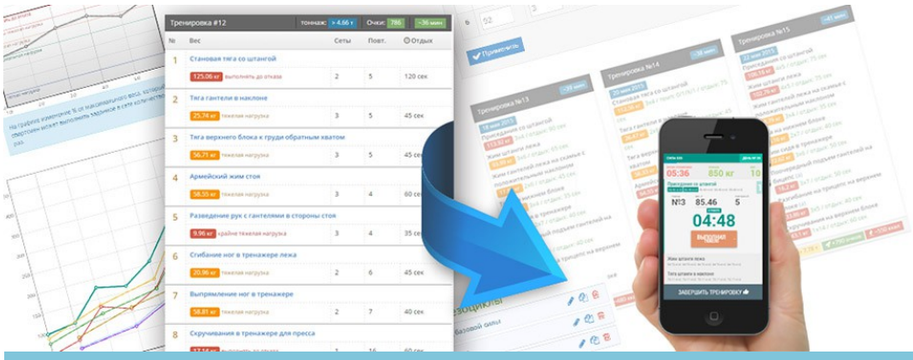
Fat Burning for 20 Workouts

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

Intermediate | 24 days | 20 workouts | ~51 minutes

Aimed at losing weight? Spare your muscles - step away from pure cardio in favor of combined aerobic-anaerobic training. The exhausting high-repetition training regime and energy-consuming cardio sessions of periodic intensity will not give fat any chance.

https://atletiq.com/en/programms/539



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

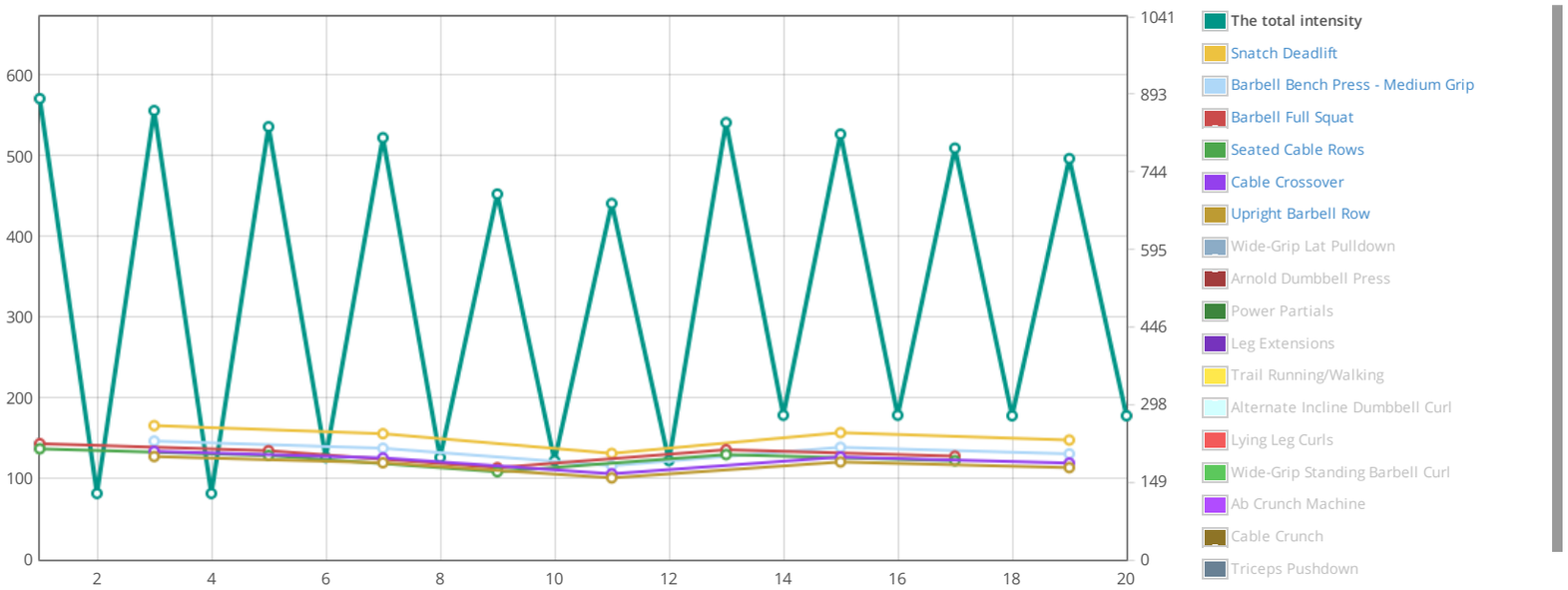
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	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
4	Seated Cable Rows	3	12-18	60-90 sec
5	Arnold Dumbbell Press	3	12-18	60-90 sec
6	Wide-Grip Lat Pulldown (a)	3	12-18	60-90 sec
7	Power Partials (a)	3	12-18	60-90 sec
8	Cable Crunch	3	12-18	60-90 sec
	2 day			
1	Trail Running/Walking (a)	2-4	8 min-12 min	3 sec
2	Ходьба по пересеченной местности (a)	2-4	180 sec-5 min	3 sec
	3 day			
1	Snatch Deadlift	3	12-18	60-90 sec
2	Barbell Bench Press - Medium Grip	3	12-18	60-90 sec
3	Cable Crossover	3	12-18	60-90 sec
4	Upright Barbell Row	3	12-18	60-90 sec
5	Wide-Grip Standing Barbell Curl	3	12-18	60-90 sec
6	Triceps Pushdown (a)	3	12-18	60-90 sec
7	Alternate Incline Dumbbell Curl (a)	3	12-18	60-90 sec
8	Ab Crunch Machine	3	12-18	60-90 sec
	4 day			
1	Trail Running/Walking (a)	2-4	8 min-12 min	3 sec

