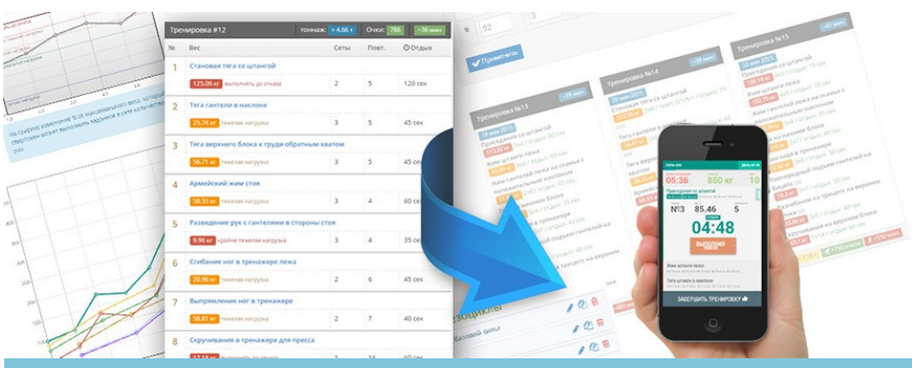
Try a 2-week unisex-training course, run the fat burning mode at maximum speed!

Beginner | 12 days | 12 workouts | ~27 minutes

We succeeded! We've created the fat burning program at home that suits for men and for women. Now you can build a body, training side by side with a charming partner and following a single training plan. It's very good morale;)

https://atletiq.com/en/programma/sushka-v-domashnih-usloviyah-s-sobstvennym-vesom.html



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 неделя, 6 тренировок»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

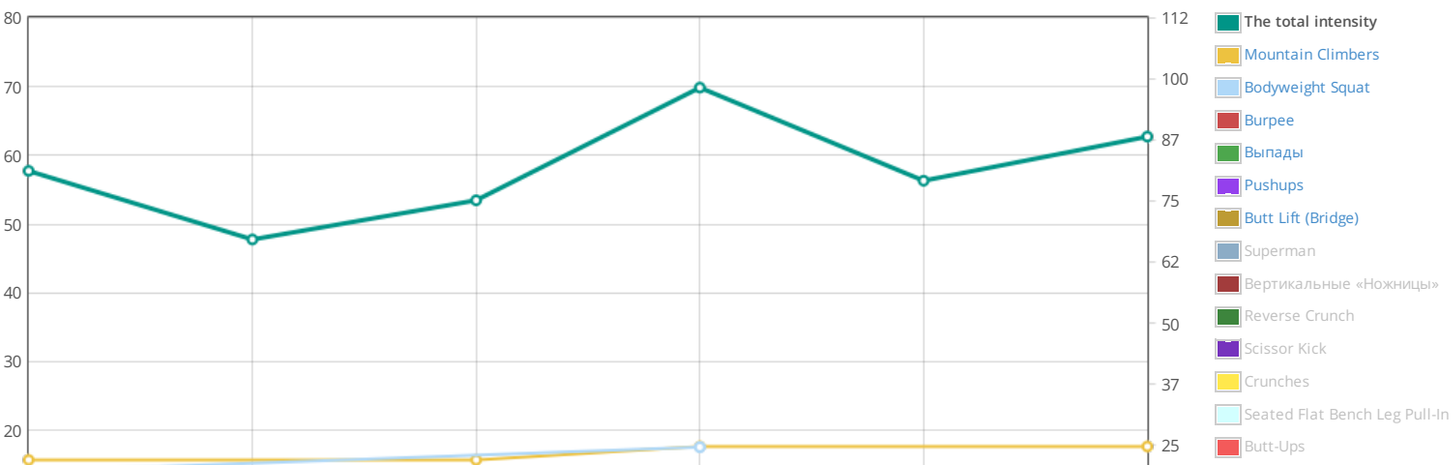
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

