


# Start the "bodily" transformation program with productive female workouts

 Beginner 23 days 12 workouts ~39 minutes

Every girl, before seriously engaging in heavy exercise, needs to undergo a baptism of fire, and so should train herself before exercising. Instill yourself with basic exercise skills and prepare the body for increasing the load with the help of the «For girls just beginning» specialized program.

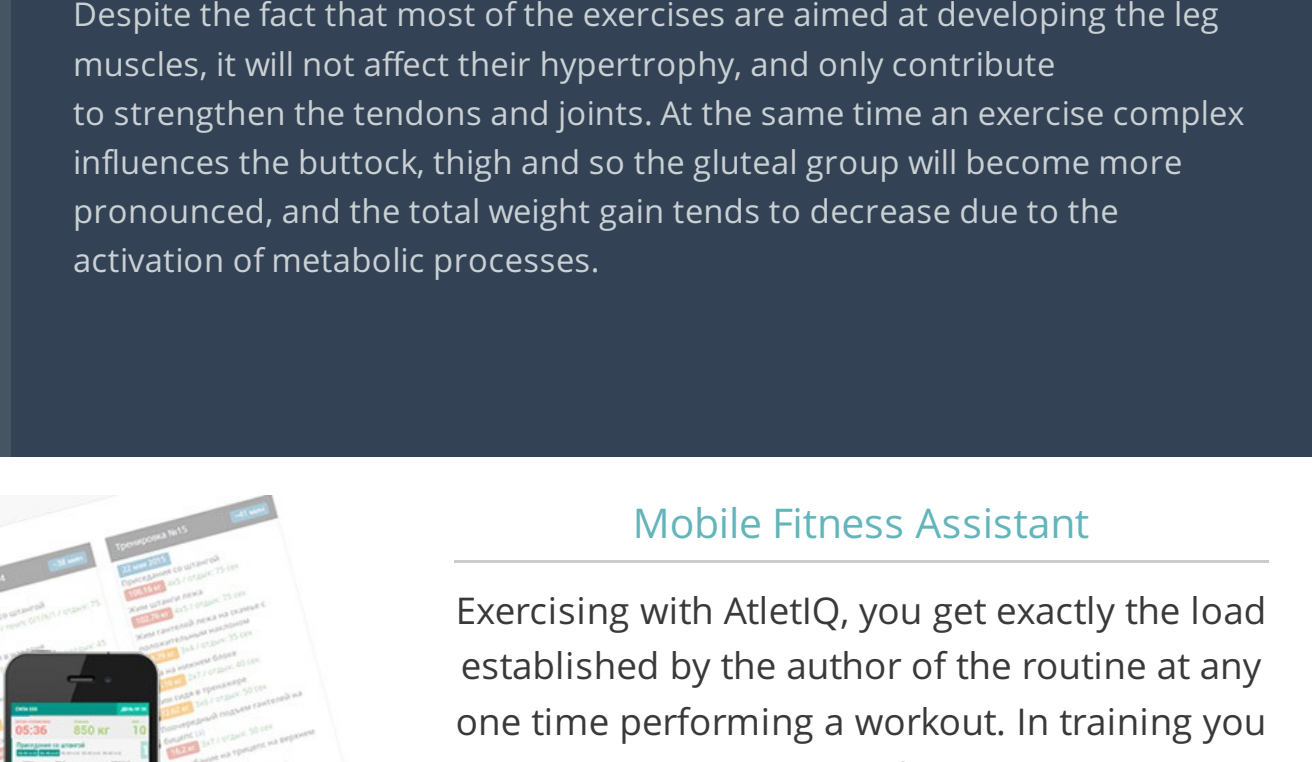
<https://atletiq.com/en/programs/164>



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Индивидуальная тренировочная программа —  
путеводитель по спортивному успеху.

Спрос на физически развитое, здоровое и привлекательное тело стабильно высок. И по-прежнему единственным действенным принципом совершенствования является регулярная и упорядоченная физическая активность. А уж приведение разобщенных упражнений, к единой рабочей схеме тренировок — задача опытного тренера.

