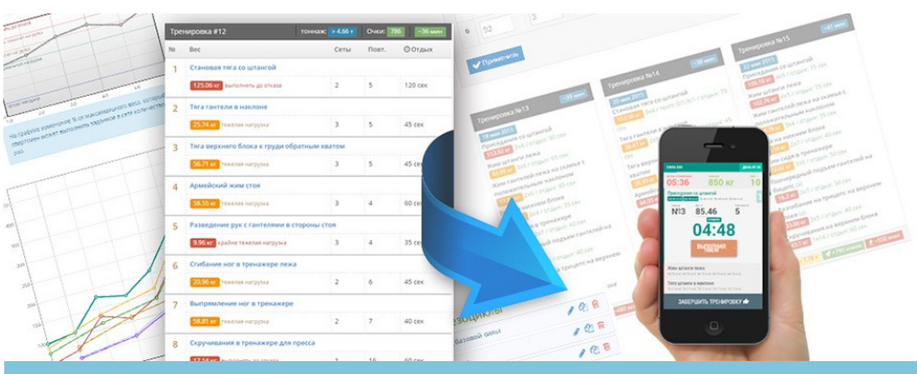
Harmonious and strong female body for 7 weeks of intensive training

Intermediate | 40 days | 21 workout | ~41 minutes

Are serious sports experience and many hours of effective training behind you? And ahead - the need for a complex choice of an effective program? Why put experiments on your own body in vain attempts to invent a radically new approach to training? Good old three-day split to sports ladies to help!

https://atletiq.com/en/programms/322



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 «№ 1. 3 недели (7 упражнений по 3 подхода)»

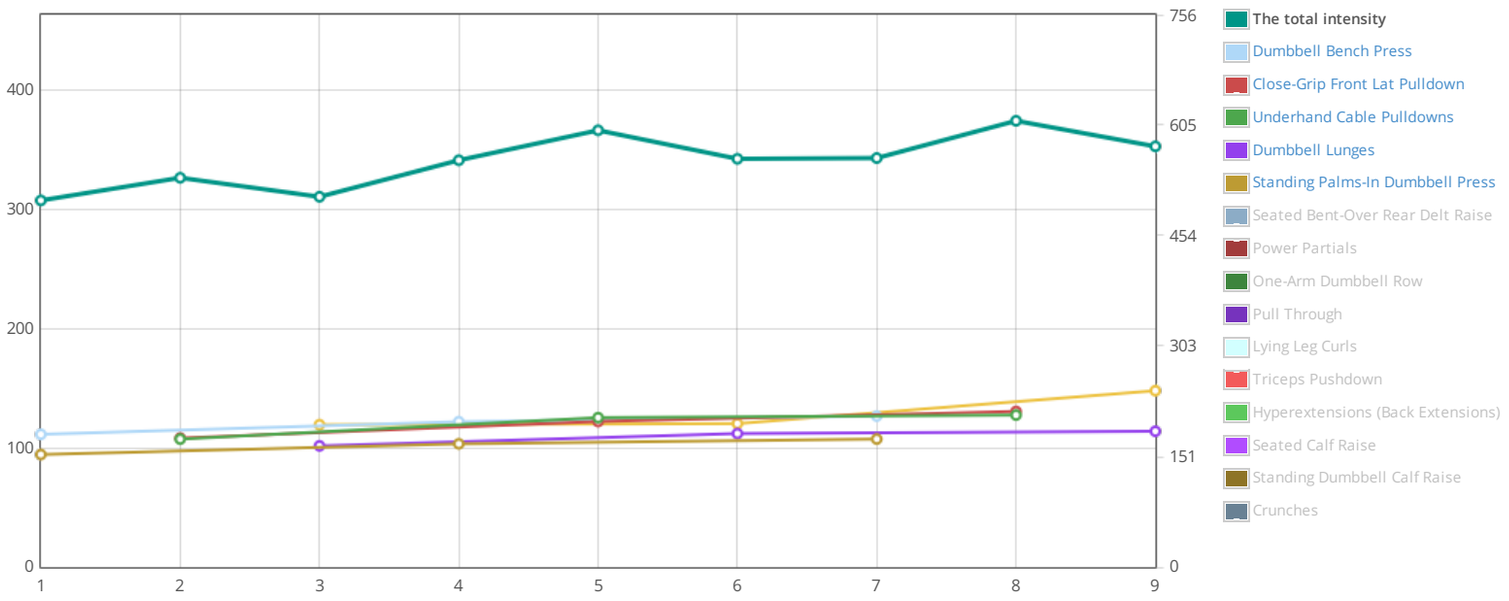
Duration in days: 17 | Amount of training days: 9 | Rest days: 8