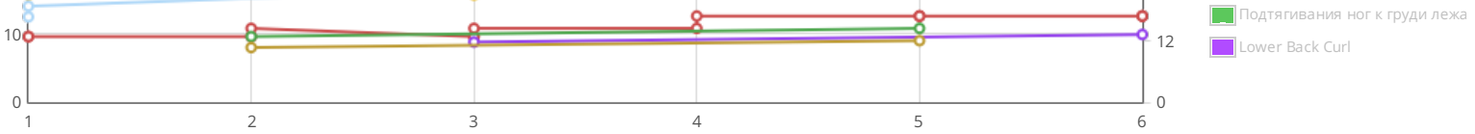
#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Bodyweight Squat (a)	3	40 sec-50 sec	10-20 sec
2	Burpee (a)	3	30 sec-55 sec	10-20 sec
3	Crunches (a)	3	40 sec-50 sec	10-20 sec
4	Bodyweight Squat (a)	3	40 sec-50 sec	10-20 sec
5	Burpee (a)	3	30 sec-55 sec	10-20 sec
6	Seated Flat Bench Leg Pull-In (a)	3	40 sec-50 sec	10-20 sec
7	Mountain Climbers (a)	3	40 sec-50 sec	10-20 sec
8	Butt-Ups (a)	3	40 sec-50 sec	10-20 sec
		2 day		
1	Выпады (a)	3	40 sec-50 sec	10-20 sec
2	Burpee (a)	3	30 sec-55 sec	10-20 sec
3	Scissor Kick (a)	3	40 sec-50 sec	10-20 sec
4	Burpee (a)	3	30 sec-55 sec	10-20 sec
5	Подтягивания ног к груди лежа (a)	3	40 sec-50 sec	10-20 sec
6	Burpee (a)	3	30 sec-55 sec	10-20 sec
7	Lower Back Curl (a)	3	40 sec-50 sec	10-20 sec
8	Butt Lift (Bridge) (a)	3	40 sec-50 sec	10-20 sec
		3 day		
1	Mountain Climbers (a)	3	40 sec-50 sec	10-20 sec
2	Burpee (a)	3	30 sec-55 sec	10-20 sec
3	Вертикальные «Ножницы» (a)	3	40 sec-50 sec	10-20 sec
4	Burpee (a)	3	30 sec-55 sec	10-20 sec
5	Pushups (a)	3	40 sec-50 sec	10-20 sec
6	Burpee (a)	3	30 sec-55 sec	10-20 sec
7	Reverse Crunch (a)	3	40 sec-50 sec	10-20 sec
8	Superman (a)	3	40 sec-50 sec	10-20 sec
		4 day		
1	Bodyweight Squat (a)	3	40 sec-50 sec	10-20 sec
2	Burpee (a)	3	30 sec-55 sec	10-20 sec
3	Crunches (a)	3	40 sec-50 sec	10-20 sec

4	Bodyweight Squat (a)	3	40 sec-50 sec	10-20 sec
5	Burpee (a)	3	30 sec-55 sec	10-20 sec
6	Seated Flat Bench Leg Pull-In (a)	3	40 sec-50 sec	10-20 sec
7	Mountain Climbers (a)	3	40 sec-50 sec	10-20 sec
8	Butt-Ups (a)	3	40 sec-50 sec	10-20 sec
5 day				
1	Выпады (a)	3	40 sec-50 sec	10-20 sec
2	Burpee (a)	3	30 sec-55 sec	10-20 sec
3	Scissor Kick (a)	3	40 sec-50 sec	10-20 sec
4	Burpee (a)	3	30 sec-55 sec	10-20 sec
5	Подтягивания ног к груди лежа (a)	3	40 sec-50 sec	10-20 sec
6	Burpee (a)	3	30 sec-55 sec	10-20 sec
7	Lower Back Curl (a)	3	40 sec-50 sec	10-20 sec
8	Butt Lift (Bridge) (a)	3	40 sec-50 sec	10-20 sec
6 day				
1	Mountain Climbers (a)	3	40 sec-50 sec	10-20 sec
2	Burpee (a)	3	30 sec-55 sec	10-20 sec
3	Вертикальные «Ножницы» (a)	3	40 sec-50 sec	10-20 sec
4	Burpee (a)	3	30 sec-55 sec	10-20 sec
5	Pushups (a)	3	40 sec-50 sec	10-20 sec
6	Burpee (a)	3	30 sec-55 sec	10-20 sec
7	Reverse Crunch (a)	3	40 sec-50 sec	10-20 sec
8	Superman (a)	3	40 sec-50 sec	10-20 sec
7 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 — 24 min