2	Ходьба по пересеченной местности (a)	2-4	180 sec-5 min	3 sec
5 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 — 56 min

- Barbell Full Squat — 3×1 — Rest: 70 sec — very hard
- Leg Extensions — 3×12 — Rest: 70 sec — very hard
- Lying Leg Curls — 3×12 — Rest: 70 sec — very hard
- Seated Cable Rows — 3×12 — Rest: 70 sec — very hard
- Arnold Dumbbell Press — 3×12 — Rest: 70 sec — very hard
- Wide-Grip Lat Pulldown — 3×3 — Rest: 70 sec — very hard
- Power Partials — 3×12 — Rest: 70 sec — very hard
- Cable Crunch — 3×12 — Rest: 70 sec — very hard

> 12.08 T 757 scores

Workout #2 — 24 min

- Trail Running/Walking — 2×8 min — Rest: 3 sec — moderate
- Ходьба по пересеченной местности — 2×180 sec — Rest: 3 sec — moderate

127 scores

Workout #3 — 56 min

- Snatch Deadlift — 3×1 — Rest: 70 sec — very hard
- Barbell Bench Press - Medium Grip — 3×1 — Rest: 70 sec — very hard
- Cable Crossover — 3×4 — Rest: 70 sec — very hard
- Upright Barbell Row — 3×12 — Rest: 70 sec — very hard
- Wide-Grip Standing Barbell Curl — 3×12 — Rest: 70 sec — very hard
- Triceps Pushdown — 3×12 — Rest: 70 sec — very hard
- Alternate Incline Dumbbell Curl — 3×12 — Rest: 70 sec — very hard
- Ab Crunch Machine — 3×12 — Rest: 70 sec — very hard

> 3.69 T 583 scores

Workout #4 — 24 min

- Trail Running/Walking — 2×8 min — Rest: 3 sec — moderate
- Ходьба по пересеченной местности

Workout #5 — 64 min

- Barbell Full Squat — 3×1 — Rest: 90 sec — heavy
- Leg Extensions

Workout #6 — 36 min

- Trail Running/Walking — 2×12 min — Rest: 3 sec — moderate
- Ходьба по пересеченной местности