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	Crunches	2	20-25	40 sec
2	Hyperextensions (Back Extensions)	2	12-15	40 sec
3	Dumbbell Bench Press	3	12-15	40 sec
4	Seated Bent-Over Rear Delt Raise	3	12-15	40 sec
5	Triceps Pushdown	3	12-15	40 sec
6	Standing Palms-In Dumbbell Press	3	12-15	40 sec
7	Power Partials	3	12-15	40 sec
2 day (rest)				
3 day				
1	Crunches	2	20-25	40 sec
2	Hyperextensions (Back Extensions)	2	12-15	40 sec
3	Close-Grip Front Lat Pulldown	3	8-10	40 sec
4	Underhand Cable Pulldowns	3	10-12	40 sec
5	One-Arm Dumbbell Row	3	10-12	40 sec
6	Pull Through	3	9-12	40 sec
7	Seated Bent-Over Rear Delt Raise	3	12-15	40 sec
4 day (rest)				
5 day				
1	Crunches	2	20-25	40 sec
2	Hyperextensions (Back Extensions)	2	12-15	40 sec
3		3	8-10	40 sec
4	Dumbbell Lunges	3	10-15	40 sec
5		3	9-12	40 sec
6	Lying Leg Curls	3	12-15	40 sec
7	Seated Calf Raise	3	15-20	40 sec
8	Standing Dumbbell Calf Raise	3	12-15	40 sec
6 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 — 38 min

Crunches
2×20 Rest: 40 sec — moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec — heavy

Dumbbell Bench Press
3×15 Rest: 40 sec — moderate

Seated Bent-Over Rear Delt Raise
3×15 Rest: 40 sec — moderate

Triceps Pushdown
3×15 Rest: 40 sec — moderate

Standing Palms-In Dumbbell Press
3×15 Rest: 40 sec — moderate

Power Partials
3×15 Rest: 40 sec — moderate

502 scores

Workout #2 — 37 min

Crunches
2×20 Rest: 40 sec — moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec — heavy

Close-Grip Front Lat Pulldown
3×10 Rest: 40 sec — moderate

Underhand Cable Pulldowns
3×12 Rest: 40 sec — moderate

One-Arm Dumbbell Row
3×12 Rest: 40 sec — moderate

Pull Through
3×11 Rest: 40 sec — heavy

Seated Bent-Over Rear Delt Raise
3×15 Rest: 40 sec — moderate

533 scores

Workout #3 — 43 min

Crunches
2×20 Rest: 40 sec — moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec — heavy

3×9 Rest: 40 sec — heavy

Dumbbell Lunges
3×15 Rest: 40 sec — moderate

3×12 Rest: 40 sec — moderate

Lying Leg Curls
3×15 Rest: 40 sec — moderate

Seated Calf Raise
3×20 Rest: 40 sec — moderate

Standing Dumbbell Calf Raise
3×15 Rest: 40 sec — moderate

507 scores

Workout #4 — 38 min

Crunches
2×25 Rest: 40 sec — heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec — very hard

Dumbbell Bench Press
3×14 Rest: 40 sec — heavy

Seated Bent-Over Rear Delt Raise
3×14 Rest: 40 sec — heavy

Triceps Pushdown

Workout #5 — 37 min

Crunches
2×25 Rest: 40 sec — heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec — very hard