- Bodyweight Squat — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 20 sec — heavy
- Crunches — 3×40 sec — Rest: 20 sec — heavy
- Bodyweight Squat — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×30 sec — Rest: 15 sec — heavy
- Seated Flat Bench Leg Pull-In — 3×40 sec — Rest: 20 sec — heavy
- Mountain Climbers — 3×40 sec — Rest: 20 sec — heavy
- Butt-Ups — 3×40 sec — Rest: 20 sec — heavy

81 scores

Workout #2 — 23 min

- Выпады — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 20 sec — heavy
- Scissor Kick — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 15 sec — heavy
- Подтягивания ног к груди лежа — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 10 sec — heavy
- Lower Back Curl — 3×40 sec — Rest: 20 sec — heavy
- Butt Lift (Bridge) — 3×40 sec — Rest: 20 sec — heavy

67 scores

Workout #3 — 23 min

- Mountain Climbers — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 20 sec — heavy
- Вертикальные «Ножницы» — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 15 sec — heavy
- Pushups — 3×40 sec — Rest: 20 sec — heavy
- Burpee — 3×30 sec — Rest: 10 sec — heavy
- Reverse Crunch — 3×40 sec — Rest: 20 sec — heavy
- Superman — 3×40 sec — Rest: 20 sec — heavy

75 scores

Workout #4 — 24 min

- Bodyweight Squat — 3×50 sec — Rest: 15 sec — heavy
- Burpee — 3×30 sec — Rest: 10 sec — heavy
- Crunches — 3×45 sec — Rest: 15 sec — heavy
- Bodyweight Squat — 3×50 sec — Rest: 10 sec — heavy
- Burpee — 3×35 sec — Rest: 15 sec — heavy
- Seated Flat Bench Leg Pull-In — 3×45 sec — Rest: 15 sec — heavy
- Mountain Climbers — 3×45 sec — Rest: 15 sec — heavy
- Butt-Ups — 3×45 sec — Rest: 15 sec — heavy

98 scores

Workout #5 — 24 min

- Выпады — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×35 sec — Rest: 15 sec — heavy
- Scissor Kick — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×35 sec — Rest: 15 sec — heavy
- Подтягивания ног к груди лежа — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×35 sec — Rest: 10 sec — heavy
- Lower Back Curl — 3×45 sec — Rest: 15 sec — heavy
- Butt Lift (Bridge) — 3×45 sec — Rest: 15 sec — heavy

79 scores

Workout #6 — 24 min

- Mountain Climbers — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×35 sec — Rest: 15 sec — heavy
- Вертикальные «Ножницы» — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×35 sec — Rest: 15 sec — heavy
- Pushups — 3×45 sec — Rest: 15 sec — heavy
- Burpee — 3×35 sec — Rest: 10 sec — heavy
- Reverse Crunch — 3×45 sec — Rest: 15 sec — heavy
- Superman — 3×45 sec — Rest: 15 sec — heavy

