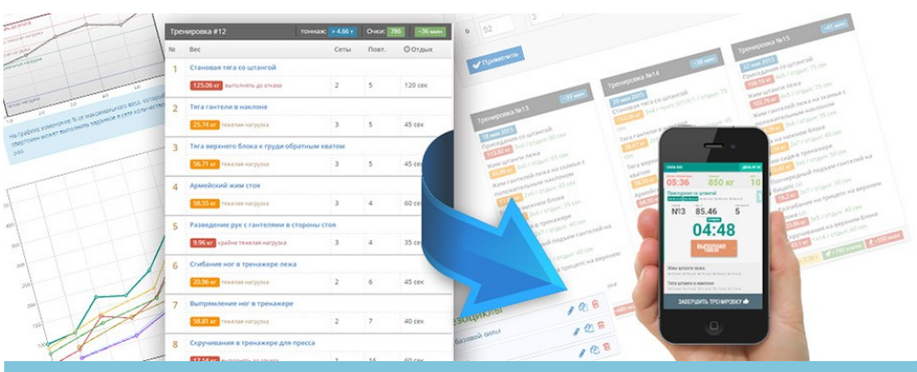
PRO-relief for 6 weeks: burn the fat in a circular cardio, separate muscles with strength training

Intermediate | 41 day | 30 workouts | ~40 minutes

Are you starting to burn fat? Be alert: muscles first decrease in volume, fatty tissues remain unscathed. The complex relief-orientation-30-day high-intensity program will help you develop your muscles and eliminate excess ballast.

https://atletiq.com/en/programms/533



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 «30 тренировок»

Duration in days: 41 | Amount of training days: 30 | Rest days: 11

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.

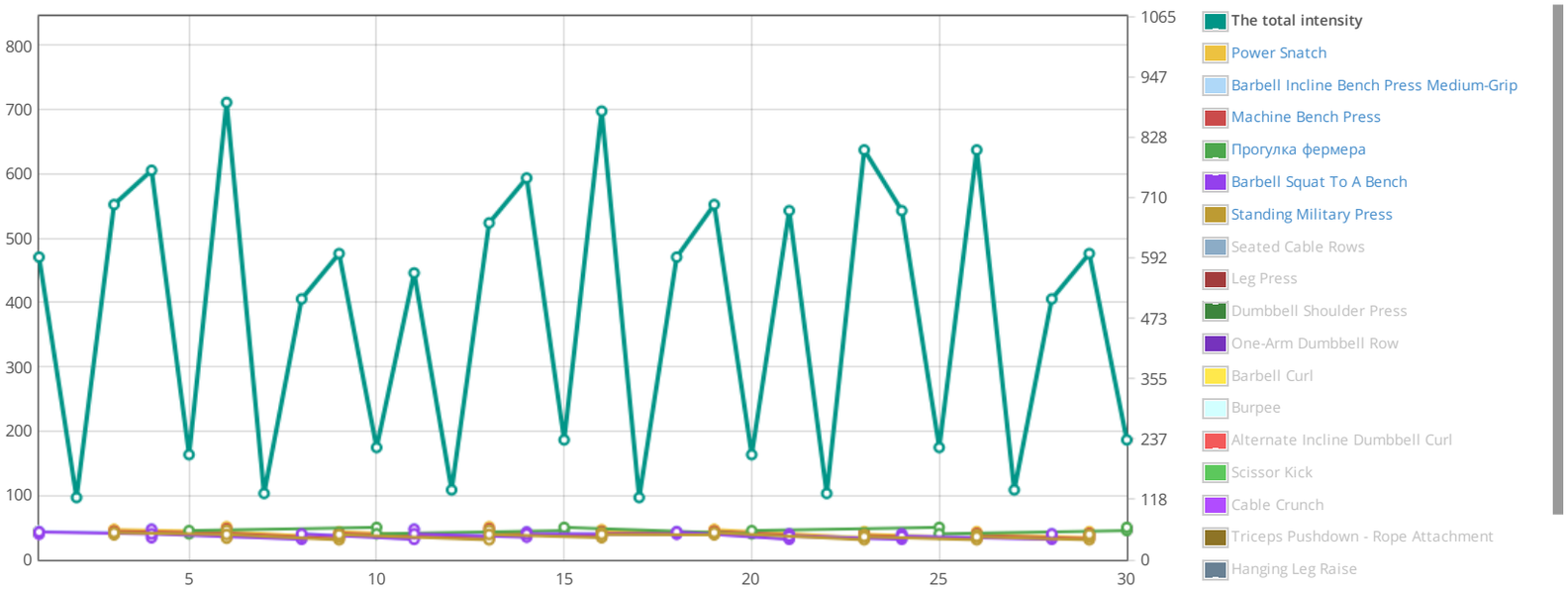
#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Squat To A Bench	3-4	10-16	30-55 sec
2	Barbell Incline Bench Press Medium-Grip	3-4	10-16	30-55 sec
3	One-Arm Dumbbell Row	3-4	10-16	30-55 sec
4	Barbell Curl	3-4	10-16	30-55 sec
5	Triceps Pushdown - Rope Attachment	3-4	10-16	30-55 sec
6	Dumbbell Shoulder Press	3-4	10-16	30-55 sec
	2 day			
1	Burpee (a)	8	25 sec-35 sec	10 sec
2	Планка (a)	8	25 sec-35 sec	10 sec
3	Burpee (a)	8	25 sec-35 sec	10 sec
4	Seated Leg Tucks (a)	8	25 sec-35 sec	10 sec
5	Burpee (a)	8	25 sec-35 sec	10 sec
6	Hanging Leg Raise (a)	8	25 sec-35 sec	10 sec
	3 day			
1	Power Snatch	3-4	10-16	30-55 sec
2	Standing Military Press	3-4	10-16	30-55 sec
3	Leg Press	3-4	10-16	30-55 sec
4	Machine Bench Press	3-4	10-16	30-55 sec
5	Seated Cable Rows	3-4	10-16	30-55 sec
6	Alternate Incline Dumbbell Curl	3-4	10-16	30-55 sec
	4 day (rest)			
	5 day			
1	Barbell Squat To A Bench	3-4	10-16	30-55 sec
2	Barbell Incline Bench Press Medium-Grip	3-4	10-16	30-55 sec
3	One-Arm Dumbbell Row	3-4	10-16	30-55 sec
4	Barbell Curl	3-4	10-16	30-55 sec
5	Triceps Pushdown - Rope Attachment	3-4	10-16	30-55 sec
6	Dumbbell Shoulder Press	3-4	10-16	30-55 sec
	6 day			

