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

Stop muscle degradation and progress earning a set workload.

Workout #1
- Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - the application which is an interactive smart timer.

Workout #2
- 3×4 Bent Over Barbell Row
- 3×4 Barbell Bench Press - Medium Grip
- 3×4 Snatch Deadlift
- 3×5 Stiff-Legged Barbell Deadlift
- 3×5 Barbell Full Squat
- 3×6 Barbell Bench Press - Medium Grip

Workout #3
- 3×6 Bent Over Barbell Row
- 2×4 Barbell Bench Press - Medium Grip
- 3×6 Snatch Deadlift
- 3×5 Stiff-Legged Barbell Deadlift
- 3×5 Barbell Full Squat
- 2×5 Barbell Bench Press - Medium Grip

Workout #4
- 3×6 Bent Over Barbell Row
- 3×5 Barbell Bench Press - Medium Grip
- 3×5 Snatch Deadlift
- 3×5 Stiff-Legged Barbell Deadlift
- 3×5 Barbell Full Squat
- 2×5 Barbell Bench Press - Medium Grip

Workout #5
- 3×4 Bent Over Barbell Row
- 3×5 Barbell Bench Press - Medium Grip
- 3×5 Snatch Deadlift
- 3×5 Stiff-Legged Barbell Deadlift
- 3×5 Barbell Full Squat
- 3×6 Barbell Bench Press - Medium Grip

Rest: 100-140 sec

How to use mobile assistant?

1. Open the mobile app and select the workout you want to perform.
2. The application will provide you with a countdown timer for each exercise.
3. Follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the planned.
4. If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
5. The application will compare your score with the planned load and adjust the level of your performance in the following training.

This application requires access to the Internet. There is also the opportunity to train on the special training Form, data on which is transferred after a workout to your personal account and are considered in the following training.

Gain Strength

The total intensity of each set.

Some workouts are very hard, it is necessary to slow down. Do not leave the strength training, it is transferred after a workout to your personal account and are considered in the following training.

Strength training can not continue in a constantly high intensity. Sometimes, it is necessary to slow down. Do not leave the strength training, it is transferred after a workout to your personal account and are considered in the following training.