











### **Mobile Fitness Assistant**

Exercising with AtletlQ, 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»: <u>https://atletiq.com/app</u>

https://atletiq.com/en/programms/1188

# The content of of the program

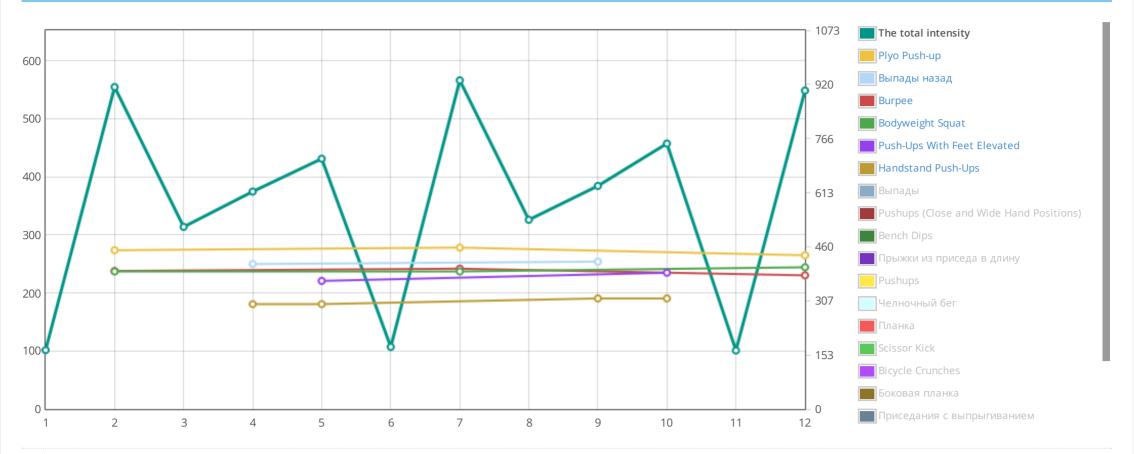
## «12 тренировок»

Duration in days: 16 Amount of training days: 12 Rest days: 4

#	Exercise (superset)	Sets	Reps	<ul> <li>Rest between sets</li> </ul>			
1 day							
1	Pushups (a)	5	15-20	❷ 40-50 sec			
2	Приседания с выпрыгиванием <mark>(а)</mark>	6	10-15	❷ 40-50 sec			
٦	Прыжки из положения упор лежа (а)	5	15-20	<b>()</b> 40-50 sec			