1	Burpee (a)	8	40 sec-50 sec	10 sec
2	Cable Crunch (a)	8	40 sec-50 sec	10 sec
3	Прогулка фермера (a)	8	40 sec-50 sec	10 sec
4	Burpee (a)	8	40 sec-50 sec	10 sec
5	Scissor Kick (a)	8	40 sec-50 sec	10 sec
6	Прогулка фермера (a)	8	40 sec-50 sec	10 sec
7 day (rest)				
8 day				
1	Power Snatch	3-4	10-16	30-55 sec
2	Standing Military Press	3-4	10-16	30-55 sec
3	Leg Press	3-4	10-16	30-55 sec
4	Machine Bench Press	3-4	10-16	30-55 sec
5	Seated Cable Rows	3-4	10-16	30-55 sec
6	Alternate Incline Dumbbell Curl	3-4	10-16	30-55 sec
9 day				
1	Burpee (a)	8	25 sec-35 sec	10 sec
2	Планка (a)	8	25 sec-35 sec	10 sec
3	Burpee (a)	8	25 sec-35 sec	10 sec
4	Seated Leg Tucks (a)	8	25 sec-35 sec	10 sec
5	Burpee (a)	8	25 sec-35 sec	10 sec
6	Hanging Leg Raise (a)	8	25 sec-35 sec	10 sec
10 day				
1	Barbell Squat To A Bench	3-4	10-16	30-55 sec
2	Barbell Incline Bench Press Medium-Grip	3-4	10-16	30-55 sec
3	One-Arm Dumbbell Row	3-4	10-16	30-55 sec
4	Barbell Curl	3-4	10-16	30-55 sec
5	Triceps Pushdown - Rope Attachment	3-4	10-16	30-55 sec
6	Dumbbell Shoulder Press	3-4	10-16	30-55 sec
11 day (rest)				
12 day				
1	Power Snatch	3-4	10-16	30-55 sec
2	Standing Military Press	3-4	10-16	30-55 sec
3	Leg Press	3-4	10-16	30-55 sec
4	Machine Bench Press	3-4	10-16	30-55 sec
5	Seated Cable Rows	3-4	10-16	30-55 sec
6	Alternate Incline Dumbbell Curl	3-4	10-16	30-55 sec
13 day				

