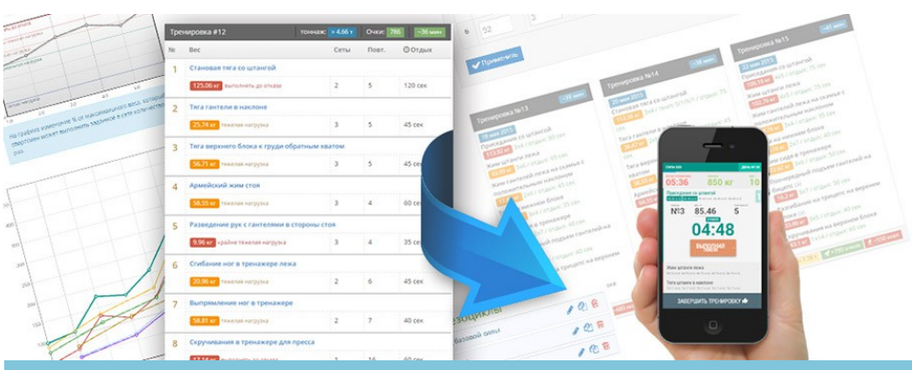
Raised by the street: this circuit training will lead you to the summit of endurance and athleticism

Beginner | 22 days | 12 workouts | ~53 minutes

Why are you here? What is your goal? You crave "stayer" endurance, you hunt for a real brutal force or do you want to get pumped? Or maybe you to get it all? With this, turn to street workout! It knows how to make you a real fighter.

https://atletiq.com/en/programms/549



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 «1-6 тренировка»

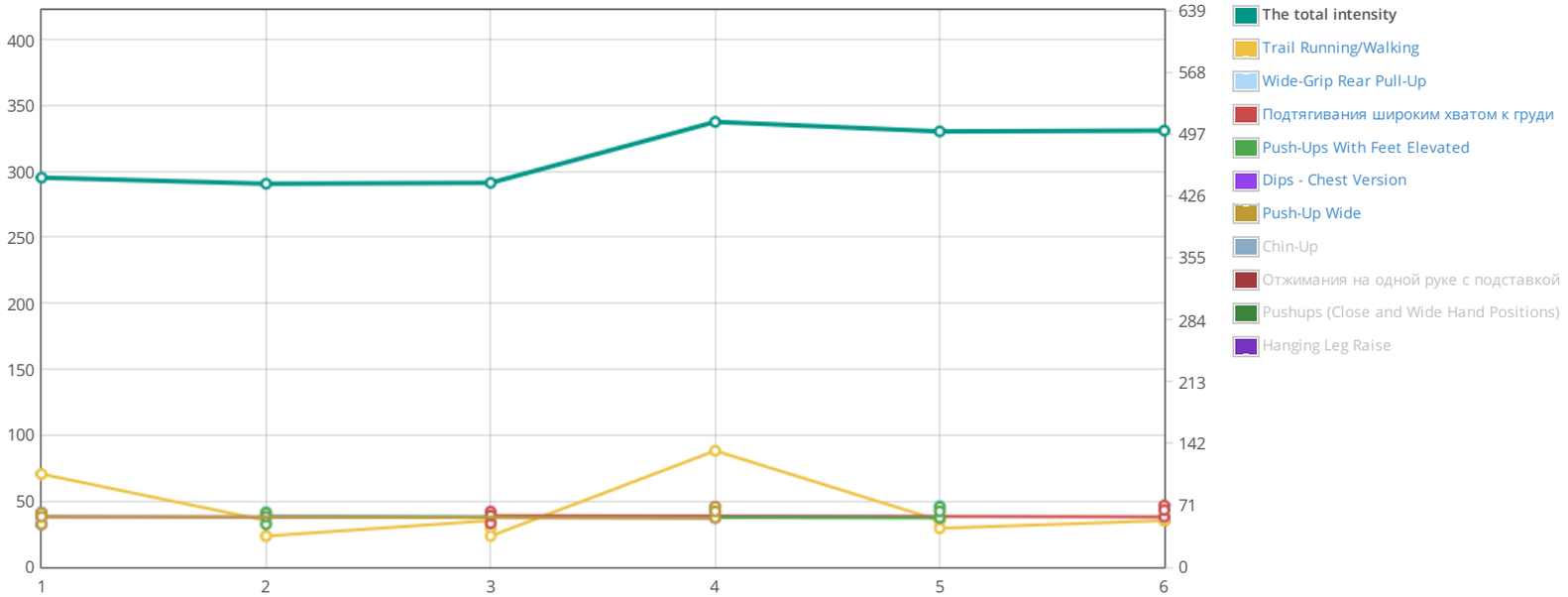
Duration in days: 11 | Amount of training days: 6 | Rest days: 5

