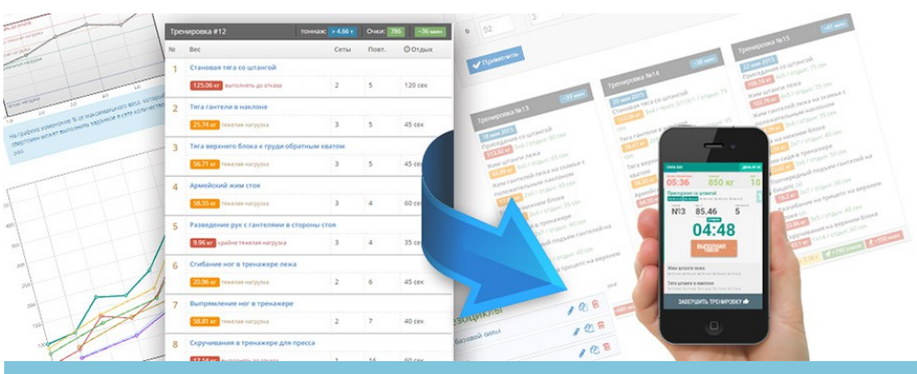
"Critical" fitness for the female calendar - use cyclic schemes of loads.

Beginner | 22 days | 12 workouts | ~41 minutes

A woman's body is delicate, but that does not mean that in a brutal "male" sport you, ladies, do not belong. The Athletic team has its own special look at the effective women's training - we are cycling the sports schedule according to the physiological "calendar" cycle.

https://atletiq.com/en/programms/587



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 «1-3 неделя»

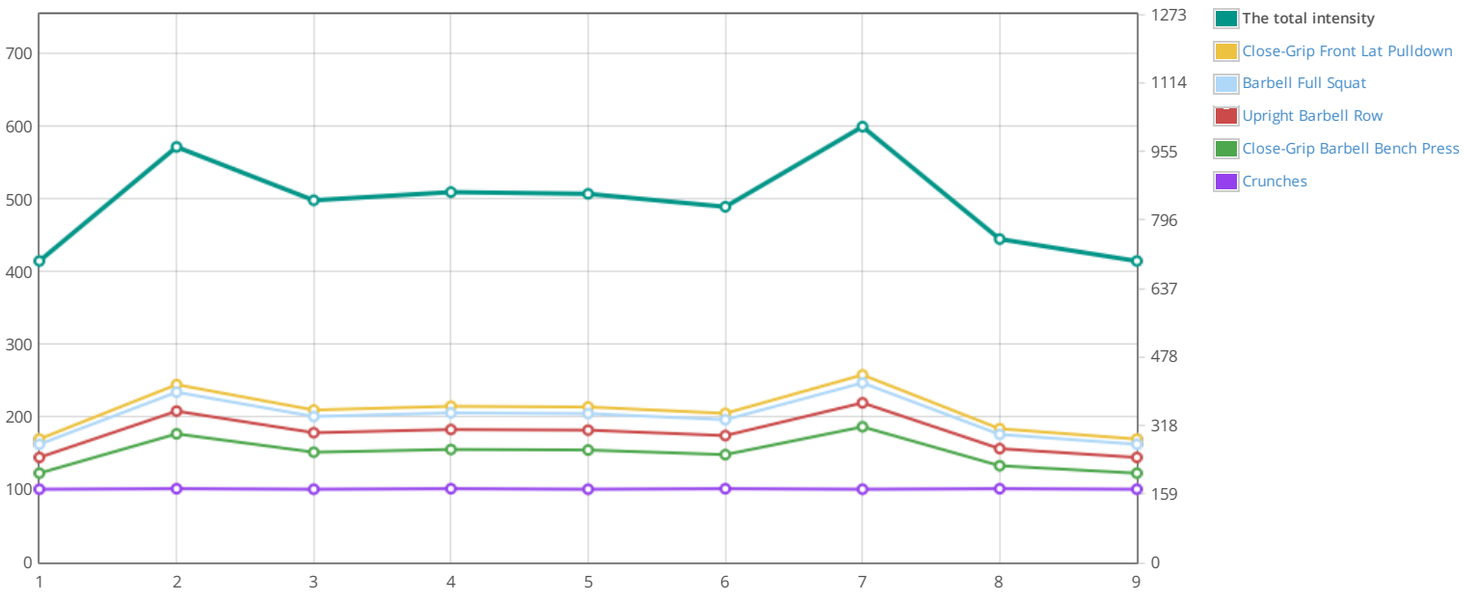
Duration in days: 17 | Amount of training days: 9 | Rest days: 8