1	Burpee (a)	8	40 sec-50 sec	10 sec
2	Cable Crunch (a)	8	40 sec-50 sec	10 sec
3	Прогулка фермера (a)	8	40 sec-50 sec	10 sec
4	Burpee (a)	8	40 sec-50 sec	10 sec
5	Scissor Kick (a)	8	40 sec-50 sec	10 sec
6	Прогулка фермера (a)	8	40 sec-50 sec	10 sec
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 — 38 min

Barbell Squat To A Bench
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Barbell Incline Bench Press Medium-Grip
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

One-Arm Dumbbell Row
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Barbell Curl
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Triceps Pushdown - Rope Attachment

Workout #2 — 32 min

- **Burpee** 8×25 sec Rest: 10 sec — heavy
- **Планка** 8×25 sec Rest: 10 sec — heavy
- **Burpee** 8×30 sec Rest: 10 sec — heavy
- **Seated Leg Tucks** 8×25 sec Rest: 10 sec — heavy
- **Burpee** 8×35 sec Rest: 10 sec — heavy
- **Hanging Leg Raise** 8×25 sec Rest: 10 sec — heavy

122 scores

Workout #3 — 38 min

Power Snatch
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Standing Military Press
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Leg Press
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Machine Bench Press
- 1×10 Rest: 50 sec — heavy
- 1×12 Rest: 45 sec — heavy
- 1×15 Rest: 40 sec — heavy

Seated Cable Rows

1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Dumbbell Shoulder Press
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

593 scores

1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Alternate Incline Dumbbell Curl
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

696 scores

Workout #4 — 43 min

Barbell Squat To A Bench
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Barbell Incline Bench Press Medium-Grip
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

One-Arm Dumbbell Row
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Barbell Curl
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Triceps Pushdown - Rope Attachment
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Dumbbell Shoulder Press
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

763 scores

Workout #5 — 43 min

Burpee
8×40 sec Rest: 10 sec heavy

Cable Crunch
8×40 sec Rest: 10 sec heavy

Прогулка фермера
8×40 sec Rest: 10 sec heavy

Burpee
8×45 sec Rest: 10 sec heavy

Scissor Kick
8×40 sec Rest: 10 sec heavy

Прогулка фермера
8×45 sec Rest: 10 sec heavy

206 scores

Workout #6 — 43 min

Power Snatch
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Standing Military Press
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Leg Press
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Machine Bench Press
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Seated Cable Rows
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

Alternate Incline Dumbbell Curl
1×12 Rest: 30 sec heavy
1×16 Rest: 35 sec moderate
1×14 Rest: 50 sec very hard
1×12 Rest: 45 sec heavy

896 scores

Workout #7 — 34 min

Burpee
8×25 sec Rest: 10 sec heavy

Планка
8×30 sec Rest: 10 sec heavy

Burpee
8×30 sec Rest: 10 sec heavy

Seated Leg Tucks
8×30 sec Rest: 10 sec heavy

Burpee
8×35 sec Rest: 10 sec heavy

Workout #8 — 36 min

Barbell Squat To A Bench
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Barbell Incline Bench Press Medium-Grip
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

One-Arm Dumbbell Row
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate

Workout #9 — 36 min

Power Snatch
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Standing Military Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Leg Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate

Hanging Leg Raise
8×30 sec Rest: 10 sec heavy

130 scores

1×12 Rest: 40 sec heavy

Barbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Triceps Pushdown - Rope Attachment
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Dumbbell Shoulder Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

511 scores

1×12 Rest: 40 sec heavy

Machine Bench Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Seated Cable Rows
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Alternate Incline Dumbbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

600 scores

Workout #10 — 46 min

Burpee
8×50 sec Rest: 10 sec heavy

Cable Crunch
8×45 sec Rest: 10 sec heavy

Прогулка фермера
8×50 sec Rest: 10 sec heavy

Burpee
8×40 sec Rest: 10 sec heavy

Scissor Kick
8×45 sec Rest: 10 sec heavy

Прогулка фермера
8×40 sec Rest: 10 sec heavy

220 scores

Workout #11 — 39 min

Barbell Squat To A Bench
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Barbell Incline Bench Press Medium-Grip
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

One-Arm Dumbbell Row
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Barbell Curl
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Triceps Pushdown - Rope Attachment
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Dumbbell Shoulder Press
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