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	Trail Running/Walking (a)	3	4 min-5 min	50 sec
2	Push-Up Wide (a)	3	10-15	60-80 sec
3	Dips - Chest Version (a)	3	10-15	60-80 sec
4	Chin-Up (a)	3	10-15	60-80 sec
5	Hanging Leg Raise (a)	3	10-15	60-80 sec
2 day (rest)				
3 day				
1	Trail Running/Walking (a)	3	4 min-6 min	50 sec
2	Wide-Grip Rear Pull-Up (a)	3	10-15	60-80 sec
3	Push-Ups With Feet Elevated (a)	3	10-15	60-80 sec
4	Pushups (Close and Wide Hand Positions) (a)	3	10-15	60-80 sec
5	Hanging Leg Raise (a)	3	10-15	60-80 sec
4 day (rest)				
5 day				
1	Trail Running/Walking (a)	3	4 min-6 min	50 sec
2	Отжимания на одной руке с подставкой (a)	3	10-15	60-80 sec
3	Подтягивания широким хватом к груди (a)	3	10-15	60-80 sec
4	Chin-Up (a)	3	10-15	60-80 sec
5	Hanging Leg Raise (a)	3	10-15	60-80 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 — 45 min

- **Trail Running/Walking**
  - 3×4 min — Rest: 50 sec — moderate
- **Push-Up Wide**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Dips - Chest Version**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Chin-Up**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Hanging Leg Raise**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy

447 scores

Workout #2 — 47 min

- **Trail Running/Walking**
  - 1×6 min — Rest: 50 sec — moderate
  - 2×4 min — Rest: 50 sec — moderate
- **Wide-Grip Rear Pull-Up**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Push-Ups With Feet Elevated**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Pushups (Close and Wide Hand Positions)**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Hanging Leg Raise**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy

440 scores

Workout #3 — 48 min

- **Trail Running/Walking**
  - 1×6 min — Rest: 50 sec — moderate
  - 1×5 min — Rest: 50 sec — moderate
  - 1×4 min — Rest: 50 sec — moderate
- **Отжимания на одной руке с подставкой**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Подтягивания широким хватом к груди**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Chin-Up**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Hanging Leg Raise**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy

441 scores

Workout #4 — 48 min

- **Trail Running/Walking**
  - 3×5 min — Rest: 50 sec — moderate
- **Push-Up Wide**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Dips - Chest Version**

Workout #5 — 50 min

- **Trail Running/Walking**
  - 2×6 min — Rest: 50 sec — moderate
  - 1×5 min — Rest: 50 sec — moderate
- **Wide-Grip Rear Pull-Up**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy

Workout #6 — 51 min

- **Trail Running/Walking**
  - 3×6 min — Rest: 50 sec — moderate
- **Отжимания на одной руке с подставкой**
  - 1×10 — Rest: 60 sec — moderate
  - 1×15 — Rest: 80 sec — heavy
  - 1×12 — Rest: 60 sec — heavy
- **Подтягивания широким хватом к груди**

1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

Chin-Up
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

Hanging Leg Raise
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

511 scores

Push-Ups With Feet Elevated
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

Pushups (Close and Wide Hand Positions)
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

Hanging Leg Raise
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

500 scores

1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

Chin-Up
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

Hanging Leg Raise
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec heavy
1×12 Rest: 60 sec heavy