Close-Grip Front Lat Pulldown
3×9 Rest: 40 sec — heavy

Underhand Cable Pulldowns
3×11 Rest: 40 sec — heavy

One-Arm Dumbbell Row

Workout #6 — 43 min

Crunches
2×25 Rest: 40 sec — heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec — very hard

3×10 Rest: 40 sec — heavy

Dumbbell Lunges
3×12 Rest: 40 sec — heavy

3×10 Rest: 40 sec — heavy

3×14 Rest: 40 sec heavy

Standing Palms-In Dumbbell Press
3×14 Rest: 40 sec heavy

Power Partials
3×14 Rest: 40 sec heavy

557 scores

3×11 Rest: 40 sec heavy

Pull Through
3×12 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
3×14 Rest: 40 sec heavy

598 scores

Lying Leg Curls
3×14 Rest: 40 sec heavy

Seated Calf Raise
3×17 Rest: 40 sec heavy

Standing Dumbbell Calf Raise
3×14 Rest: 40 sec heavy

559 scores

Workout #7 37 min

Crunches
2×20 Rest: 40 sec moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec heavy

Dumbbell Bench Press
3×12 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
3×12 Rest: 40 sec heavy

Triceps Pushdown
3×12 Rest: 40 sec heavy

Standing Palms-In Dumbbell Press
3×12 Rest: 40 sec heavy

Power Partials
3×12 Rest: 40 sec heavy

560 scores

Workout #8 37 min

Crunches
2×20 Rest: 40 sec moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec heavy

Close-Grip Front Lat Pulldown
3×8 Rest: 40 sec heavy

Underhand Cable Pulldowns
3×10 Rest: 40 sec heavy

One-Arm Dumbbell Row
3×10 Rest: 40 sec heavy

Pull Through
3×9 Rest: 40 sec very hard

Seated Bent-Over Rear Delt Raise
3×12 Rest: 40 sec heavy

611 scores

Workout #9 43 min

Crunches
2×20 Rest: 40 sec moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec heavy

3×8 Rest: 40 sec very hard

Dumbbell Lunges
3×10 Rest: 40 sec heavy

3×9 Rest: 40 sec heavy

Lying Leg Curls
3×12 Rest: 40 sec heavy

Seated Calf Raise
3×15 Rest: 40 sec heavy

Standing Dumbbell Calf Raise
3×12 Rest: 40 sec heavy

576 scores

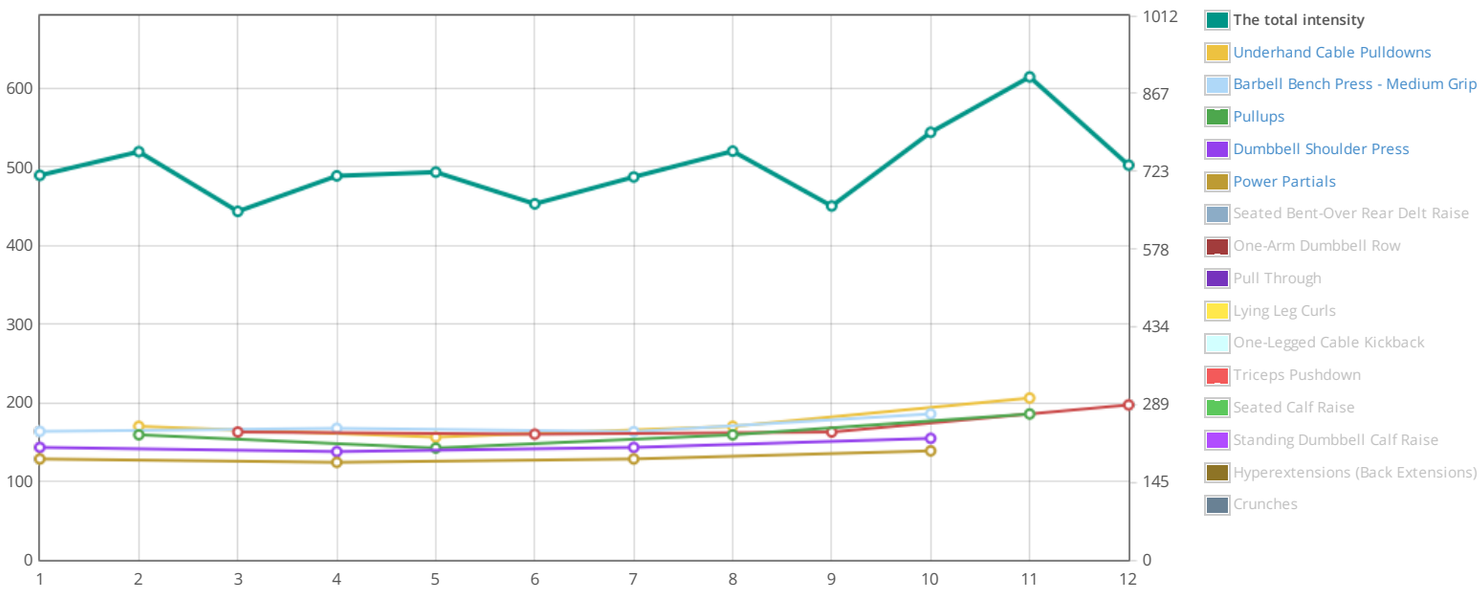
2 «№ 2. 4 недели (7 упражнений по 4 подхода)»