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	Crunches	4	15-20 (+max)	50 sec
2	Barbell Full Squat	3-4	10-16	70-100 sec
3	Close-Grip Front Lat Pulldown	3-4	10-16	70-100 sec
4	Close-Grip Barbell Bench Press	3-4	10-16	70-100 sec
5	Upright Barbell Row	3-4	10-16	70-100 sec
		2 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 — 35 min

Crunches
4×15 max — Rest: 50 sec — to failure

Barbell Full Squat
3×10 — Tempo: 2/0/2/0 — Rest: 70 sec — heavy

Close-Grip Front Lat Pulldown
3×10 — Tempo: 2/0/2/0 — Rest: 70 sec — heavy

Close-Grip Barbell Bench Press

Workout #2 — 43 min

Crunches
4×20 max — Rest: 50 sec — to failure

Barbell Full Squat
4×12 — Tempo: 2/0/2/0 — Rest: 80 sec — heavy

Close-Grip Front Lat Pulldown
4×12 — Tempo: 2/0/2/0 — Rest: 80 sec — heavy

Close-Grip Barbell Bench Press

Workout #3 — 40 min

Crunches
4×15 max — Rest: 50 sec — to failure

Barbell Full Squat
3×15 — Tempo: 2/0/2/0 — Rest: 90 sec — very hard

Close-Grip Front Lat Pulldown
3×15 — Tempo: 2/0/2/0 — Rest: 90 sec — very hard

Close-Grip Barbell Bench Press

3×10 Tempo: 2/0/2/0 Rest: 70 sec heavy

Upright Barbell Row
3×10 Tempo: 2/0/2/0 Rest: 70 sec heavy

700 scores

4×12 Tempo: 2/0/2/0 Rest: 80 sec heavy

Upright Barbell Row
4×12 Tempo: 2/0/2/0 Rest: 80 sec heavy

965 scores

3×15 Tempo: 2/0/2/0 Rest: 90 sec very hard

Upright Barbell Row
3×15 Tempo: 2/0/2/0 Rest: 90 sec very hard

841 scores

Workout #4 — 41 min

Crunches
4×20 max Rest: 50 sec to failure

Barbell Full Squat
3×11 Tempo: 2/0/2/0 Rest: 100 sec very hard

Close-Grip Front Lat Pulldown
3×11 Tempo: 2/0/2/0 Rest: 100 sec very hard

Close-Grip Barbell Bench Press
3×11 Tempo: 2/0/2/0 Rest: 100 sec very hard

Upright Barbell Row
3×11 Tempo: 2/0/2/0 Rest: 100 sec very hard