501 scores

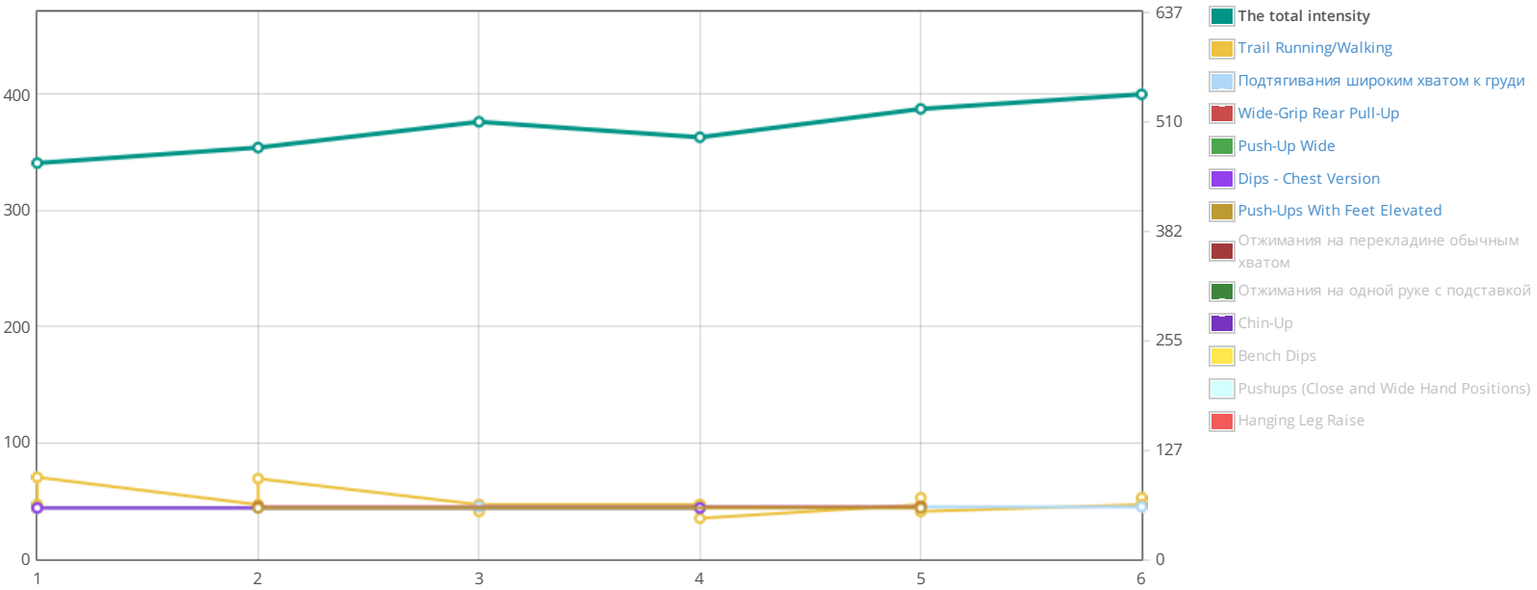
2 «7-12 тренировка»

Duration in days: 11 | Amount of training days: 6 | Rest days: 5

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Trail Running/Walking	1	8 min	40 sec
2	Push-Up Wide	1	15	75 sec
3	Dips - Chest Version	1	15	75 sec
4	Trail Running/Walking (a)	2	6 min-8 min	40 sec
5	Chin-Up (a)	3	10-15	60-80 sec
6	Bench Dips (a)	3	10-15	60-80 sec
7	Hanging Leg Raise (a)	3	10-15	60-80 sec
	2 day (rest)			
	3 day			
1	Trail Running/Walking	1	8 min	40 sec
2	Wide-Grip Rear Pull-Up	1	15	75 sec
3	Push-Ups With Feet Elevated	1	15	75 sec
4	Trail Running/Walking (a)	2	7 min-9 min	40-50 sec
5	(a)	3	10-15	60-80 sec
6	Pushups (Close and Wide Hand Positions) (a)	3	10-15	60-80 sec
7	Hanging Leg Raise (a)	3	10-15	60-80 sec
	4 day (rest)			
	5 day			
1	Trail Running/Walking	1	8 min	40 sec
2	Отжимания на одной руке с подставкой	1	15	75 sec
3	Подтягивания широким хватом к груди	1	15	75 sec
4	Trail Running/Walking (a)	2	7 min-9 min	50 sec

5	Отжимания на перекладине обычным хватом (a)	3	10-15	60-80 sec
6	Chin-Up (a)	3	10-15	60-80 sec
7	Hanging Leg Raise (a)	3	10-15	60-80 sec
6 day (rest)				

Training intensity for each exercise



Workout #1 — 54 min

Trail Running/Walking
1×8 min — Rest: 40 sec — moderate

Push-Up Wide
1×15 — Rest: 75 sec — heavy

Dips - Chest Version
1×15 — Rest: 75 sec — heavy

Trail Running/Walking
2×6 min — Rest: 40 sec — moderate

Chin-Up
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

Bench Dips
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

Hanging Leg Raise
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

461 scores

Workout #2 — 56 min

Trail Running/Walking
1×8 min — Rest: 40 sec — moderate

Wide-Grip Rear Pull-Up
1×15 — Rest: 75 sec — heavy

Push-Ups With Feet Elevated
1×15 — Rest: 75 sec — heavy

Trail Running/Walking
2×7 min — Rest: 40 sec — moderate

1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

Pushups (Close and Wide Hand Positions)
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