Duration in days: 23 | Amount of training days: 12 | Rest days: 11

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Crunches	2	20-25	40 sec
2	Hyperextensions (Back Extensions)	2	12-15	40 sec
3	Barbell Bench Press - Medium Grip	4	11-15	40 sec
4	Seated Bent-Over Rear Delt Raise	4	12-15	40 sec
5	Triceps Pushdown	4	11-15	40 sec
6	Dumbbell Shoulder Press	4	10-14	40 sec
7	Power Partials	4	10-15	40 sec
	2 day (rest)			
	3 day			
1	Crunches	2	20-25	40 sec
2	Hyperextensions (Back Extensions)	2	12-15	40 sec
3	Pullups	4	6-10	40 sec

4	Underhand Cable Pulldowns	4	8-12	40 sec
5	One-Arm Dumbbell Row	4	8-12	40 sec
6	Pull Through	4	8-12	40 sec
7	Seated Bent-Over Rear Delt Raise	4	12-15	40 sec
4 day (rest)				
5 day				
1	Crunches	2	20-25	40 sec
2	Hyperextensions (Back Extensions)	2	12-15	40 sec
3		4	8-12	40 sec
4	One-Legged Cable Kickback	4	10-15	40 sec
5		4	9-12	40 sec
6	Lying Leg Curls	4	10-15	40 sec
7	Seated Calf Raise	4	15-20	40 sec
8	Standing Dumbbell Calf Raise	4	12-15	40 sec
6 day (rest)				

Training intensity for each exercise



Workout #1 — 41 min

Crunches
2×20 Rest: 40 sec — moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec — heavy

Barbell Bench Press - Medium Grip
4×12 Rest: 40 sec — heavy

Seated Bent-Over Rear Delt Raise
4×12 Rest: 40 sec — heavy

Triceps Pushdown
4×12 Rest: 40 sec — heavy

Dumbbell Shoulder Press

Workout #2 — 41 min

Crunches
2×20 Rest: 40 sec — moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec — heavy

Pullups
4×8 Rest: 40 sec — heavy

Underhand Cable Pulldowns
4×10 Rest: 40 sec — heavy

One-Arm Dumbbell Row
4×10 Rest: 40 sec — heavy

Pull Through

Workout #3 — 47 min

Crunches
2×20 Rest: 40 sec — moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec — heavy

4×10 Rest: 40 sec — heavy

One-Legged Cable Kickback
4×15 Rest: 40 sec — heavy

4×10 Rest: 40 sec — heavy

Lying Leg Curls
4×15 Rest: 40 sec — heavy

4×12 Rest: 40 sec heavy

Power Partials
4×12 Rest: 40 sec heavy

715 scores

4×10 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
4×15 Rest: 40 sec heavy