860 scores

Workout #5 — 39 min

Crunches
4×15 max Rest: 50 sec to failure

Barbell Full Squat
3×13 Tempo: 2/0/2/0 Rest: 90 sec very hard

Close-Grip Front Lat Pulldown
3×13 Tempo: 2/0/2/0 Rest: 90 sec very hard

Close-Grip Barbell Bench Press
3×13 Tempo: 2/0/2/0 Rest: 90 sec very hard

Upright Barbell Row
3×13 Tempo: 2/0/2/0 Rest: 90 sec very hard

856 scores

Workout #6 — 40 min

Crunches
4×20 max Rest: 50 sec to failure

Barbell Full Squat
3×16 Tempo: 2/0/2/0 Rest: 90 sec heavy

Close-Grip Front Lat Pulldown
3×16 Tempo: 2/0/2/0 Rest: 90 sec heavy

Close-Grip Barbell Bench Press
3×16 Tempo: 2/0/2/0 Rest: 90 sec heavy

Upright Barbell Row
3×16 Tempo: 2/0/2/0 Rest: 90 sec heavy

826 scores

Workout #7 — 43 min

Crunches
4×15 max Rest: 50 sec to failure

Barbell Full Squat
4×12 Tempo: 2/0/2/0 Rest: 80 sec heavy

Close-Grip Front Lat Pulldown
4×12 Tempo: 2/0/2/0 Rest: 80 sec heavy

Close-Grip Barbell Bench Press
4×12 Tempo: 2/0/2/0 Rest: 80 sec heavy

Upright Barbell Row
4×12 Tempo: 2/0/2/0 Rest: 80 sec heavy

1012 scores

Workout #8 — 38 min

Crunches
4×20 max Rest: 50 sec to failure

Barbell Full Squat
3×14 Tempo: 2/0/2/0 Rest: 80 sec heavy

Close-Grip Front Lat Pulldown
3×14 Tempo: 2/0/2/0 Rest: 80 sec heavy

Close-Grip Barbell Bench Press
3×14 Tempo: 2/0/2/0 Rest: 80 sec heavy

Upright Barbell Row
3×14 Tempo: 2/0/2/0 Rest: 80 sec heavy

751 scores

Workout #9 — 37 min

Crunches
4×15 max Rest: 50 sec to failure

Barbell Full Squat
3×10 Tempo: 2/0/2/0 Rest: 80 sec heavy

Close-Grip Front Lat Pulldown
3×10 Tempo: 2/0/2/0 Rest: 80 sec heavy

Close-Grip Barbell Bench Press
3×10 Tempo: 2/0/2/0 Rest: 80 sec heavy

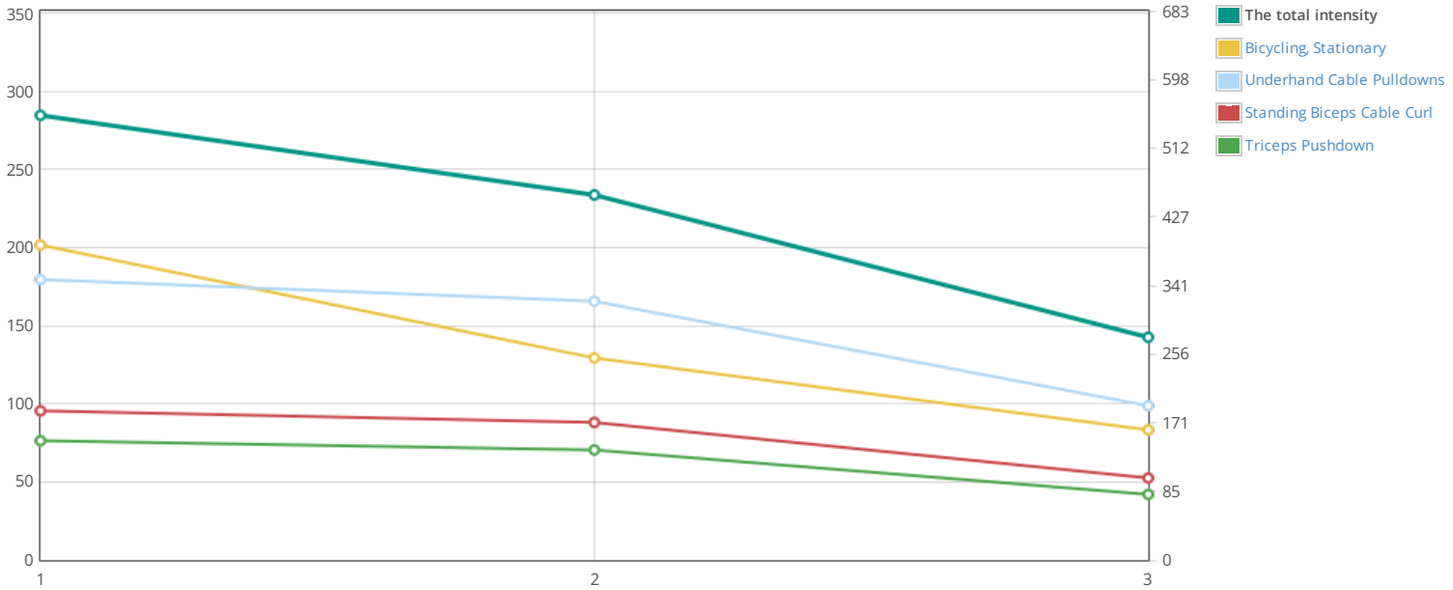
Upright Barbell Row
3×10 Tempo: 2/0/2/0 Rest: 80 sec heavy