562 scores

Workout #12 — 36 min

Burpee
8×25 sec Rest: 10 sec heavy

Планка
8×35 sec Rest: 10 sec heavy

Burpee
8×30 sec Rest: 10 sec heavy

Seated Leg Tucks
8×35 sec Rest: 10 sec heavy

Burpee
8×35 sec Rest: 10 sec heavy

Hanging Leg Raise
8×35 sec Rest: 10 sec heavy

137 scores

Workout #13 — 39 min

Power Snatch
1×12 Rest: 30 sec moderate

Workout #14 — 43 min

Barbell Squat To A Bench
1×16 Rest: 35 sec moderate

Workout #15 — 48 min

Burpee
8×45 sec Rest: 10 sec heavy

1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Standing Military Press
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Leg Press
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Machine Bench Press
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Seated Cable Rows
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

Alternate Incline Dumbbell Curl
1×12 Rest: 30 sec moderate
1×16 Rest: 55 sec very hard
1×14 Rest: 50 sec heavy

660 scores

1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Barbell Incline Bench Press Medium-Grip
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

One-Arm Dumbbell Row
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Barbell Curl
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Triceps Pushdown - Rope Attachment
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Dumbbell Shoulder Press
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

748 scores

- Cable Crunch
  8×50 sec Rest: 10 sec heavy
- Прогулка фермера
  8×45 sec Rest: 10 sec heavy
- Burpee
  8×50 sec Rest: 10 sec heavy
- Scissor Kick
  8×50 sec Rest: 10 sec heavy
- Прогулка фермера
  8×50 sec Rest: 10 sec heavy

235 scores

Workout #16 — 43 min

Power Snatch
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Standing Military Press
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Leg Press
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Machine Bench Press
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Workout #17 — 32 min

- Burpee
  8×25 sec Rest: 10 sec heavy
- Планка
  8×25 sec Rest: 10 sec heavy
- Burpee
  8×30 sec Rest: 10 sec heavy
- Seated Leg Tucks
  8×25 sec Rest: 10 sec heavy
- Burpee
  8×35 sec Rest: 10 sec heavy
- Hanging Leg Raise
  8×25 sec Rest: 10 sec heavy

122 scores

Workout #18 — 38 min

Barbell Squat To A Bench
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Barbell Incline Bench Press Medium-Grip
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

One-Arm Dumbbell Row
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Barbell Curl
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Triceps Pushdown - Rope Attachment
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Seated Cable Rows
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

Alternate Incline Dumbbell Curl
1×16 Rest: 35 sec moderate
1×14 Rest: 40 sec heavy
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec heavy

879 scores

Dumbbell Shoulder Press
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

593 scores

Workout #19 — 38 min

Power Snatch
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Standing Military Press
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Leg Press
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Machine Bench Press
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Seated Cable Rows
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

Alternate Incline Dumbbell Curl
1×10 Rest: 50 sec heavy
1×12 Rest: 45 sec heavy
1×15 Rest: 40 sec heavy

696 scores

Workout #20 — 43 min

Burpee
8×40 sec Rest: 10 sec heavy

Cable Crunch
8×40 sec Rest: 10 sec heavy

Прогулка фермера
8×40 sec Rest: 10 sec heavy

Burpee
8×45 sec Rest: 10 sec heavy

Scissor Kick
8×40 sec Rest: 10 sec heavy

Прогулка фермера
8×45 sec Rest: 10 sec heavy

206 scores

Workout #21 — 42 min

Barbell Squat To A Bench
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Barbell Incline Bench Press Medium-Grip
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

One-Arm Dumbbell Row
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Barbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Triceps Pushdown - Rope Attachment
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Dumbbell Shoulder Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

684 scores

Workout #22 — 34 min

Burpee
8×25 sec Rest: 10 sec heavy

Планка
8×30 sec Rest: 10 sec heavy

Burpee
8×30 sec Rest: 10 sec heavy

Workout #23 — 42 min

Power Snatch
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Standing Military Press
1×14 Rest: 30 sec moderate

Workout #24 — 42 min

Barbell Squat To A Bench
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Barbell Incline Bench Press Medium-Grip
1×14 Rest: 30 sec moderate

Seated Leg Tucks
8×30 sec Rest: 10 sec heavy

Burpee
8×35 sec Rest: 10 sec heavy

Hanging Leg Raise
8×30 sec Rest: 10 sec heavy

130 scores

1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Leg Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Machine Bench Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Seated Cable Rows
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Alternate Incline Dumbbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

803 scores

1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

One-Arm Dumbbell Row
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Barbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Triceps Pushdown - Rope Attachment
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Dumbbell Shoulder Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