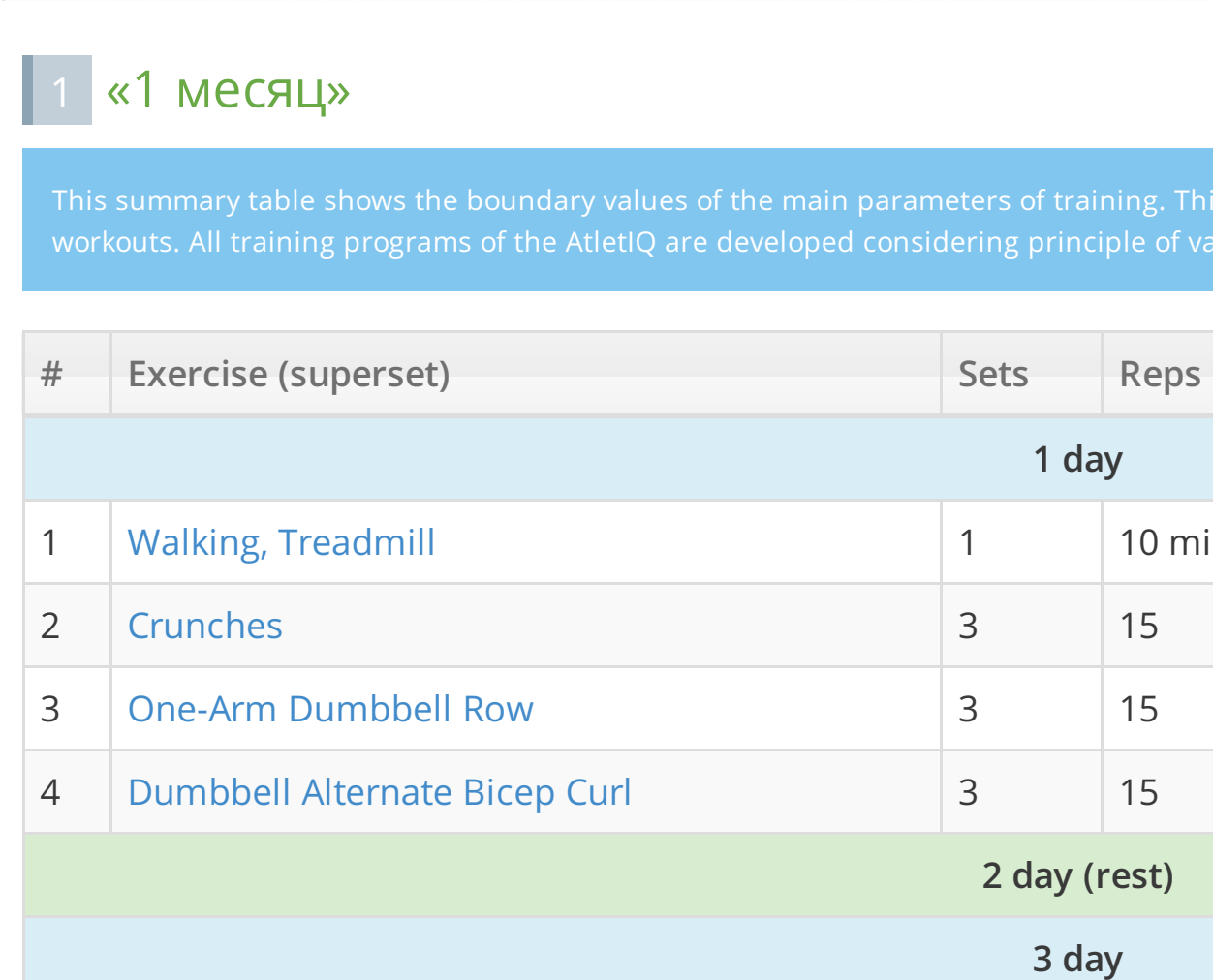


## Do it Yourself: effective training from the ground up for women

The program "For girls just beginning" is designed to develop the muscles to intense exercises. It is equally suitable for those who are just discovering the workout room, and those who want to quickly get in shape after a long break in training. The effectiveness of this exercise program is so high that result in muscle tone possible within a short period of time — only 23 days. This cycle time isn't chosen accidentally — this is approximately the period of regular repetitions of exercise that contributes to the formation of muscle memory, and faster recovery after prolonged muscular atrophy.