759 scores

Seated Calf Raise
4×17 Rest: 40 sec heavy

Standing Dumbbell Calf Raise
4×12 Rest: 40 sec heavy

648 scores

Workout #4 — 41 min

Crunches
2×25 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec very hard

Barbell Bench Press - Medium Grip
4×14 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
4×14 Rest: 40 sec heavy

Triceps Pushdown
4×15 Rest: 40 sec heavy

Dumbbell Shoulder Press
4×14 Rest: 40 sec heavy

Power Partials
4×15 Rest: 40 sec heavy

714 scores

Workout #5 — 41 min

Crunches
2×25 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec very hard

Pullups
4×10 Rest: 40 sec heavy

Underhand Cable Pulldowns
4×12 Rest: 40 sec heavy

One-Arm Dumbbell Row
4×12 Rest: 40 sec heavy

Pull Through
4×12 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
4×14 Rest: 40 sec heavy

721 scores

Workout #6 — 47 min

Crunches
2×25 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec very hard

4×12 Rest: 40 sec heavy

One-Legged Cable Kickback
4×10 Rest: 40 sec very hard

4×12 Rest: 40 sec heavy

Lying Leg Curls
4×12 Rest: 40 sec heavy

Seated Calf Raise
4×20 Rest: 40 sec moderate

Standing Dumbbell Calf Raise
4×14 Rest: 40 sec heavy

662 scores

Workout #7 — 41 min

Crunches
2×20 Rest: 40 sec moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec heavy

Barbell Bench Press - Medium Grip
4×15 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
4×12 Rest: 40 sec heavy

Triceps Pushdown
4×14 Rest: 40 sec heavy

Dumbbell Shoulder Press
4×12 Rest: 40 sec heavy

Power Partials
4×12 Rest: 40 sec heavy

712 scores

Workout #8 — 40 min

Crunches
2×20 Rest: 40 sec moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec heavy

Pullups
4×8 Rest: 40 sec heavy

Underhand Cable Pulldowns
4×10 Rest: 40 sec heavy

One-Arm Dumbbell Row
4×10 Rest: 40 sec heavy

Pull Through
4×10 Rest: 40 sec heavy

Seated Bent-Over Rear Delt Raise
4×12 Rest: 40 sec heavy

760 scores

Workout #9 — 47 min

Crunches
2×20 Rest: 40 sec moderate

Hyperextensions (Back Extensions)
2×15 Rest: 40 sec heavy

4×10 Rest: 40 sec heavy

One-Legged Cable Kickback
4×15 Rest: 40 sec heavy

4×10 Rest: 40 sec heavy

Lying Leg Curls
4×15 Rest: 40 sec heavy

Seated Calf Raise
4×15 Rest: 40 sec very hard

Standing Dumbbell Calf Raise
4×15 Rest: 40 sec very hard

658 scores

Workout #10 — 41 min

Crunches
2×25 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec very hard

Workout #11 — 40 min

Crunches
2×25 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec very hard

Workout #12 — 47 min

Crunches
2×25 Rest: 40 sec heavy

Hyperextensions (Back Extensions)
2×12 Rest: 40 sec very hard

Barbell Bench Press - Medium Grip
4×11 Rest: 40 sec very hard

Seated Bent-Over Rear Delt Raise
4×15 Rest: 40 sec very hard

Triceps Pushdown
4×11 Rest: 40 sec very hard

Dumbbell Shoulder Press
4×10 Rest: 40 sec very hard

Power Partials
4×10 Rest: 40 sec very hard

795 scores

Pullups
4×6 Rest: 40 sec heavy

Underhand Cable Pulldowns
4×8 Rest: 40 sec very hard

One-Arm Dumbbell Row
4×8 Rest: 40 sec very hard

Pull Through
4×8 Rest: 40 sec very hard

Seated Bent-Over Rear Delt Raise
4×12 Rest: 40 sec very hard

898 scores

4×8 Rest: 40 sec very hard

One-Legged Cable Kickback
4×12 Rest: 40 sec heavy

4×9 Rest: 40 sec very hard

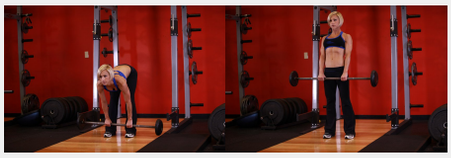
Lying Leg Curls
4×10 Rest: 40 sec very hard