684 scores

Workout #25 — 46 min

Burpee
8×50 sec Rest: 10 sec heavy

Cable Crunch
8×45 sec Rest: 10 sec heavy

Прогулка фермера
8×50 sec Rest: 10 sec heavy

Burpee
8×40 sec Rest: 10 sec heavy

Scissor Kick
8×45 sec Rest: 10 sec heavy

Прогулка фермера
8×40 sec Rest: 10 sec heavy

220 scores

Workout #26 — 42 min

Power Snatch
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Standing Military Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Leg Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Machine Bench Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Seated Cable Rows
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

Alternate Incline Dumbbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate

Workout #27 — 36 min

Burpee
8×25 sec Rest: 10 sec heavy

Планка
8×35 sec Rest: 10 sec heavy

Burpee
8×30 sec Rest: 10 sec heavy

Seated Leg Tucks
8×35 sec Rest: 10 sec heavy

Burpee
8×35 sec Rest: 10 sec heavy

Hanging Leg Raise
8×35 sec Rest: 10 sec heavy

137 scores

1×12 Rest: 45 sec heavy
1×14 Rest: 40 sec moderate

803 scores

Workout #28 — 36 min

Barbell Squat To A Bench
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Barbell Incline Bench Press Medium-Grip
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

One-Arm Dumbbell Row
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Barbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Triceps Pushdown - Rope Attachment
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Dumbbell Shoulder Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

511 scores

Workout #29 — 36 min

Power Snatch
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Standing Military Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Leg Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Machine Bench Press
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Seated Cable Rows
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

Alternate Incline Dumbbell Curl
1×14 Rest: 30 sec moderate
1×10 Rest: 40 sec moderate
1×12 Rest: 40 sec heavy

600 scores

Workout #30 — 48 min

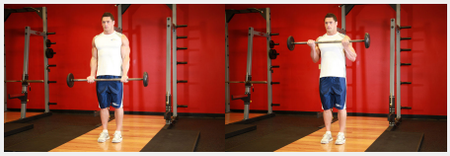
- **Burpee** 8×45 sec Rest: 10 sec heavy
- **Cable Crunch** 8×50 sec Rest: 10 sec heavy
- **Прогулка фермера** 8×45 sec Rest: 10 sec heavy
- **Burpee** 8×50 sec Rest: 10 sec heavy
- **Scissor Kick** 8×50 sec Rest: 10 sec heavy
- **Прогулка фермера** 8×50 sec Rest: 10 sec heavy

