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 trainings per week, you should know - you need to focus on the volume and intensity of the training. Use the most powerful compound exercises, push your body to maximize the training effect. If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the rest period and the intensity of the training.

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.

The total intensity of the training is transferred after a workout to your personal account and is 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 the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.

Gain Strength

Bulking

Cutting

Affiliate program for coaches

© 2017 — AtletIQ.com

Install App «Mobile Fitness Assistant AtletIQ»: