

Street Workout (level 1)

The two mesocycle "Street Workout" program involves two stages of progressive training: systematically included in work and focused on progress



34 days

18 workouts

~48 minutes

No backyard gym? Now it's not an excuse to skip workouts! A balanced exercise program for the whole body on the playground. A combination of cardio and working on muscle mass development will shred the body and develop muscle features.

<https://atletiq.com/en/programs/171>



Author:
AtletIQ

AtletIQ — fitness service that brings together coaches and athletes in a single social network with a universal constructor programs and mobile assistant for their performance.



Develop muscle function, strength endurance and "grind" relief with regular classes on the «Street Workout» program

Through the implementation of a universal training program, created on the basis of the Street Workout street sports, any novice or more experienced athlete can not only get their muscular body in shape without visiting the gym, but also highlight the relief of muscle coordination with the work of the vestibular system, increasing endurance and building strength. As a result of the analysis of the effects of different exercise on the human body, the basis of everyday training was formed following the street workout movement, the innovative training scheme developed includes two mesocycles, «Adaptation» and «Basic» focused on the gradual transition from basic fundamentals to more complicated elements. The basic conceptual plan for the street training is to make static and dynamic exercises with your own body weight, calculated on the balanced development of the body's muscles.

33 days, 18 of which the training will be able to acclimate any person's body to intense stress. Don't believe me? Try it!

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 the program

1 «АДАПТАЦИЯ»

Duration in days: 11 Amount of training days: 6 Rest days: 5

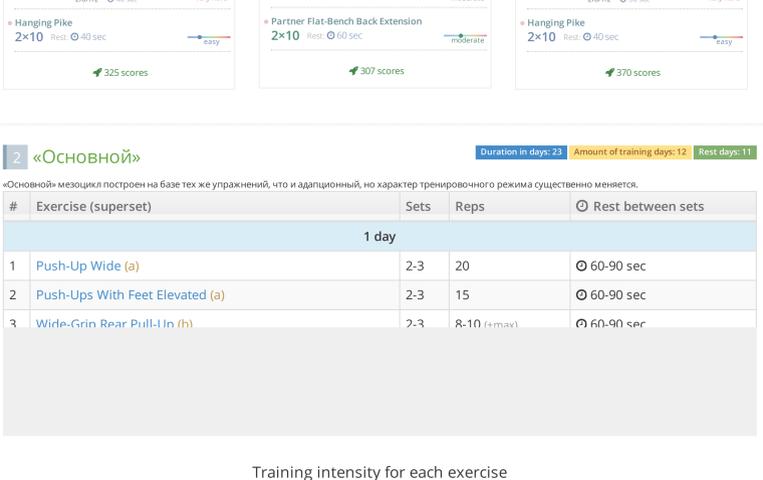
Вводный комплекс стрит-воркаут для начинающих «Адаптация» не только расширяет рамки физических возможностей, но и затрагивает глубоко философскую составляющую, ведь эффективный тренинг — это не только монотонное повторение упражнения, но и умение выдержать стресс, обзавестись своей лень и выложиться на 100% в каждой тренировке.

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	Push-Up Wide (a)	2	15	⌚ 40-60 sec
2	Push-Ups With Feet Elevated (a)	2	15	⌚ 40-60 sec
3	Wide-Grip Rear Pull-In (b)	2	8	⌚ 40-60 sec

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 6 workouts

Workout #1 ⌚ 36 min

- Push-Up Wide 2x15 Rest: ⌚ 40 sec moderate
- Push-Ups With Feet Elevated 2x15 Rest: ⌚ 40 sec moderate
- Wide-Grip Rear Pull-Up 2x8 Rest: ⌚ 40 sec easy
- Dips - Triceps Version 2x10 Rest: ⌚ 40 sec easy
- Burpee 2x6 Rest: ⌚ 40 sec easy
- Freehand Jump Squat 3x8 Rest: ⌚ 40 sec easy
- Superman 2x10 sec Tempo: 20/12 Rest: ⌚ 40 sec very hard
- Hanging Pike 2x10 Rest: ⌚ 40 sec easy

325 scores

Workout #2 ⌚ 38 min

- Pushups (Close and Wide Hand Positions) 2x15 Rest: ⌚ 40 sec moderate
- Chin-Up 2x10 Rest: ⌚ 40 sec easy
- Bench Dips 2x15 Rest: ⌚ 40 sec moderate
- Handstand Push-Ups 2x8 Rest: ⌚ 40 sec easy
- Приседания на одной ноге 2x10 Rest: ⌚ 60 sec easy
- Прыжки на подставку 2x15 sec Rest: ⌚ 60 sec very hard
- Crunches 2x20 Rest: ⌚ 60 sec moderate
- Partner Flat-Bench Back Extension 2x10 Rest: ⌚ 60 sec moderate

