
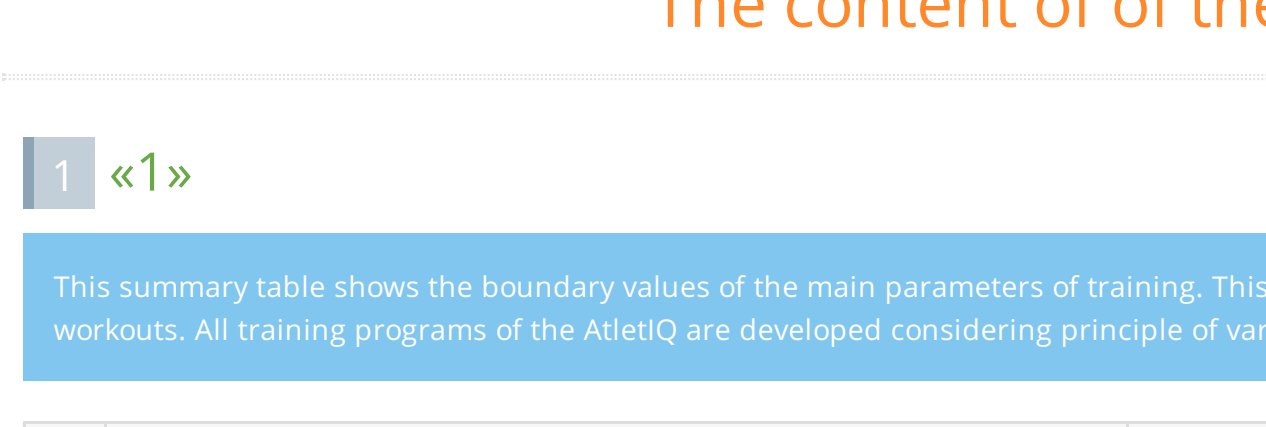


Open the month of fitness in the style of "femine": give the figure a feminine sportiness.

 Intermediate 23 days 12 workouts ~66 minutes

The tonus of the muscles is what should really concern you. And not only in the season of short skirts and open T-shirts, but day and night. Just for these purposes, fitness inventors of Athletic created a universal corrective program, which in a short time will return the muscles nice to the eye and men's hands "lean look" and resilience.

<https://atletiq.com/en/programms/695>



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

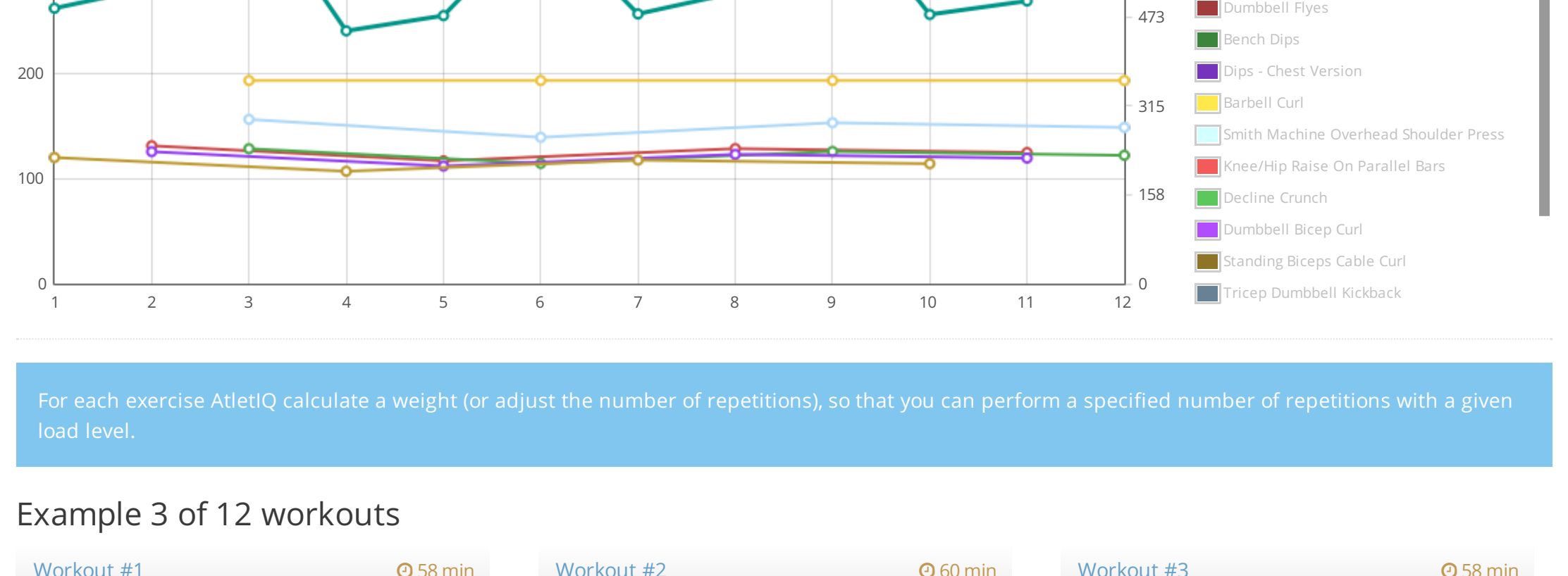
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