Hanging Leg Raise
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

479 scores

Workout #3 — 58 min

Trail Running/Walking
1×8 min — Rest: 40 sec — moderate

Отжимания на одной руке с подставкой
1×15 — Rest: 75 sec — heavy

Подтягивания широким хватом к груди
1×15 — Rest: 75 sec — heavy

Trail Running/Walking
1×7 min — Rest: 50 sec — moderate
1×8 min — Rest: 50 sec — moderate

Отжимания на перекладине обычным хватом
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

Chin-Up
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

Hanging Leg Raise
1×10 — Rest: 60 sec — moderate
1×15 — Rest: 80 sec — heavy
1×12 — Rest: 60 sec — heavy

509 scores

Workout #4 — 56 min

Trail Running/Walking
1×8 min — Rest: 40 sec — moderate

Workout #5 — 59 min

Trail Running/Walking
1×8 min — Rest: 40 sec — moderate

Workout #6 — 60 min

Trail Running/Walking
1×8 min — Rest: 40 sec — moderate

Push-Up Wide
1×15 Rest: 75 sec heavy

Dips - Chest Version
1×15 Rest: 75 sec heavy

Trail Running/Walking
1×8 min Rest: 40 sec moderate
1×6 min Rest: 40 sec moderate

Chin-Up
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

Bench Dips
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

Hanging Leg Raise
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

491 scores

Wide-Grip Rear Pull-Up
1×15 Rest: 75 sec heavy

Push-Ups With Feet Elevated
1×15 Rest: 75 sec heavy

Trail Running/Walking
1×9 min Rest: 50 sec moderate
1×7 min Rest: 50 sec moderate

1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

Pushups (Close and Wide Hand Positions)
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

Hanging Leg Raise
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

524 scores

Отжимания на одной руке с подставкой
1×15 Rest: 75 sec heavy

Подтягивания широким хватом к груди
1×15 Rest: 75 sec heavy

Trail Running/Walking
1×9 min Rest: 50 sec moderate
1×8 min Rest: 50 sec moderate

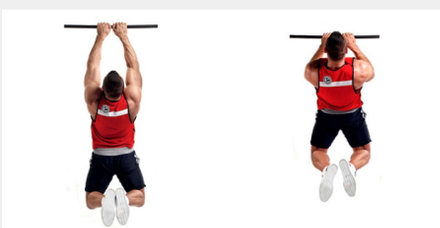
Отжимания на перекладине обычным хватом
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

Chin-Up
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

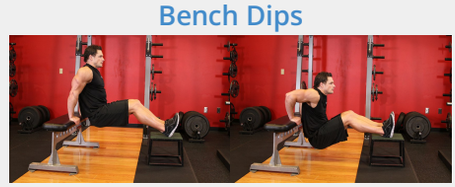
Hanging Leg Raise
1×10 Rest: 60 sec moderate
1×15 Rest: 80 sec very hard
1×12 Rest: 60 sec heavy

541 scores

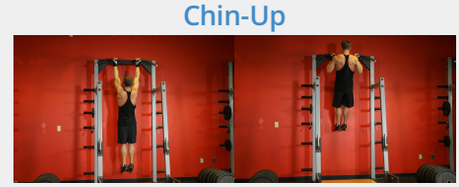
Directory of the exercises



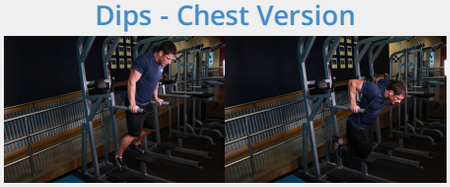
Bench Dips



Chin-Up

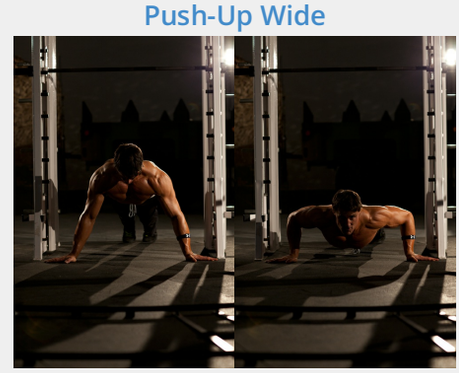


Dips - Chest Version

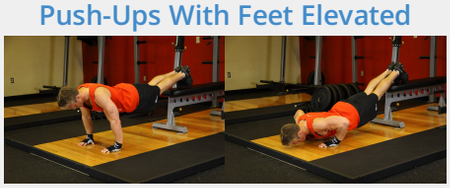


Hanging Leg Raise

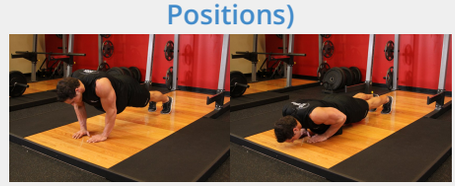
Push-Up Wide



Push-Ups With Feet Elevated

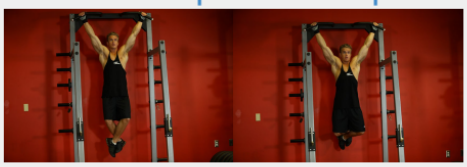


Pushups (Close and Wide Hand Positions)