The program is based on a combination of moderately intense aerobic and anaerobic exercises involving all muscle groups while developing targeting endurance, helps build muscle and strengthen the cardiovascular system.

Despite the fact that most of the exercises are aimed at developing the leg muscles, it will not affect their hypertrophy, and only contribute to strengthen the tendons and joints. At the same time an exercise complex influences the buttock, thigh and so the gluteal group will become more pronounced, and the total weight gain tends to decrease due to the activation of metabolic processes.



### 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 месяц»

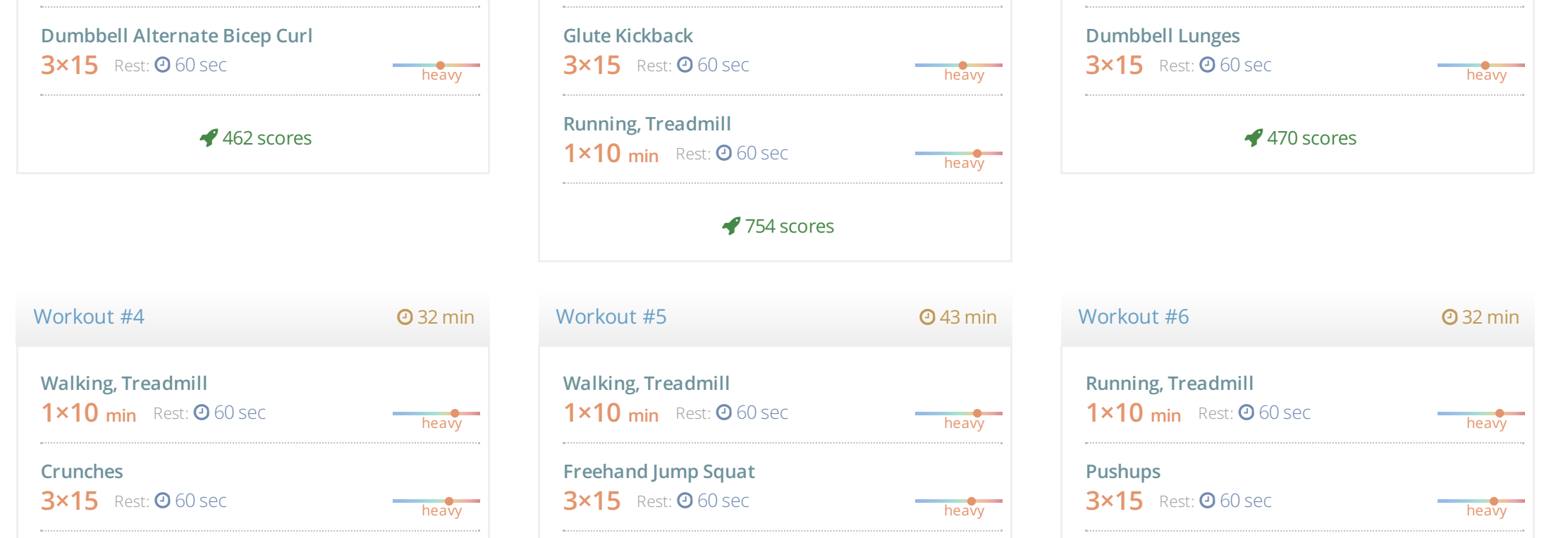
Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Walking, Treadmill	1	10 min-20 min	⌚ 60 sec
2	Crunches	3	15	⌚ 60 sec
3	One-Arm Dumbbell Row	3	15	⌚ 60 sec
4	Dumbbell Alternate Bicep Curl	3	15	⌚ 60 sec
2 day (rest)				
3 day				
1	Walking, Treadmill	1	10 min-20 min	⌚ 60 sec
2	Freehand Jump Squat	3	15	⌚ 60 sec
3	Iron Cross	3	15	⌚ 60 sec
4	Glute Kickback	3	15	⌚ 60 sec
5	Running, Treadmill	1	10 min	⌚ 60 sec
4 day (rest)				
5 day				
1	Running, Treadmill	1	10 min	⌚ 60 sec
2	Pushups	3	15	⌚ 60 sec
3	Seated Cable Rows	3	15	⌚ 60 sec
4	Dumbbell Lunges	3	15	⌚ 60 sec
6 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.