1	«1»	Duration in days: 23	Amount of training days: 12	Rest days: 11
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	Leg Press	3	16-20	⌚ 120-180 sec
2	Seated Cable Rows	3	16-20	⌚ 120-180 sec
3	Dips - Chest Version	2	16-20	⌚ 120-180 sec
⚠ Level «Advanced 2» is required or you can pay 180 points / what is it? 🟢 Allowed for status «VIP»				

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.

Example 3 of 12 workouts

Workout #1 ⌚ 58 min

Leg Press
3×20 Rest: ⌚ 120 sec heavy

Seated Cable Rows
3×20 Rest: ⌚ 120 sec heavy

Dips - Chest Version
2×20 Rest: ⌚ 120 sec heavy

Smith Machine Overhead Shoulder Press
2×20 Rest: ⌚ 120 sec heavy

Standing Biceps Cable Curl
2×20 Rest: ⌚ 120 sec heavy

Triceps Pushdown
2×20 Rest: ⌚ 120 sec heavy

Планка
3×60 sec Rest: ⌚ 90 sec heavy

🏆 488 scores

Workout #2 ⌚ 60 min

Smith Machine Squat
3×20 Rest: ⌚ 120 sec heavy

Seated Calf Raise
2×25 Rest: ⌚ 120 sec heavy

Close-Grip Front Lat Pulldown
3×20 Rest: ⌚ 120 sec heavy

Dumbbell Flies
3×20 Rest: ⌚ 120 sec heavy

Tricep Dumbbell Kickback
2×20 Rest: ⌚ 120 sec heavy

Dumbbell Bicep Curl
2×20 Rest: ⌚ 120 sec heavy

Decline Crunch
2×30 max Rest: ⌚ 120 sec to failure

🏆 525 scores

Workout #3 ⌚ 58 min

Dumbbell Lunges
4×20 Rest: ⌚ 120 sec heavy

Подтягивания широким хватом к груди
3×10 max Rest: ⌚ 120 sec to failure

Barbell Bench Press - Medium Grip
3×20 Rest: ⌚ 120 sec heavy

Barbell Curl
3×20 Rest: ⌚ 120 sec heavy

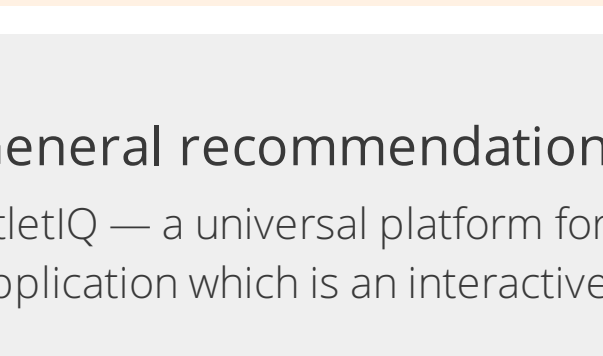
Bench Dips