88 scores

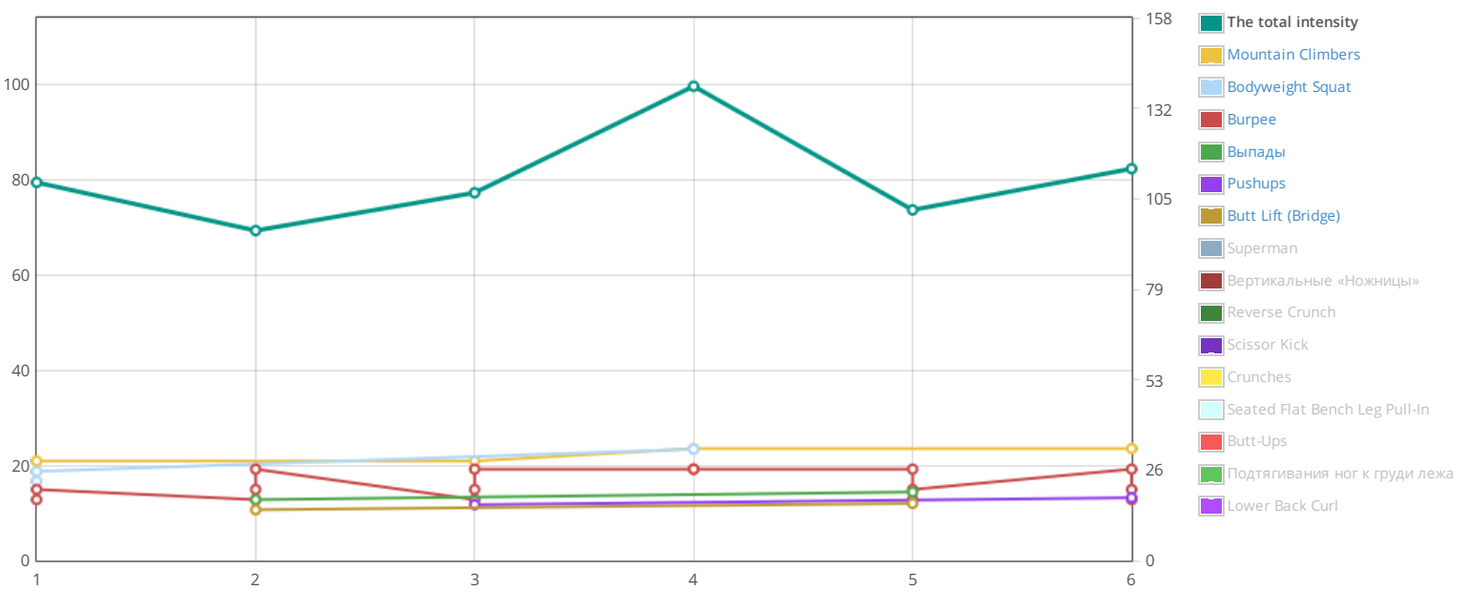
2 «2 неделя, 6 тренировок»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Bodyweight Squat (a)	4	40 sec-50 sec	10-15 sec
2	Burpee (a)	4	30 sec-40 sec	10-15 sec
3	Crunches (a)	4	40 sec-50 sec	10-15 sec
4	Bodyweight Squat (a)	4	40 sec-50 sec	10-15 sec
5	Burpee (a)	4	30 sec-40 sec	10-15 sec
6	Seated Flat Bench Leg Pull-In (a)	4	40 sec-50 sec	10-15 sec
7	Mountain Climbers (a)	4	40 sec-50 sec	10-15 sec
8	Butt-Ups (a)	4	40 sec-50 sec	10-15 sec
		2 day		
1	Выпады (a)	4	40 sec-50 sec	10-15 sec
2	Burpee (a)	4	30 sec-40 sec	10-15 sec
3	Scissor Kick (a)	4	40 sec-50 sec	10-15 sec
4	Burpee (a)	4	30 sec-40 sec	10-15 sec
5	Подтягивания ног к груди лежа (a)	4	40 sec-50 sec	10-15 sec
6	Burpee (a)	4	30 sec-40 sec	10-15 sec
7	Lower Back Curl (a)	4	40 sec-50 sec	10-15 sec
8	Butt Lift (Bridge) (a)	4	40 sec-50 sec	10-15 sec
		3 day		
1	Mountain Climbers (a)	4	40 sec-50 sec	10-15 sec
2	Burpee (a)	4	30 sec-40 sec	10-15 sec
3	Вертикальные «Ножницы» (a)	4	40 sec-50 sec	10-15 sec
4	Burpee (a)	4	30 sec-40 sec	10-15 sec
5	Pushups (a)	4	40 sec-50 sec	10-15 sec
6	Burpee (a)	4	30 sec-40 sec	10-15 sec
7	Reverse Crunch (a)	4	40 sec-50 sec	10-15 sec
8	Superman (a)	4	40 sec-50 sec	10-15 sec
		4 day		
1	Bodyweight Squat (a)	4	40 sec-50 sec	10-15 sec
2	Burpee (a)	4	30 sec-40 sec	10-15 sec
3	Crunches (a)	4	40 sec-50 sec	10-15 sec
4	Bodyweight Squat (a)	4	40 sec-50 sec	10-15 sec
5	Burpee (a)	4	30 sec-40 sec	10-15 sec
6	Seated Flat Bench Leg Pull-In (a)	4	40 sec-50 sec	10-15 sec
7	Mountain Climbers (a)	4	40 sec-50 sec	10-15 sec