Seated Calf Raise
4×15 Rest: 40 sec very hard

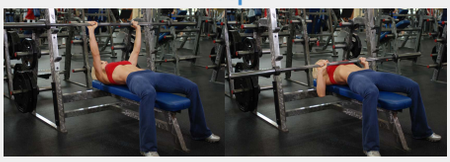
Standing Dumbbell Calf Raise
4×15 Rest: 40 sec very hard

734 scores

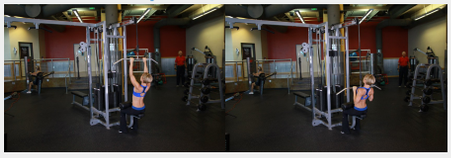
Directory of the exercises



Barbell Bench Press - Medium Grip



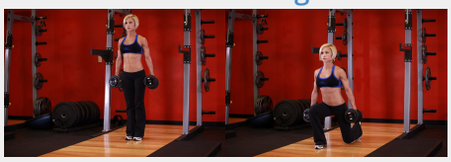
Close-Grip Front Lat Pulldown



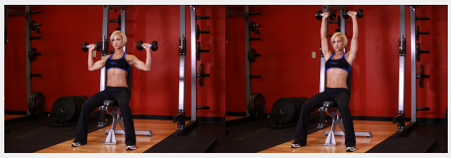
Crunches

Dumbbell Bench Press

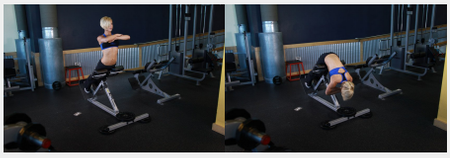
Dumbbell Lunges



Dumbbell Shoulder Press



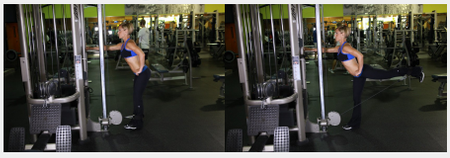
Hyperextensions (Back Extensions)