307 scores

Workout #3 ⌚ 37 min

- Push-Up Wide 2x15 Rest: ⌚ 40 sec moderate
- Push-Ups With Feet Elevated 2x15 Rest: ⌚ 40 sec moderate
- Wide-Grip Rear Pull-Up 2x8 Rest: ⌚ 40 sec easy
- Dips - Triceps Version 2x10 Rest: ⌚ 40 sec easy
- Burpee 2x8 Rest: ⌚ 40 sec easy
- Freehand Jump Squat 3x8 Rest: ⌚ 40 sec easy
- Superman 2x15 sec Tempo: 20/12 Rest: ⌚ 40 sec very hard
- Hanging Pike 2x10 Rest: ⌚ 40 sec easy

370 scores

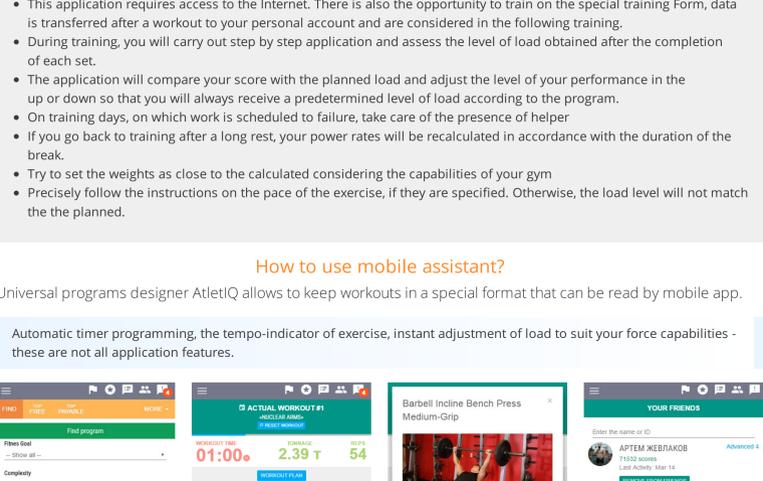
2 «ОСНОВНОЙ»

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

«Основной» мезоцикл построен на базе тех же упражнений, что и адапционный, но характер тренировочного режима существенно меняется.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Push-Up Wide (a)	2-3	20	⌚ 60-90 sec
2	Push-Ups With Feet Elevated (a)	2-3	15	⌚ 60-90 sec
3	Wide-Grip Rear Pull-In (b)	2-3	8-10 (max)	⌚ 60-90 sec

Training intensity for each exercise



Example 3 of 12 workouts

Workout #1 ⌚ 50 min

- Push-Up Wide 3x20 Rest: ⌚ 60 sec moderate
- Push-Ups With Feet Elevated 3x15 Rest: ⌚ 60 sec moderate
- Wide-Grip Rear Pull-Up 3x8 Rest: ⌚ 60 sec easy
- Dips - Triceps Version 3x10 Rest: ⌚ 60 sec moderate
- Burpee 3x8 Rest: ⌚ 60 sec easy
- Freehand Jump Squat 3x8 Rest: ⌚ 60 sec easy
- Superman 3x25 sec Tempo: 20/12 Rest: ⌚ 60 sec very hard
- Hanging Pike 3x6 Rest: ⌚ 60 sec easy

547 scores

Workout #2 ⌚ 48 min

- Pushups (Close and Wide Hand Positions) 3x10 Rest: ⌚ 60 sec easy
- Chin-Up 3x10 Rest: ⌚ 60 sec moderate
- Bench Dips 3x15 Rest: ⌚ 60 sec heavy
- Handstand Push-Ups 3x6 Rest: ⌚ 60 sec easy
- Приседания на одной ноге 3x10 Rest: ⌚ 60 sec easy
- Прыжки на подставку 3x25 sec Rest: ⌚ 60 sec very hard
- Crunches 2x20 Rest: ⌚ 60 sec to failure
- Partner Flat-Bench Back Extension 2x10 Rest: ⌚ 60 sec heavy

486 scores

Workout #3 ⌚ 55 min

- Push-Up Wide 3x20 Rest: ⌚ 80 sec moderate
- Push-Ups With Feet Elevated 3x15 Rest: ⌚ 80 sec heavy
- Wide-Grip Rear Pull-Up 3x8 Rest: ⌚ 80 sec moderate
- Dips - Triceps Version 3x10 Rest: ⌚ 80 sec heavy
- Burpee 3x9 Rest: ⌚ 60 sec easy
- Freehand Jump Squat 3x9 Rest: ⌚ 60 sec heavy
- Superman 3x35 sec Tempo: 20/12 Rest: ⌚ 60 sec very hard
- Hanging Pike 3x8 Rest: ⌚ 80 sec easy

652 scores

Directory of the exercises

Bench Dips

Burpee

Burpee

Chin-Up

Crunches

Dips - Triceps Version

Freehand Jump Squat

Handstand Push-Ups

Hanging Pike

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 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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