8	Butt-Ups (a)	4	40 sec-50 sec	10-15 sec
		5 day		
1	Выпады (a)	4	40 sec-50 sec	10-15 sec
2	Burpee (a)	4	30 sec-40 sec	10-15 sec
3	Scissor Kick (a)	4	40 sec-50 sec	10-15 sec
4	Burpee (a)	4	30 sec-40 sec	10-15 sec
5	Подтягивания ног к груди лежа (a)	4	40 sec-50 sec	10-15 sec
6	Burpee (a)	4	30 sec-40 sec	10-15 sec
7	Lower Back Curl (a)	4	40 sec-50 sec	10-15 sec
8	Butt Lift (Bridge) (a)	4	40 sec-50 sec	10-15 sec
		6 day		
1	Mountain Climbers (a)	4	40 sec-50 sec	10-15 sec
2	Burpee (a)	4	30 sec-40 sec	10-15 sec
3	Вертикальные «Ножницы» (a)	4	40 sec-50 sec	10-15 sec
4	Burpee (a)	4	30 sec-40 sec	10-15 sec
5	Pushups (a)	4	40 sec-50 sec	10-15 sec
6	Burpee (a)	4	30 sec-40 sec	10-15 sec
7	Reverse Crunch (a)	4	40 sec-50 sec	10-15 sec
8	Superman (a)	4	40 sec-50 sec	10-15 sec
		7 day (rest)		

Training intensity for each exercise



Workout #1 — 30 min

- **Bodyweight Squat** 4×40 sec Rest: 15 sec heavy
- **Burpee** 4×30 sec Rest: 15 sec heavy

Workout #2 — 30 min

- **Выпады** 4×40 sec Rest: 15 sec heavy
- **Burpee** 4×30 sec Rest: 15 sec heavy

Workout #3 — 30 min

- **Mountain Climbers** 4×40 sec Rest: 15 sec heavy
- **Burpee** 4×30 sec Rest: 15 sec heavy

- Crunches
  4×40 sec Rest: 15 sec heavy
- Bodyweight Squat
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×35 sec Rest: 10 sec heavy
- Seated Flat Bench Leg Pull-In
  4×40 sec Rest: 15 sec heavy
- Mountain Climbers
  4×40 sec Rest: 15 sec heavy
- Butt-Ups
  4×40 sec Rest: 15 sec heavy

110 scores

- Scissor Kick
  4×40 sec Rest: 15 sec heavy
- Burpee
  4×35 sec Rest: 10 sec heavy
- Подтягивания ног к груди лежа
  4×40 sec Rest: 15 sec heavy
- Burpee
  4×40 sec Rest: 15 sec heavy
- Lower Back Curl
  4×40 sec Rest: 15 sec heavy
- Butt Lift (Bridge)
  4×40 sec Rest: 15 sec heavy

96 scores

- Вертикальные «Ножницы»
  4×40 sec Rest: 15 sec heavy
- Burpee
  4×35 sec Rest: 10 sec heavy
- Pushups
  4×40 sec Rest: 15 sec heavy
- Burpee
  4×40 sec Rest: 15 sec heavy
- Reverse Crunch
  4×40 sec Rest: 15 sec heavy
- Superman
  4×40 sec Rest: 15 sec heavy