2×180 sec Rest: 3 sec moderate

127 scores

3×14 Rest: 90 sec heavy

Lying Leg Curls
3×14 Rest: 90 sec heavy

Seated Cable Rows
3×14 Rest: 90 sec heavy

Arnold Dumbbell Press
3×14 Rest: 90 sec heavy

Wide-Grip Lat Pulldown
3×3 Rest: 90 sec heavy

Power Partials
3×14 Rest: 90 sec heavy

Cable Crunch
3×14 Rest: 90 sec heavy

> 13 T 705 scores

2×5 min Rest: 3 sec moderate

196 scores

Workout #7 64 min

Snatch Deadlift
3×1 Rest: 90 sec heavy

Barbell Bench Press - Medium Grip
3×1 Rest: 90 sec heavy

Cable Crossover
3×4 Rest: 90 sec heavy

Upright Barbell Row
3×14 Rest: 90 sec heavy

Wide-Grip Standing Barbell Curl
3×14 Rest: 90 sec heavy

Triceps Pushdown
3×14 Rest: 90 sec heavy

Alternate Incline Dumbbell Curl
3×14 Rest: 90 sec heavy

Ab Crunch Machine
3×14 Rest: 90 sec heavy

> 3.95 T 543 scores

Workout #8 36 min

Trail Running/Walking
2×12 min Rest: 3 sec moderate

Ходьба по пересеченной местности
2×5 min Rest: 3 sec moderate

196 scores

Workout #9 53 min

Barbell Full Squat
3×1 Rest: 60 sec moderate

Leg Extensions
3×18 Rest: 60 sec moderate

Lying Leg Curls
3×18 Rest: 60 sec moderate

Seated Cable Rows
3×18 Rest: 60 sec moderate

Arnold Dumbbell Press
3×18 Rest: 60 sec moderate

Wide-Grip Lat Pulldown
3×3 Rest: 60 sec moderate

Power Partials
3×18 Rest: 60 sec moderate

Cable Crunch
3×18 Rest: 60 sec moderate

> 13.8 T 592 scores

Workout #10 35 min

Trail Running/Walking
3×8 min Rest: 3 sec moderate

Ходьба по пересеченной местности
3×180 sec Rest: 3 sec moderate

190 scores

Workout #11 53 min

Snatch Deadlift
3×1 Rest: 60 sec moderate

Barbell Bench Press - Medium Grip
3×1 Rest: 60 sec moderate

Cable Crossover
3×3 Rest: 60 sec moderate

Upright Barbell Row
3×18 Rest: 60 sec moderate

Wide-Grip Standing Barbell Curl
3×18 Rest: 60 sec moderate

Triceps Pushdown
3×18 Rest: 60 sec moderate

Alternate Incline Dumbbell Curl
3×18 Rest: 60 sec moderate

Workout #12 35 min

Trail Running/Walking
3×8 min Rest: 3 sec moderate

Ходьба по пересеченной местности
3×180 sec Rest: 3 sec moderate

190 scores

Ab Crunch Machine
3×18 Rest: 60 sec moderate

> 4.21 T 449 scores

Workout #13 — 62 min

Barbell Full Squat
3×1 Rest: 85 sec very hard

Leg Extensions
3×12 Rest: 85 sec very hard

Lying Leg Curls
3×12 Rest: 85 sec very hard

Seated Cable Rows
3×12 Rest: 85 sec very hard

Arnold Dumbbell Press
3×12 Rest: 85 sec very hard

Wide-Grip Lat Pulldown
3×3 Rest: 85 sec very hard

Power Partials
3×12 Rest: 85 sec very hard

Cable Crunch
3×12 Rest: 85 sec very hard

> 11.86 T 715 scores

Workout #14 — 50 min

Trail Running/Walking
3×12 min Rest: 3 sec moderate

Ходьба по пересеченной местности
3×4 min Rest: 3 sec moderate

277 scores

Workout #15 — 62 min

Snatch Deadlift
3×1 Rest: 85 sec very hard

Barbell Bench Press - Medium Grip
3×1 Rest: 85 sec very hard

Cable Crossover
3×4 Rest: 85 sec very hard

Upright Barbell Row
3×12 Rest: 85 sec very hard

Wide-Grip Standing Barbell Curl
3×12 Rest: 85 sec very hard

Triceps Pushdown
3×12 Rest: 85 sec very hard

Alternate Incline Dumbbell Curl
3×12 Rest: 85 sec very hard

Ab Crunch Machine
3×12 Rest: 85 sec very hard

> 3.64 T 548 scores

Workout #16 — 50 min

Trail Running/Walking
3×12 min Rest: 3 sec moderate

Ходьба по пересеченной местности
3×4 min Rest: 3 sec moderate

277 scores

Workout #17 — 60 min

Barbell Full Squat
3×1 Rest: 80 sec heavy

Leg Extensions
3×14 Rest: 80 sec heavy

Lying Leg Curls
3×14 Rest: 80 sec heavy

Seated Cable Rows
3×14 Rest: 80 sec heavy

Arnold Dumbbell Press
3×14 Rest: 80 sec heavy

Wide-Grip Lat Pulldown
3×3 Rest: 80 sec heavy

Power Partials
3×14 Rest: 80 sec heavy

Cable Crunch
3×14 Rest: 80 sec heavy

> 12.75 T 670 scores

Workout #18 — 50 min

Trail Running/Walking
4×8 min Rest: 3 sec moderate

Ходьба по пересеченной местности
4×4 min Rest: 3 sec moderate

276 scores

Workout #19 — 60 min

Snatch Deadlift
3×1 Rest: 80 sec heavy

Barbell Bench Press - Medium Grip
3×1 Rest: 80 sec heavy

Workout #20 — 50 min

Trail Running/Walking
4×8 min Rest: 3 sec moderate

Ходьба по пересеченной местности
4×4 min Rest: 3 sec moderate

Cable Crossover
3×4 Rest: 80 sec heavy

Upright Barbell Row
3×14 Rest: 80 sec heavy

Wide-Grip Standing Barbell Curl
3×14 Rest: 80 sec heavy

Triceps Pushdown
3×14 Rest: 80 sec heavy

Alternate Incline Dumbbell Curl
3×14 Rest: 80 sec heavy

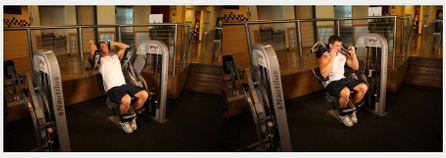
Ab Crunch Machine
3×14 Rest: 80 sec heavy