<b>Workout #1</b> ⌚ 42 min <b>Walking, Treadmill</b> 1×20 min Rest: ⌚ 60 sec <b>Crunches</b> 3×15 Rest: ⌚ 60 sec <b>One-Arm Dumbbell Row</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Alternate Bicep Curl</b> 3×15 Rest: ⌚ 60 sec 462 scores	<b>Workout #2</b> ⌚ 53 min <b>Walking, Treadmill</b> 1×20 min Rest: ⌚ 60 sec <b>Freehand Jump Squat</b> 3×15 Rest: ⌚ 60 sec <b>Iron Cross</b> 3×15 Rest: ⌚ 60 sec <b>Glute Kickback</b> 3×15 Rest: ⌚ 60 sec <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec 754 scores	<b>Workout #3</b> ⌚ 32 min <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Pushups</b> 3×15 Rest: ⌚ 60 sec <b>Seated Cable Rows</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Lunges</b> 3×15 Rest: ⌚ 60 sec 470 scores
<b>Workout #4</b> ⌚ 32 min <b>Walking, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Crunches</b> 3×15 Rest: ⌚ 60 sec <b>One-Arm Dumbbell Row</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Alternate Bicep Curl</b> 3×15 Rest: ⌚ 60 sec 350 scores	<b>Workout #5</b> ⌚ 43 min <b>Walking, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Freehand Jump Squat</b> 3×15 Rest: ⌚ 60 sec <b>Iron Cross</b> 3×15 Rest: ⌚ 60 sec <b>Glute Kickback</b> 3×15 Rest: ⌚ 60 sec <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec 649 scores	<b>Workout #6</b> ⌚ 32 min <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Pushups</b> 3×15 Rest: ⌚ 60 sec <b>Seated Cable Rows</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Lunges</b> 3×15 Rest: ⌚ 60 sec 489 scores
<b>Workout #7</b> ⌚ 42 min <b>Walking, Treadmill</b> 1×20 min Rest: ⌚ 60 sec <b>Crunches</b> 3×15 Rest: ⌚ 60 sec <b>One-Arm Dumbbell Row</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Alternate Bicep Curl</b> 3×15 Rest: ⌚ 60 sec 500 scores	<b>Workout #8</b> ⌚ 53 min <b>Walking, Treadmill</b> 1×20 min Rest: ⌚ 60 sec <b>Freehand Jump Squat</b> 3×15 Rest: ⌚ 60 sec <b>Iron Cross</b> 3×15 Rest: ⌚ 60 sec <b>Glute Kickback</b> 3×15 Rest: ⌚ 60 sec <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec 812 scores	<b>Workout #9</b> ⌚ 32 min <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Pushups</b> 3×15 Rest: ⌚ 60 sec <b>Seated Cable Rows</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Lunges</b> 3×15 Rest: ⌚ 60 sec 522 scores
<b>Workout #10</b> ⌚ 32 min <b>Walking, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Crunches</b> 3×15 Rest: ⌚ 60 sec <b>One-Arm Dumbbell Row</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Alternate Bicep Curl</b> 3×15 Rest: ⌚ 60 sec 398 scores	<b>Workout #11</b> ⌚ 43 min <b>Walking, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Freehand Jump Squat</b> 3×15 Rest: ⌚ 60 sec <b>Iron Cross</b> 3×15 Rest: ⌚ 60 sec <b>Glute Kickback</b> 3×15 Rest: ⌚ 60 sec <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec 722 scores	<b>Workout #12</b> ⌚ 32 min <b>Running, Treadmill</b> 1×10 min Rest: ⌚ 60 sec <b>Pushups</b> 3×15 Rest: ⌚ 60 sec <b>Seated Cable Rows</b> 3×15 Rest: ⌚ 60 sec <b>Dumbbell Lunges</b> 3×15 Rest: ⌚ 60 sec 555 scores