107 scores

Workout #4 — 33 min

- Bodyweight Squat
  4×50 sec Rest: 15 sec heavy
- Burpee
  4×40 sec Rest: 15 sec heavy
- Crunches
  4×45 sec Rest: 15 sec heavy
- Bodyweight Squat
  4×50 sec Rest: 10 sec heavy
- Burpee
  4×40 sec Rest: 10 sec heavy
- Seated Flat Bench Leg Pull-In
  4×45 sec Rest: 15 sec heavy
- Mountain Climbers
  4×45 sec Rest: 15 sec heavy
- Butt-Ups
  4×45 sec Rest: 15 sec heavy

138 scores

Workout #5 — 31 min

- Выпады
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×40 sec Rest: 10 sec heavy
- Scissor Kick
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×30 sec Rest: 15 sec heavy
- Подтягивания ног к груди лежа
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×35 sec Rest: 10 sec heavy
- Lower Back Curl
  4×45 sec Rest: 15 sec heavy
- Butt Lift (Bridge)
  4×45 sec Rest: 15 sec heavy

102 scores

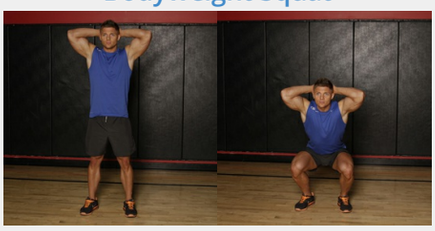
Workout #6 — 31 min

- Mountain Climbers
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×40 sec Rest: 10 sec heavy
- Вертикальные «Ножницы»
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×30 sec Rest: 15 sec heavy
- Pushups
  4×45 sec Rest: 15 sec heavy
- Burpee
  4×35 sec Rest: 10 sec heavy
- Reverse Crunch
  4×45 sec Rest: 15 sec heavy
- Superman
  4×45 sec Rest: 15 sec heavy

114 scores

Directory of the exercises

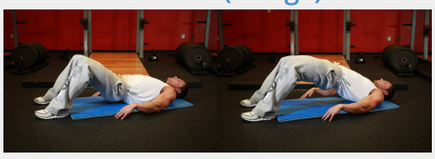
Bodyweight Squat



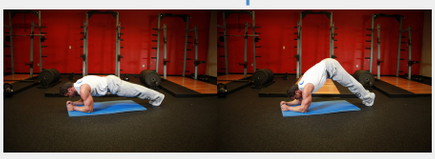
Burpee

Burpee

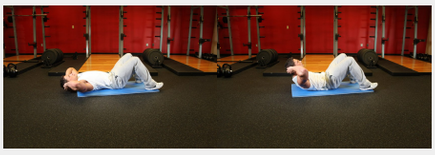
Butt Lift (Bridge)



Butt-Ups

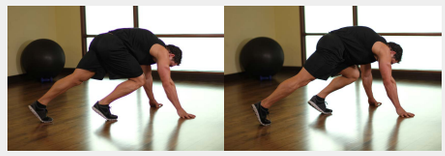


Crunches

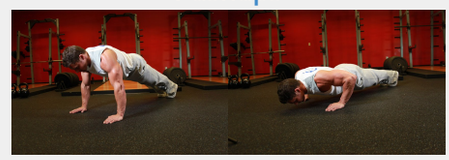


Lower Back Curl

Mountain Climbers

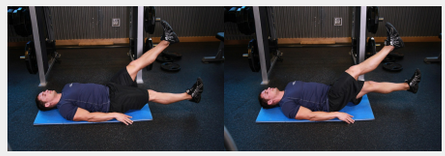


Pushups

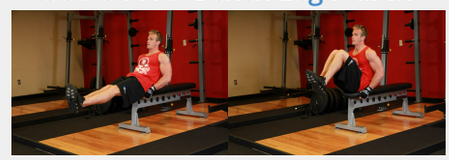


Reverse Crunch

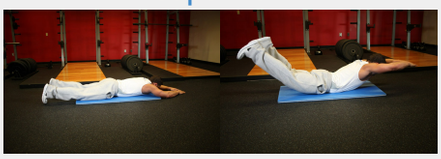
Scissor Kick



Seated Flat Bench Leg Pull-In



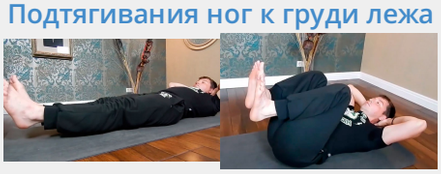
Superman



Вертикальные «Ножницы»

