



Fat Burning for 20 Workouts

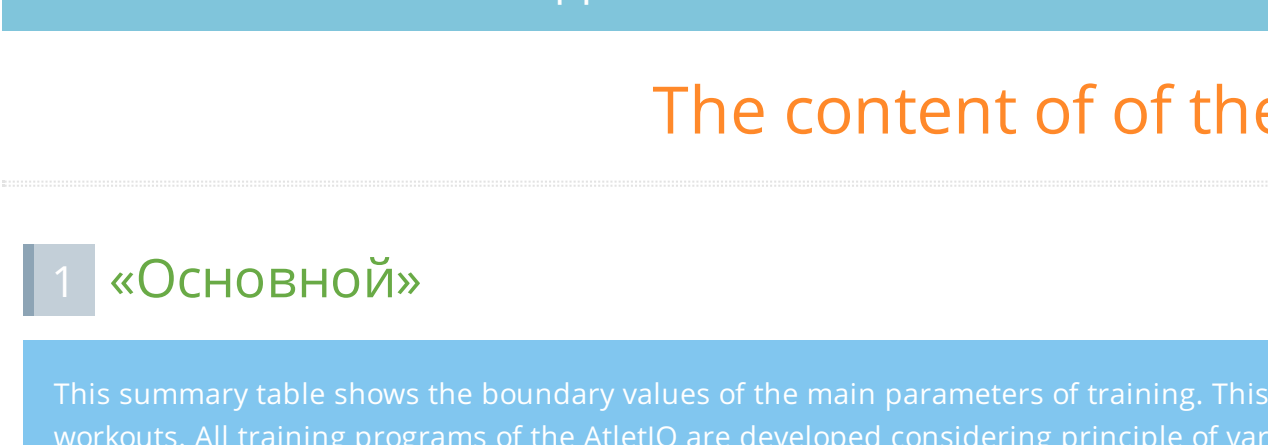
Combining strength training and cardio sessions: your winning "anti-fat" strategy

Intermediate

24 days

20 workouts

~51 minutes



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	«ОСНОВНОЙ»	Duration in days: 24	Amount of training days: 20	Rest days: 4
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 Full Squat	3	12-18	⌚ 60-90 sec
2	Leg Extensions	3	12-18	⌚ 60-90 sec
3	Lying Leg Curls	3	12-18	⌚ 60-90 sec

⚠ When activated, it will be charged 6 points

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.

Example 3 of 20 workouts

Workout #1 ⌚ 56 min	Workout #2 ⌚ 24 min	Workout #3 ⌚ 56 min
Barbell Full Squat 3×1 Rest: ⌚ 70 sec very hard	Trail Running/Walking 2×8 min Rest: ⌚ 3 sec moderate	Snatch Deadlift 3×1 Rest: ⌚ 70 sec very hard
Leg Extensions 3×12 Rest: ⌚ 70 sec very hard	Ходьба по пересеченной местности 2×180 sec Rest: ⌚ 3 sec moderate	Barbell Bench Press - Medium Grip 3×1 Rest: ⌚ 70 sec very hard
Lying Leg Curls 3×12 Rest: ⌚ 70 sec very hard	127 scores	Cable Crossover 3×4 Rest: ⌚ 70 sec very hard
Seated Cable Rows 3×12 Rest: ⌚ 70 sec very hard		Upright Barbell Row 3×12 Rest: ⌚ 70 sec very hard
Arnold Dumbbell Press 3×12 Rest: ⌚ 70 sec very hard		Wide-Grip Standing Barbell Curl 3×12 Rest: ⌚ 70 sec very hard
Wide-Grip Lat Pulldown 3×3 Rest: ⌚ 70 sec very hard		Triceps Pushdown 3×12 Rest: ⌚ 70 sec very hard
Power Partialis 3×12 Rest: ⌚ 70 sec very hard		Alternate Incline Dumbbell Curl 3×12 Rest: ⌚ 70 sec very hard
Cable Crunch 3×12 Rest: ⌚ 70 sec very hard		Ab Crunch Machine 3×12 Rest: ⌚ 70 sec very hard
> 12.08 T 🍀 757 scores		> 3.69 T 🍀 583 scores

