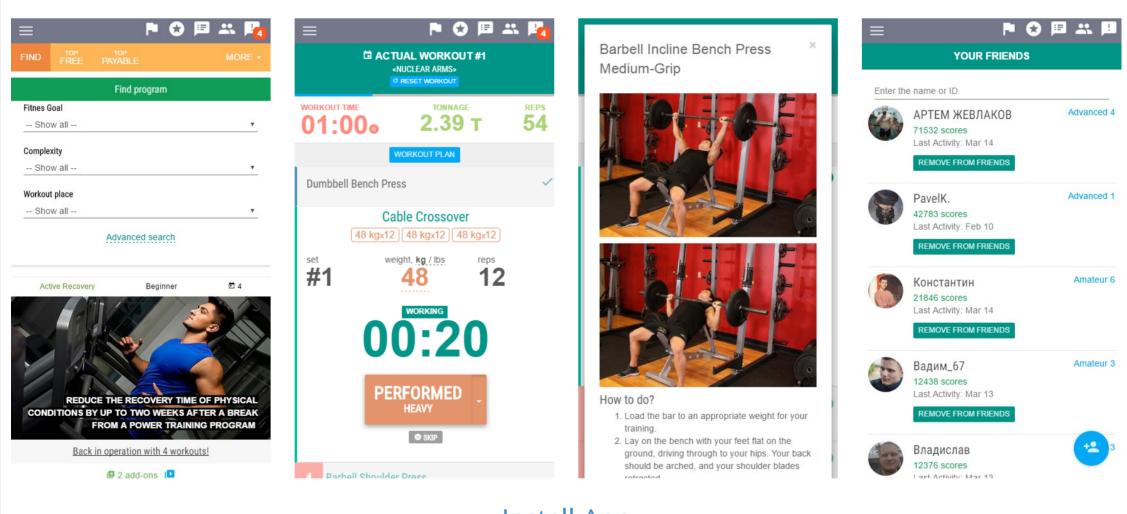
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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