3×15 Rest: ⌚ 120 sec heavy

Knee/Hip Raise On Parallel Bars
2×30 max Rest: ⌚ 120 sec to failure

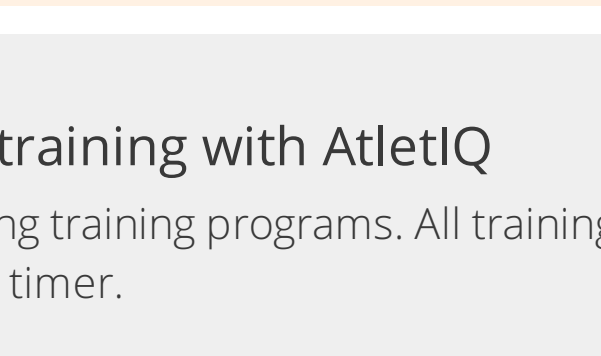
🏆 700 scores

Directory of the exercises

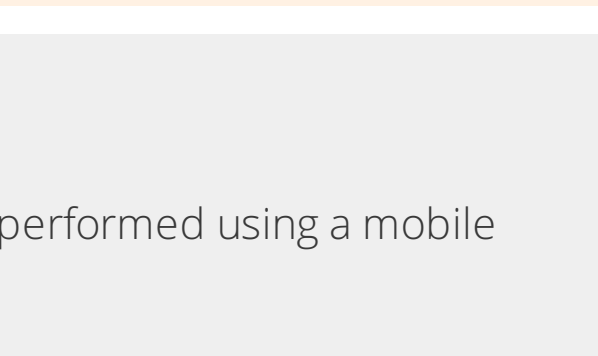
Barbell Bench Press - Medium Grip



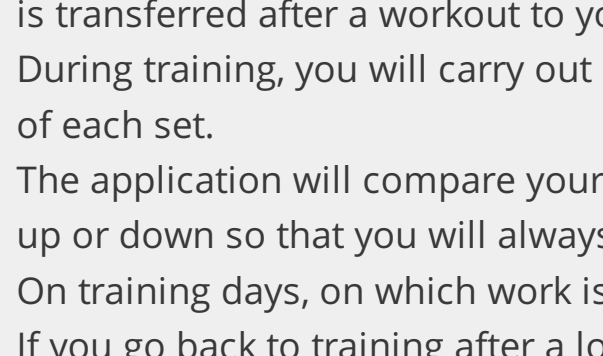
Barbell Curl



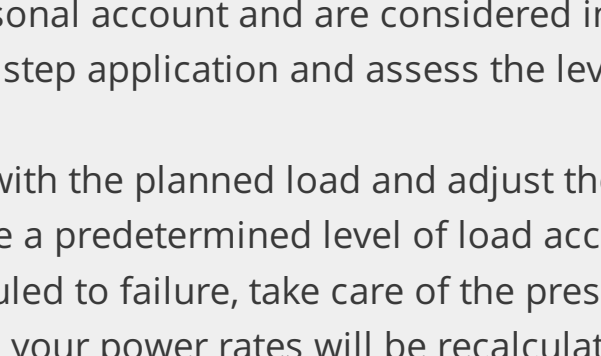
Bench Dips



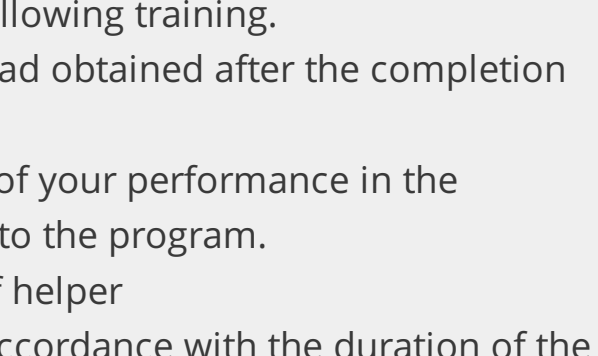
Close-Grip Front Lat Pulldown



Decline Crunch



Dips - Chest Version



The price of the full version 9 usd

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

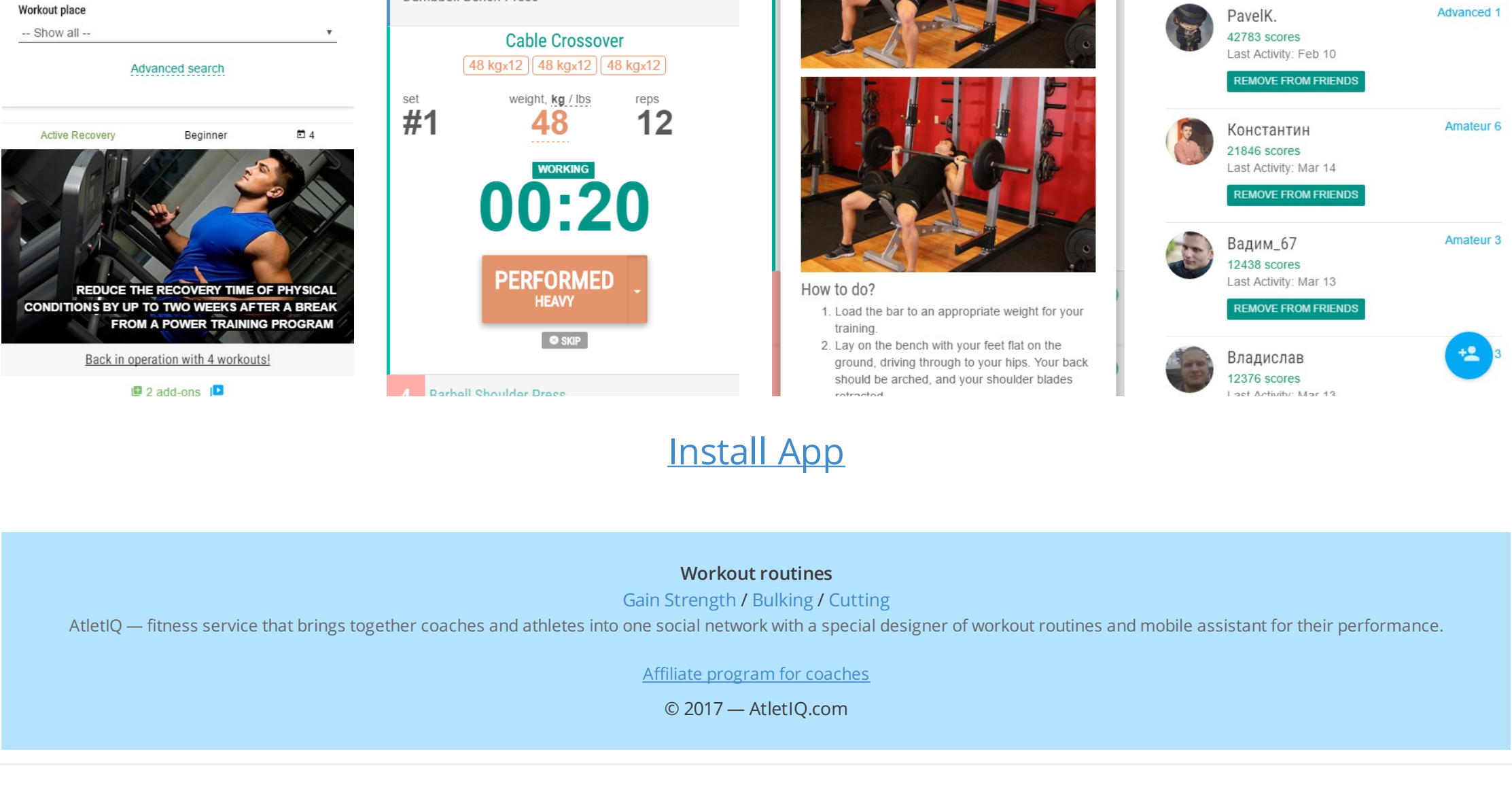
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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](#)

© 2017 — AtletIQ.com