## Directory of the exercises



## General recommendations on training with AtletIQ

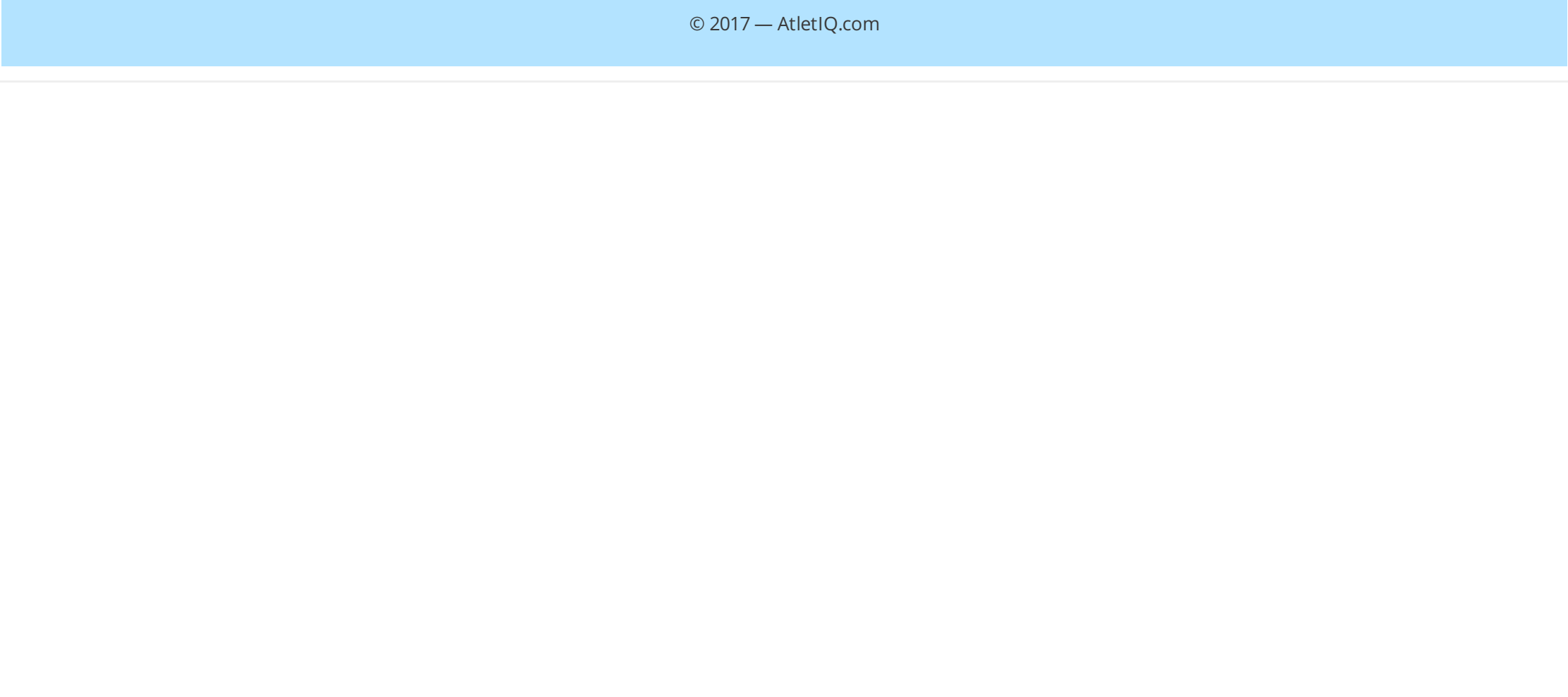
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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](#)

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