Lying Leg Curls

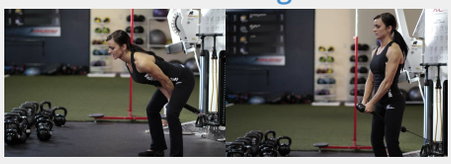
One-Arm Dumbbell Row

One-Legged Cable Kickback

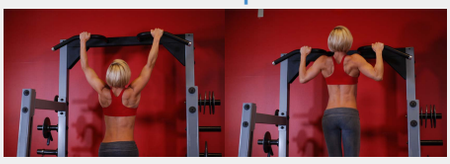


Power Partials

Pull Through

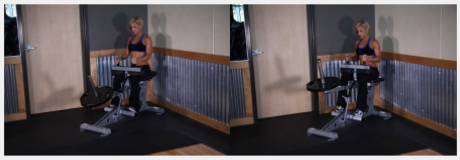


Pullups



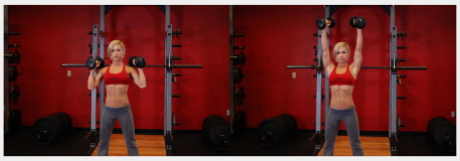
Seated Bent-Over Rear Delt Raise

Seated Calf Raise

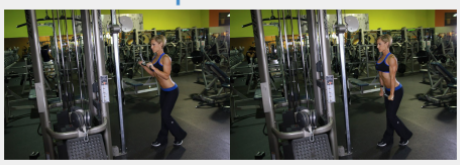


Standing Dumbbell Calf Raise

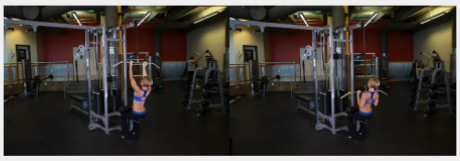
Standing Palms-In Dumbbell Press



Triceps Pushdown



Underhand Cable Pulldowns



General recommendations on training with AtletIQ

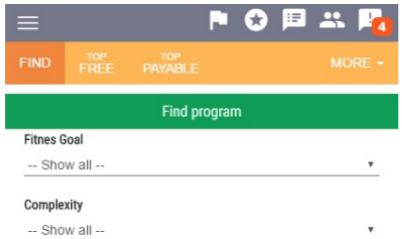
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

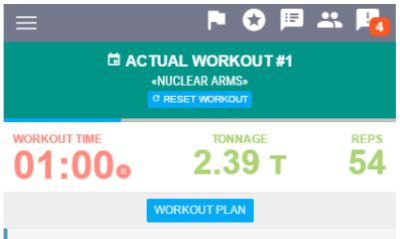
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

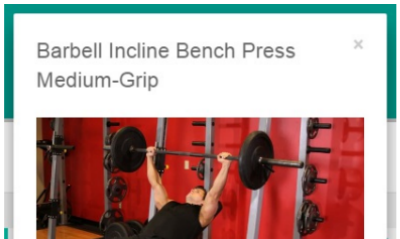
How to use mobile assistant?

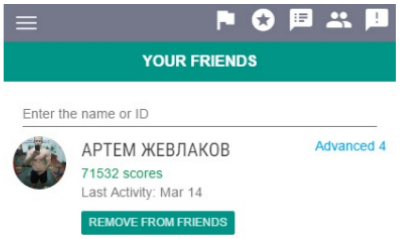
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

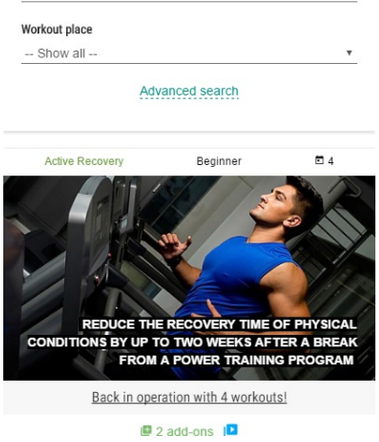
> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.

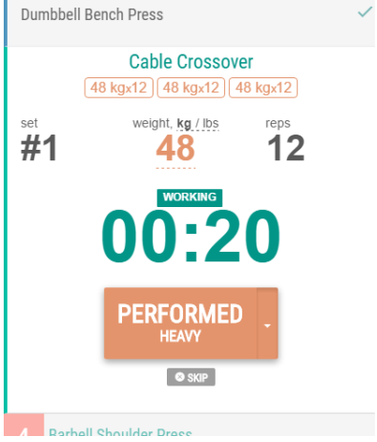


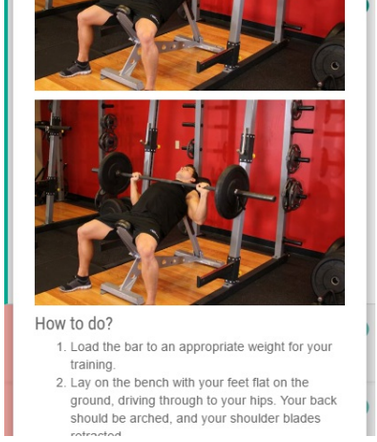


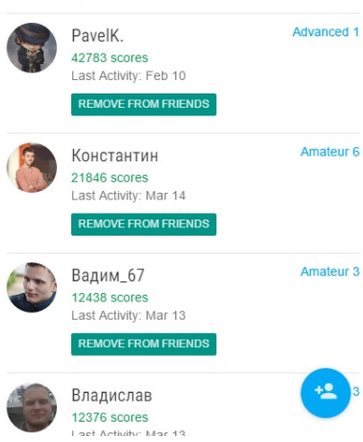












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