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

Find the time for 1 hard workout per week - maintain muscle mass controlling training volume. Decreasing the number of workouts and increasing the rest periods, you can also get the desired results.

Bent Over Barbell Row

Snatch Deadlift

Standing Military Press

Barbell Bench Press - Medium Grip

Barbell Full Squat

The total intensity of the program is transferred after a workout to your personal account and are considered in the following training.

The application will compare your score with the planned load and adjust the level of your performance in the direction of the given program. 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.

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