> 3.89 T 514 scores

276 scores

Directory of the exercises

Ab Crunch Machine

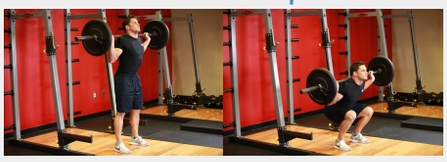


Alternate Incline Dumbbell Curl

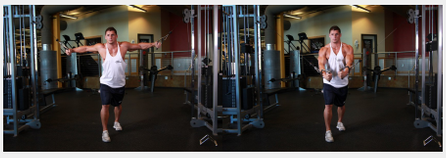
Arnold Dumbbell Press

Barbell Bench Press - Medium Grip

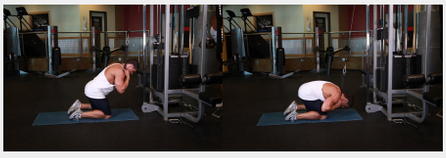
Barbell Full Squat



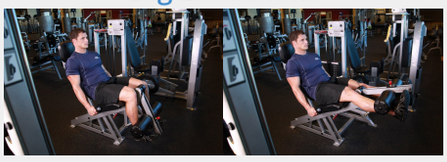
Cable Crossover



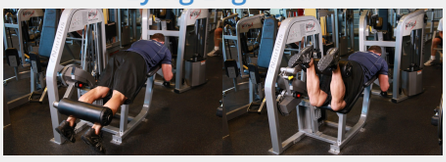
Cable Crunch



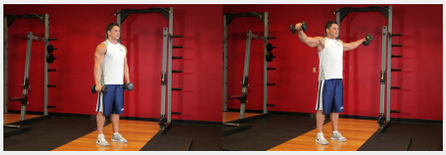
Leg Extensions



Lying Leg Curls



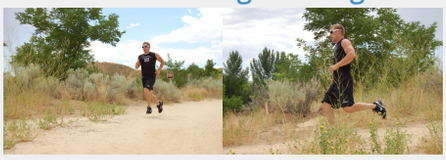
Power Partials



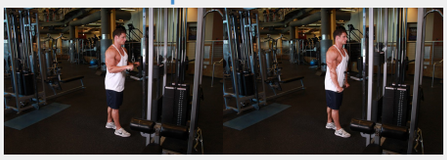
Seated Cable Rows

Snatch Deadlift

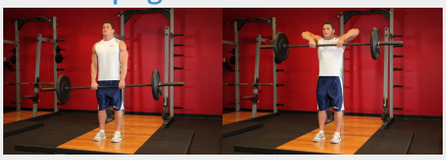