235 scores

Directory of the exercises

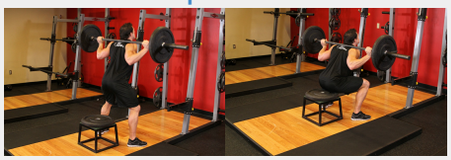
Alternate Incline Dumbbell Curl

Barbell Curl



Barbell Incline Bench Press Medium-Grip

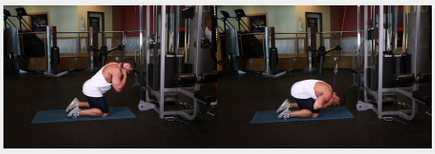
Barbell Squat To A Bench



Burpee

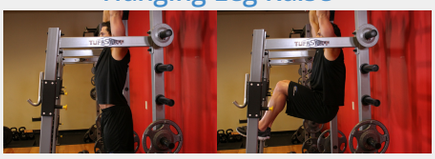
Burpee

Cable Crunch

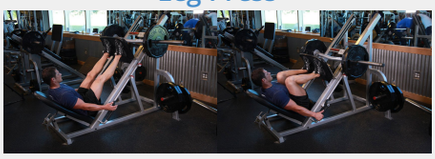


Dumbbell Shoulder Press

Hanging Leg Raise



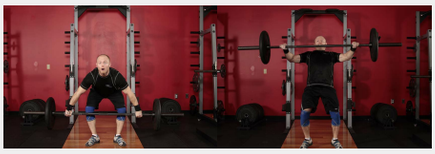
Leg Press



Machine Bench Press

One-Arm Dumbbell Row

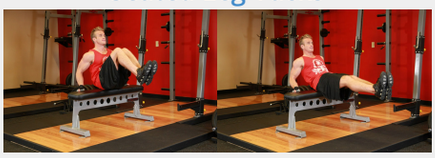
Power Snatch



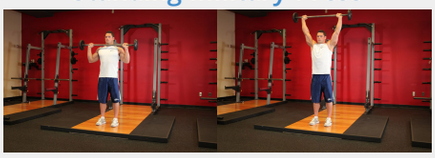
Scissor Kick

Seated Cable Rows

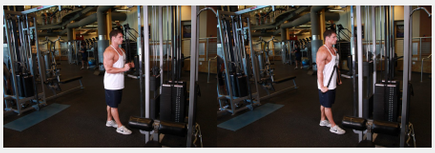
Seated Leg Tucks



Standing Military Press

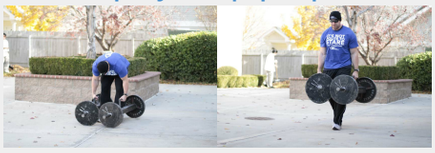


Triceps Pushdown - Rope Attachment



Планка

Прогулка фермера



General recommendations on training with AtletIQ

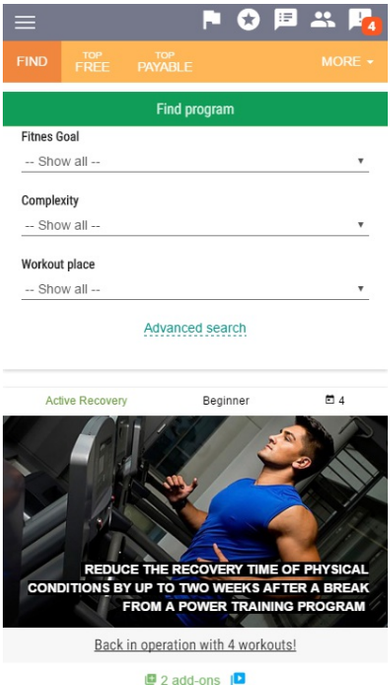
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

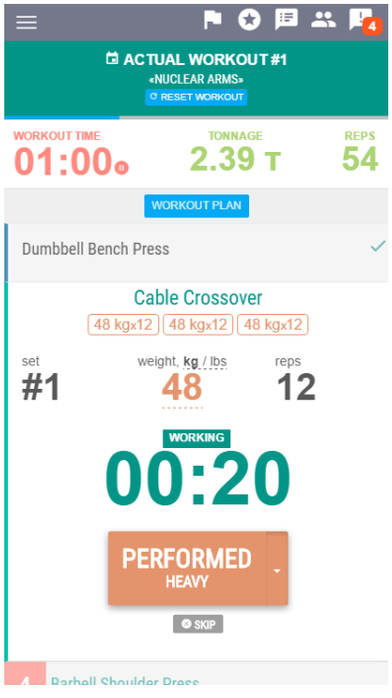
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

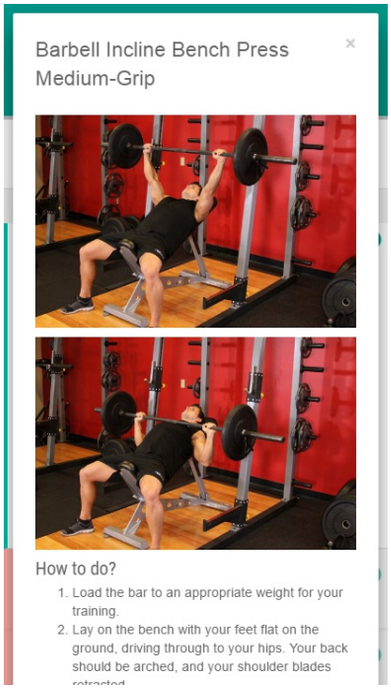
How to use mobile assistant?

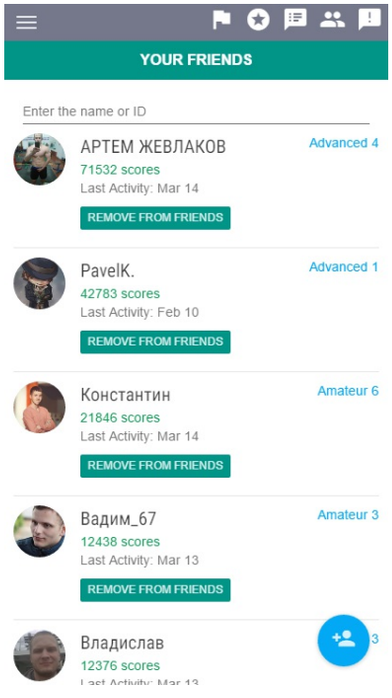
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

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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