Directory of the exercises

Ab Crunch Machine 	Alternate Incline Dumbbell Curl 	Arnold Dumbbell Press
Barbell Bench Press - Medium Grip 	Barbell Full Squat 	Cable Crossover

The price of the full version 5 usd

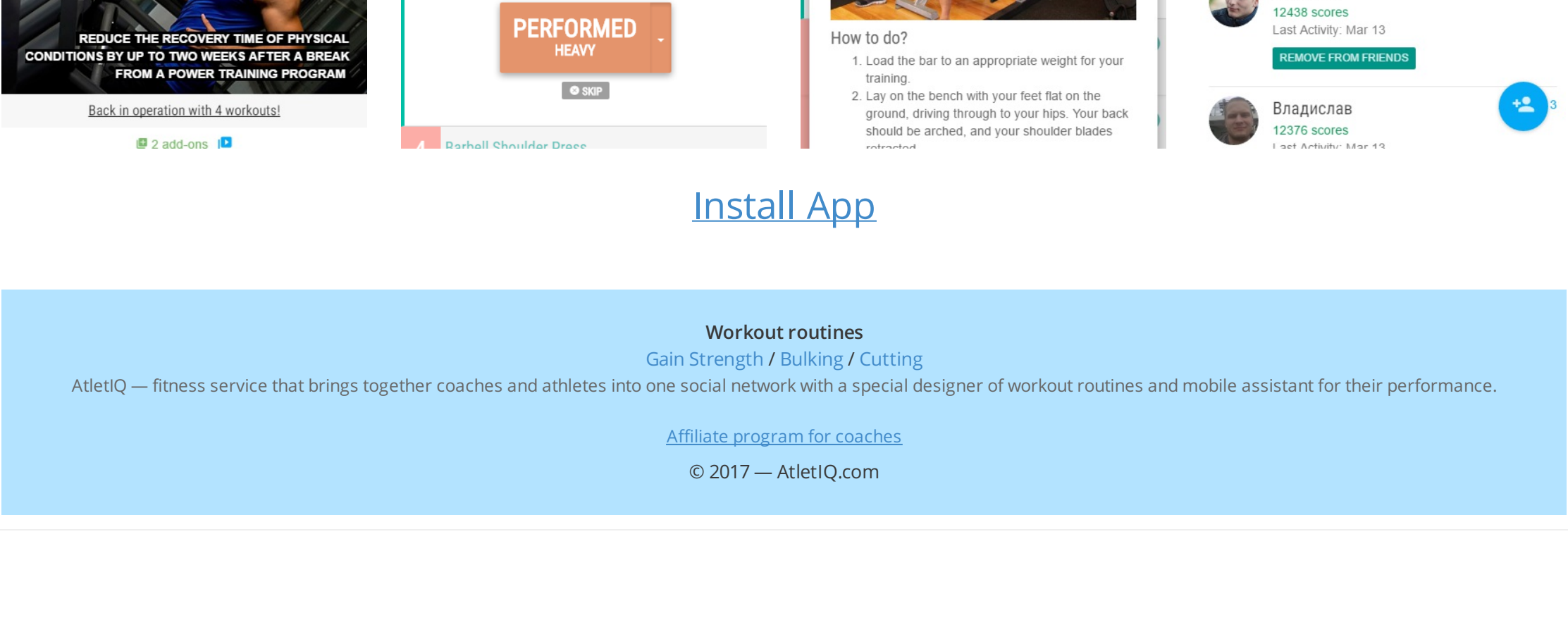
[Why it is payable?](#)

[Register and find out details](#)

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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