700 scores

2 «4 неделя (легкая)»

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Underhand Cable Pulldowns	2-3	15-20	80 sec
2	Triceps Pushdown	2-3	15-20	80 sec
3	Standing Biceps Cable Curl	2-3	15-20	80 sec
4	Bicycling, Stationary	1	16 min-30 min	40 sec
	2 day (rest)			

Training intensity for each exercise



Workout #1 — 55 min

Underhand Cable Pulldowns
3×20 Tempo: 2/0/2/0 Rest: 80 sec — heavy

Triceps Pushdown
3×20 Tempo: 2/0/2/0 Rest: 80 sec — heavy

Standing Biceps Cable Curl
3×20 Tempo: 2/0/2/0 Rest: 80 sec — heavy

Bicycling, Stationary
1×30 min Rest: 40 sec — heavy

553 scores

Workout #2 — 46 min

Underhand Cable Pulldowns
3×18 Tempo: 2/0/2/0 Rest: 80 sec — moderate

Triceps Pushdown
3×18 Tempo: 2/0/2/0 Rest: 80 sec — moderate

Standing Biceps Cable Curl
3×18 Tempo: 2/0/2/0 Rest: 80 sec — moderate

Bicycling, Stationary
1×22 min Rest: 40 sec — moderate

454 scores

Workout #3 — 36 min

Underhand Cable Pulldowns
2×15 Tempo: 2/0/2/0 Rest: 80 sec — moderate

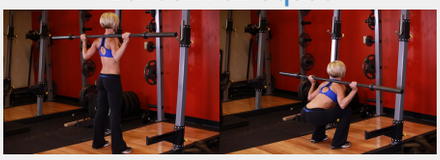
Triceps Pushdown
2×15 Tempo: 2/0/2/0 Rest: 80 sec — moderate

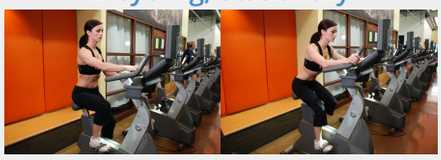
Standing Biceps Cable Curl
2×15 Tempo: 2/0/2/0 Rest: 80 sec — moderate

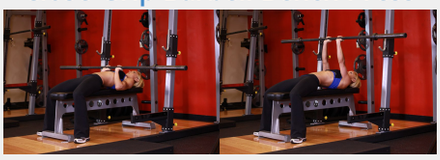
Bicycling, Stationary
1×16 min Rest: 40 sec — moderate

