

# "FullBody Tonus" - muscle tone and fat burning for women



Act! Decisively and urgently - the way only a woman can: overcome 24 intense workouts of different directions and for your friends you will become a reference point for equality.

https://atletiq.com/en/programms/697



#### 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

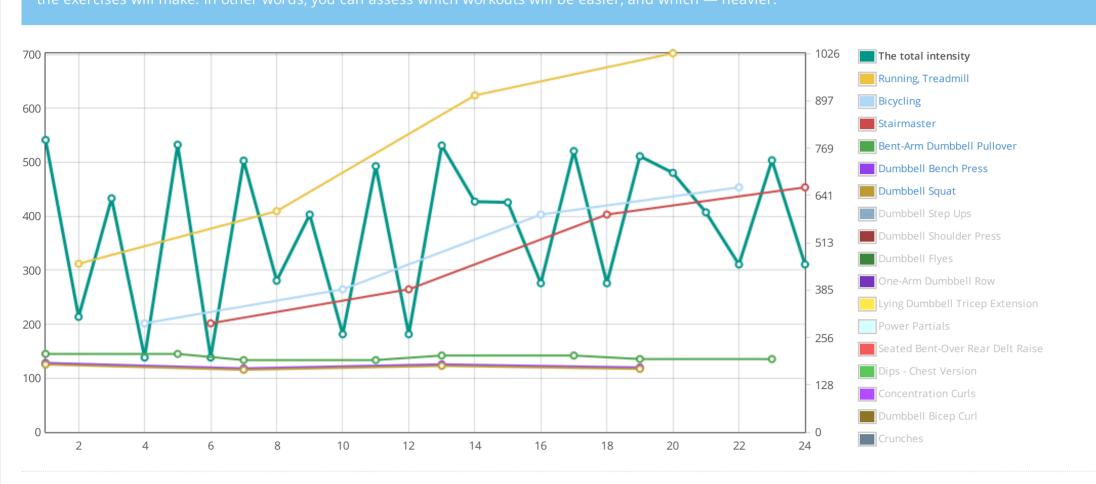
## The content of of the program

### «1»

Duration in days: 27 Amount of training days: 24 Rest days: 3

#	Exercise (superset)	Sets	Reps	O Rest between sets				
1 day								
1	Dumbbell Squat	3	16-20	❷ 60-90 sec				
2	Dumbbell Bench Press	3	16-20	❷ 60-90 sec				
٦	Bent-Arm Dumbbell Pullover	3	16-20	<ul><li>○ 60-90 sec</li></ul>				

A When activated, it will be charged 8 points



#### Example 3 of 24 workouts

Workout #1	<b>2</b> 76 min	Workout #2	<b>②</b> 34 min	Workout #3	<b>2</b> 75 min
Dumbbell Squat 3×20 Rest:	heavy	Running, Treadmill 1×30 min Rest: <b>⊙</b> 150 sec	heavy	<b>Dumbbell Flyes</b> <b>3×20</b> Rest: <b>①</b> 90 sec	heavy
<b>Dumbbell Bench Press</b> <b>3×20</b> Rest: <b>2</b> 90 sec	heavy	> 5 kg 🛷 312 score	es <u>è</u> 220 kcal	One-Arm Dumbbell Row <b>3×20</b> Rest: <b>2</b> 90 sec	heavy
<b>Bent-Arm Dumbbell Pullover</b> <b>3×20</b> Rest: <b>2</b> 90 sec	heavy			<b>Dumbbell Shoulder Press</b> <b>3×20</b> Rest: <b>2</b> 90 sec	heavy
Power Partials 3×15 Rest: ② 120 sec	heavy			<b>Dumbbell Bicep Curl</b> <b>3×20</b> Rest: <b>2</b> 90 sec	heavy
Hammer Curls 3×20 Rest: <b>④</b> 90 sec	heavy			Tricep Dumbbell Kickback3×20Rest: <b>1</b> 90 sec	heavy
Standing Dumbbell Triceps Extension 3×20 Rest: <sup>(2)</sup> 90 sec	heavy			Thigh Adductor   3×20 Rest: ● 90 sec	heavy
<b>Standing Dumbbell Calf Raise 2×30</b> Rest: <b>①</b> 120 sec	heavy			Thigh Abductor   3×20 Rest: ● 90 sec	heavy
Hyperextensions (Back Extensions) 3×20 Rest: <sup>(2)</sup> 90 sec	heavy			<b>Dumbbell Seated One-Leg Calf Raise</b> 2×30 Rest: <sup>(2)</sup> 120 sec	heavy
Tuck Crunch 3×25 max Rest: <sup>(2)</sup> 120 sec	to failure			Crunches 3×25 max Rest: ● 120 sec	to failure
> 5.4 T 🛷 791 scores 👱 570 k	cal			> 4.98 T 🛷 633 scores 👱 460 kcal	

#### The price of the full version 8 usd Why it is payable? Register and find out details

### General recommendations on training with AtletIQ

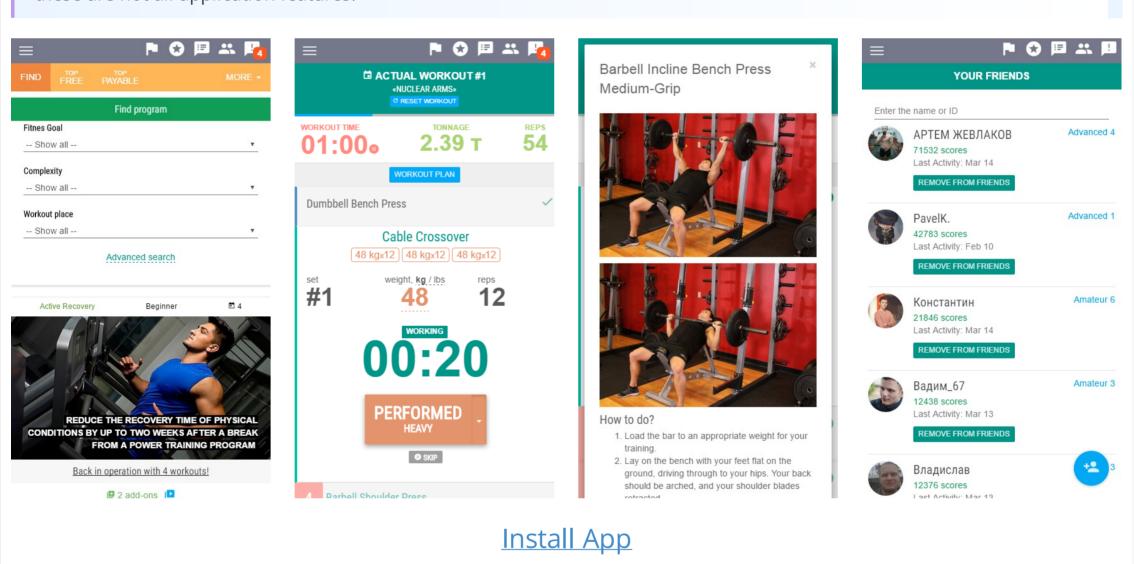
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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.



#### 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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