Выпады

Подтягивания ног к груди лежа



General recommendations on training with AtletIQ

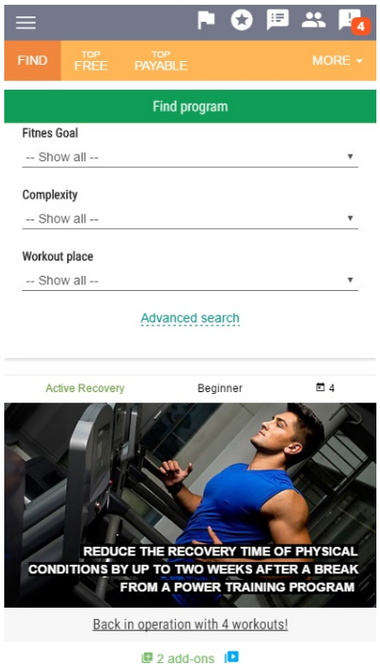
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

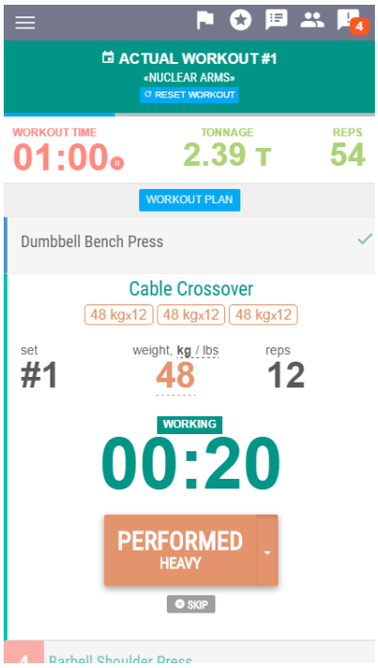
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

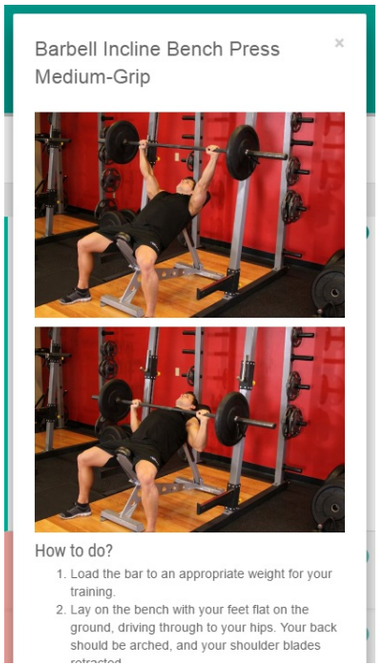
How to use mobile assistant?

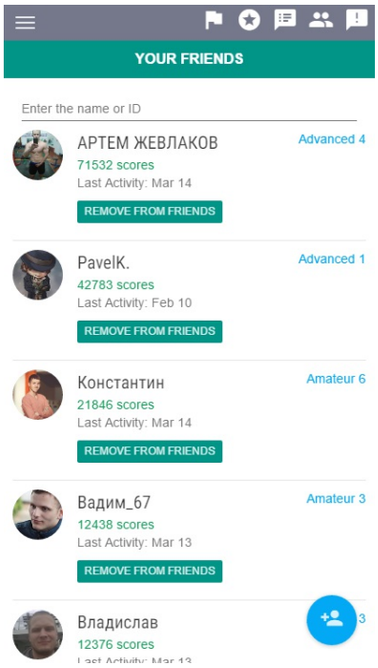
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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