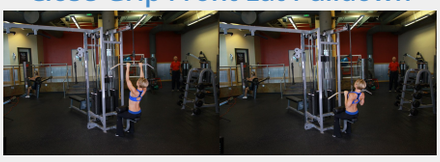
277 scores

Directory of the exercises

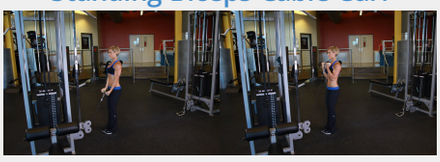
Barbell Full Squat


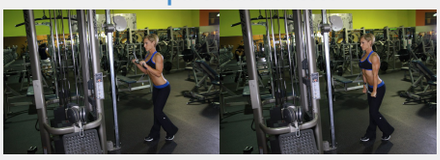
Bicycling, Stationary


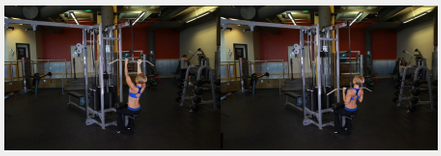
Close-Grip Barbell Bench Press


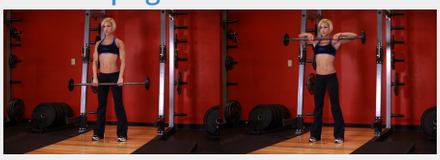
Close-Grip Front Lat Pulldown


Crunches

Standing Biceps Cable Curl


Triceps Pushdown


Underhand Cable Pulldowns


Upright Barbell Row


General recommendations on training with AtletIQ

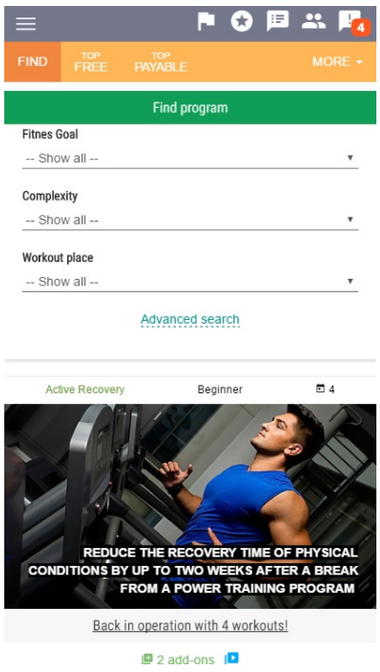
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

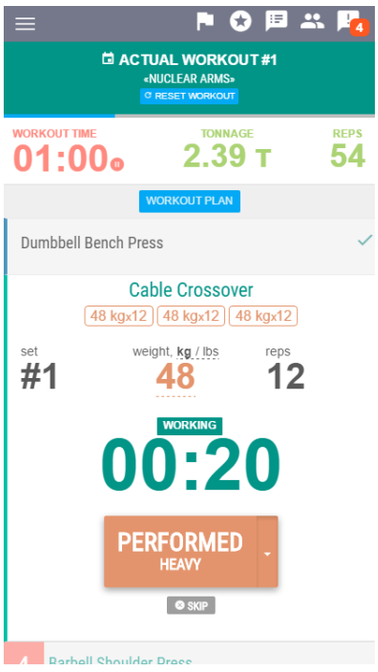
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

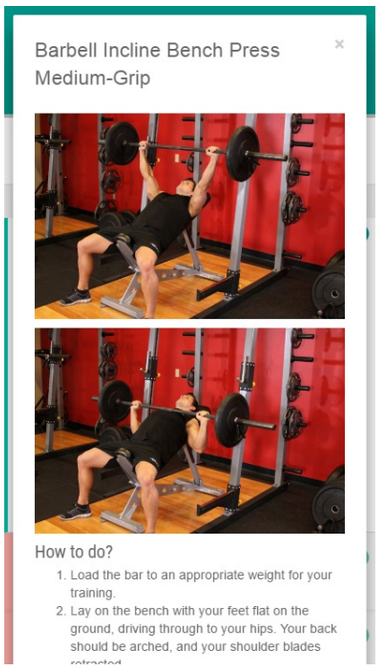
How to use mobile assistant?

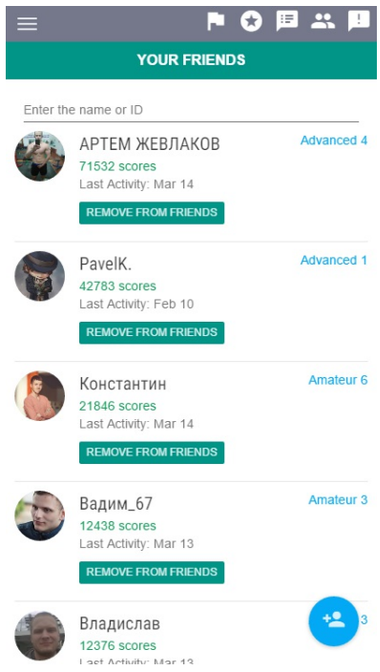
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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