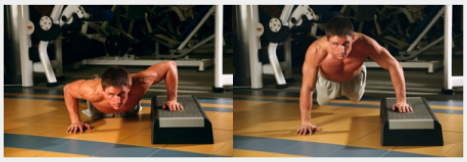


Trail Running/Walking

Wide-Grip Rear Pull-Up

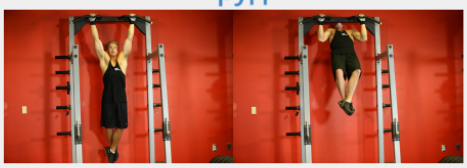


Отжимания на одной руке с подставкой



Отжимания на перекладине обычным хватом

Подтягивания широким хватом к груди



General recommendations on training with AtletIQ

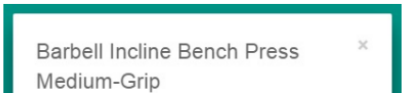
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

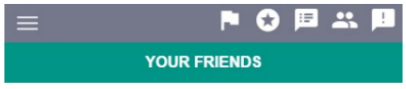
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

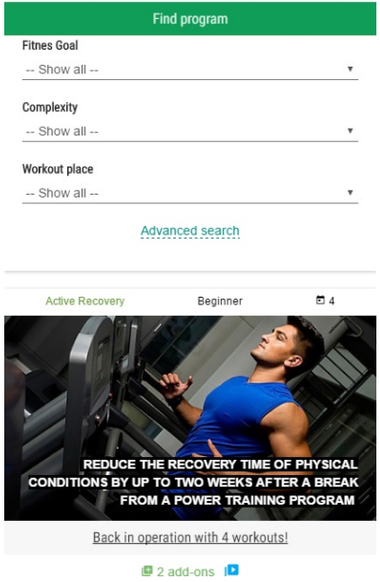
How to use mobile assistant?

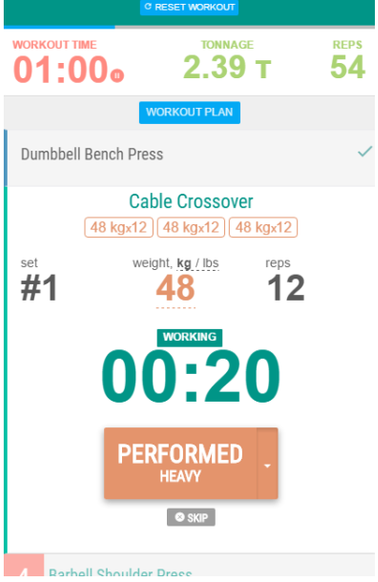
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

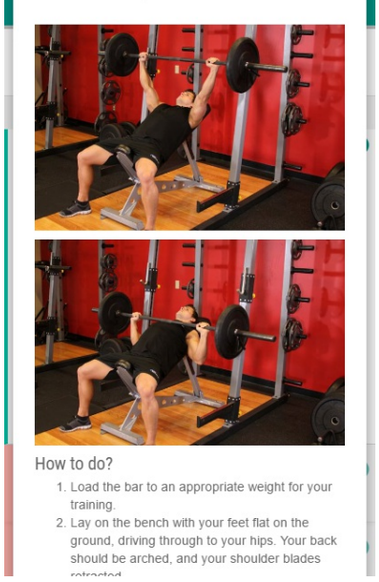
> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.

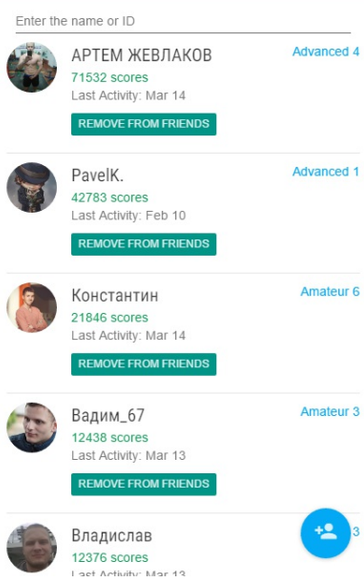












Install App

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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