A When activated, it will be charged 8 points



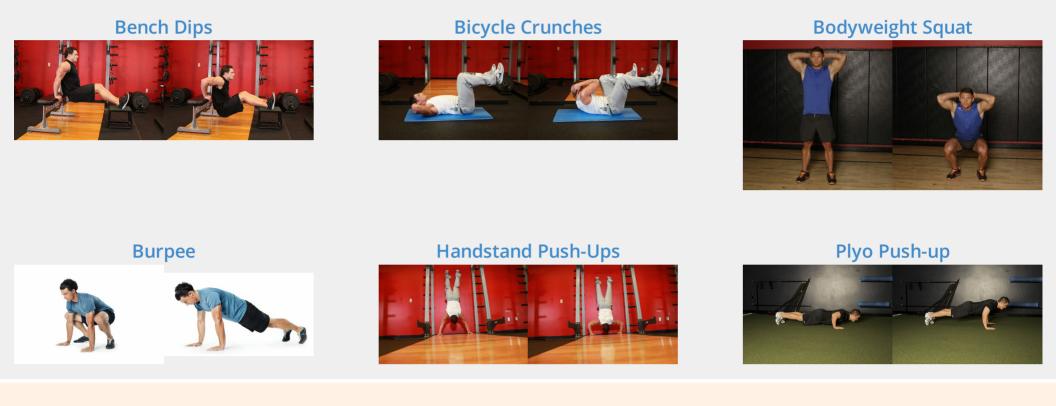


#### Example 2 of 12 workouts

• Прыжки из положения упор лежа       • Burpee       • Reavy       • Прыжки и         5×15       Rest: • 40 sec       • eavy       • Pushups (Close and Wide Hand Positions)       • Челночны         • Вicycle Crunches       • Pushups (Close and Wide Hand Positions)       • Челночны       • Челночны         • Планка       • Боковая планка       • Подтягив	📌 167 scores  👱 120 kcal		🛷 912 scores  👱 660 kcal		
<ul> <li>Pushups</li> <li>S×15 Rest: ② 40 sec</li> <li>Приседания с выпрыгиванием</li> <li>6×10 Rest: ③ 40 sec</li> <li>Bodyweight Squat</li> <li>Bodyweight Squat</li> <li>6×25 Rest: ④ 40 sec</li> <li>Burpee</li> <li>6×8 Rest: ④ 40 sec</li> <li>Pushups (Close and Wide Hand Positions)</li> <li>S×15 Rest: ④ 40 sec</li> <li>S×15 Rest: ④ 40 sec</li> <li>S×10 Rest: ④ 40 sec</li> </ul>		heavy		heavy	• Подтягив 5×15 Re
<ul> <li>Pushups</li> <li>5×15 Rest: • 40 sec</li> <li>Приседания с выпрыгиванием</li> <li>6×10 Rest: • 40 sec</li> <li>Водуweight Squat</li> <li>8×25 Rest: • 40 sec</li> <li>Выпады</li> <li>6×25 Rest: • 40 sec</li> <li>Вигрее</li> <li>Бхирее</li> <li>Б</li></ul>	-	heavy	• •		• Челночнь 6×45 se
<ul> <li>Pushups</li> <li>5×15 Rest: @ 40 sec</li> <li>Приседания с выпрыгиванием</li> <li>6×10 Rest: @ 40 sec</li> <li>Водуweight Squat</li> <li>6×25 Rest: @ 40 sec</li> <li>6×10 Rest: @ 40 sec</li> </ul>		heavy		very hard	• Прыжки и 5×10 Re
Pushups     Sx15_Rest: @ 40 sec     6x10_Rest: @ 40 sec     5x15_Rest: @ 40 sec     5x15_Rest: @ 40 sec		very hard		heavy	• Выпады 6×10 Re
Workout #1 <b>2</b> 35 min     Workout #2 <b>2</b> 37 min     Workout #	•	heavy		very hard	
	Workout #1	<b>2</b> 35 min	Workout #2	<b>()</b> 37 min	Workout #

Workout #3	<b>2</b> 36 min
• Pushups <b>5×15</b> Rest: <b>•</b> 40 sec	heavy
• Выпады 6×10 Rest: <b>④</b> 40 sec	very hard
• Прыжки из приседа в длину 5×10 Rest: <sup>(2)</sup> 50 sec	heavy
• Челночный бег 6×45 sec Rest: @ 20 sec	heavy
• Подтягивание колен к груди в низ 5×15 Rest: • 40 sec	зкой планке heavy
🛷 516 scores  👱 370 kca	l

## Directory of the exercises



## Sign up or login to get access to the full version

Sign Up

## 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.

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FIND TOP FREE	TOP PAYABLE	MORE -	CTUAL WORKOUT#1 «NUCLEAR ARMS»				Barbell Incline Bench Press	× YOUR FRIENDS		
	Find program			RESET WORKOUT			Enter	the name or ID		
Fitnes Goal Show all		*	WORKOUT TIME	2.39 T	REPS 54			APTEM ЖЕВЛАКОВ 71532 scores Last Activity: Mar 14	Advanced 4	
Complexity				VORKOUT PLAN				REMOVE FROM FRIENDS		
Workout place			Dumbbell Bench Pres	SS	~			PavelK.	Advanced 1	
Show all	Advanced search	•		ble Crossover	ן			42783 scores Last Activity: Feb 10		
			set wei	ght, <b>kg</b> / lbs reps				REMOVE FROM FRIENDS		
Active Recover	y Beginner	₫ 4	#1	<b>48</b> 12	2			Константин	Amateur 6	

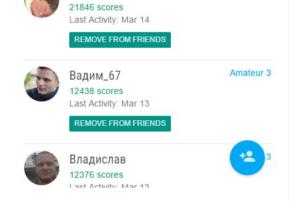


🖪 2 add-ons 📘





training. 2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades



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 © 2018 — AtletIQ.com