Trail Running/Walking



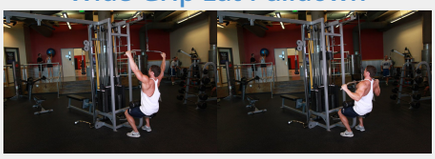
Triceps Pushdown



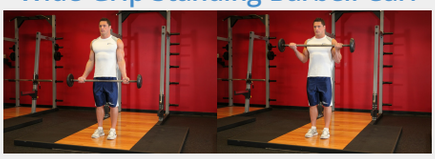
Upright Barbell Row



Wide-Grip Lat Pulldown



Wide-Grip Standing Barbell Curl



Ходьба по пересеченной местности

General recommendations on training with AtletIQ

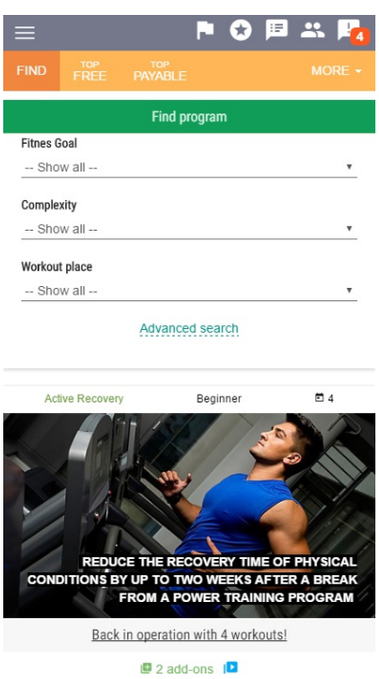
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

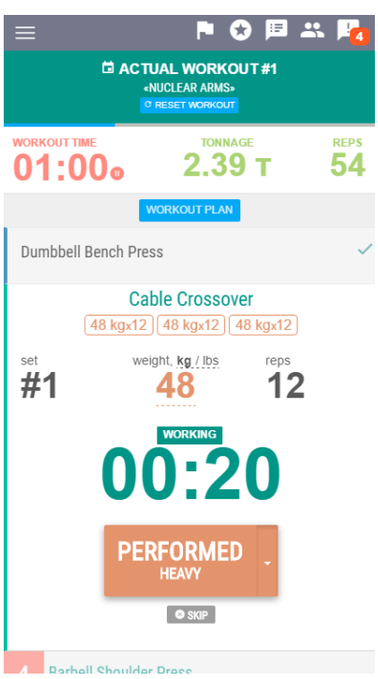
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

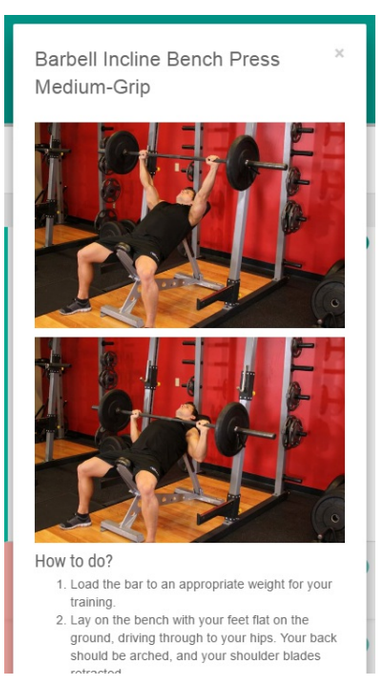
How to use mobile assistant?

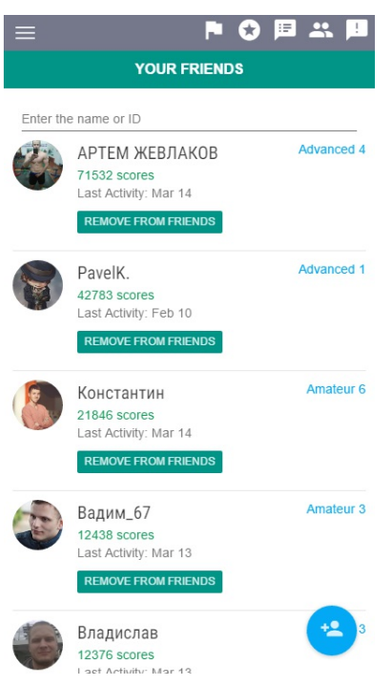
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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