

# Burn the subcutaneous fat and gain the long-awaited relief with the female training complex for fat burning



Beginner

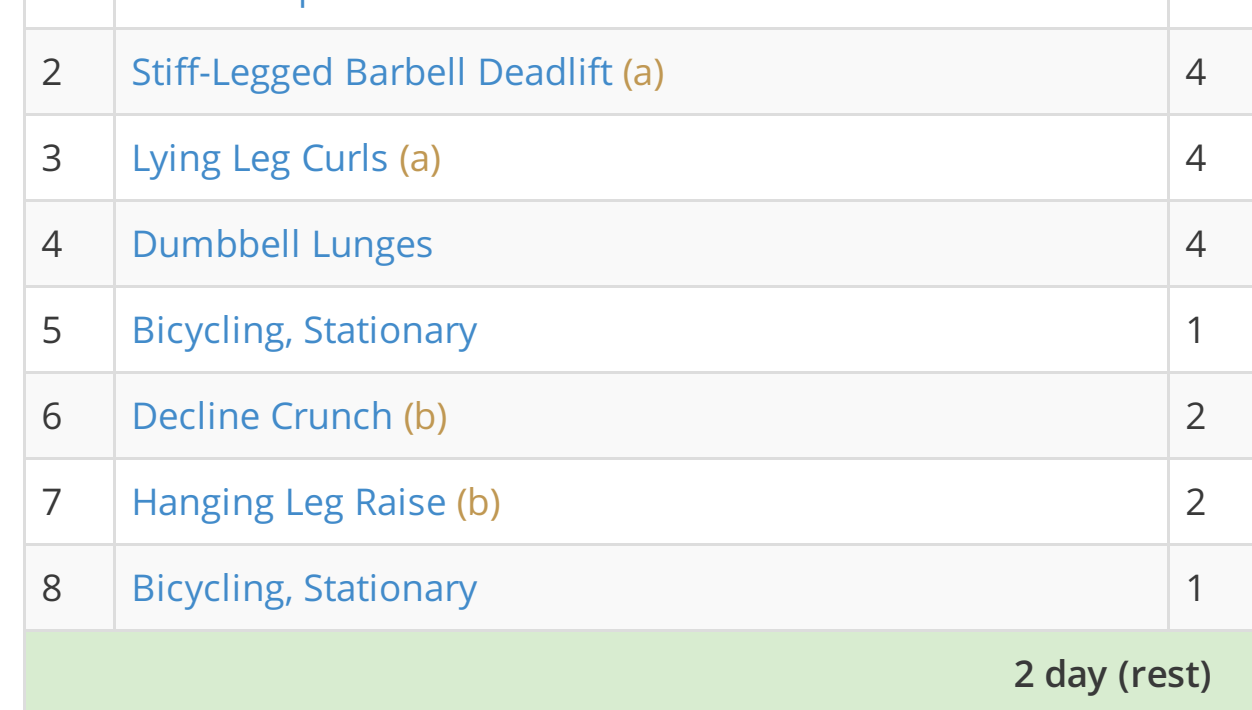
26 days

12 workouts

~86 minutes

We hasten to please all sports ladies, whose main task is not just the maintenance of the physical form, but the complex training of all muscle groups for giving them relief. It is not so difficult to reduce the percentage of fatty tissues and find the desired relief. Just adhere to the basic principles of fat burning and perform the exercises offered in the program.

<https://atletiq.com/en/programms/289>



## 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

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Squat	3	15	⌚ 60-70 sec
2	Stiff-Legged Barbell Deadlift (a)	4	15	⌚ 60-70 sec
3	Lying Leg Curls (a)	4	20	⌚ 60-70 sec
4	Dumbbell Lunges	4	20	⌚ 60-70 sec
5	Bicycling, Stationary	1	15 min	⌚ 60 sec
6	Decline Crunch (b)	2	Max	⌚ 70 sec
7	Hanging Leg Raise (b)	2	Max	⌚ 70 sec
8	Bicycling, Stationary	1	25 min	⌚ 60 sec
2 day (rest)				
3 day				
1	Close-Grip Front Lat Pulldown (a)	3	15	⌚ 60-70 sec
2	Seated Cable Rows (a)	3	15	⌚ 60-70 sec
3	Incline Dumbbell Press (b)	3	15	⌚ 60-70 sec
4	Seated Triceps Press (b)	3	15	⌚ 60-70 sec
5	Standing Palms-In Dumbbell Press (c)	3	15	⌚ 60-70 sec
6	Dumbbell Alternate Bicep Curl (c)	3	15	⌚ 60-70 sec
7	Hanging Leg Raise (d)	2	Max	⌚ 70 sec
8	Bicycle Crunches (d)	3	Max	⌚ 70 sec
4 day (rest)				
5 day				
1	Barbell Squat	3	15	⌚ 60-70 sec
2	Stiff-Legged Barbell Deadlift (a)	4	15	⌚ 60-70 sec
3	Lying Leg Curls (a)	4	20	⌚ 60-70 sec
4	Dumbbell Lunges	4	20	⌚ 60-70 sec
5	Bicycling, Stationary	1	15 min	⌚ 60 sec
6	Decline Crunch (b)	2	Max	⌚ 70 sec
7	Hanging Leg Raise (b)	2	Max	⌚ 70 sec
8	Bicycling, Stationary	1	25 min	⌚ 60 sec
6 day (rest)				
7 day (rest)				

## Training intensity for each exercise

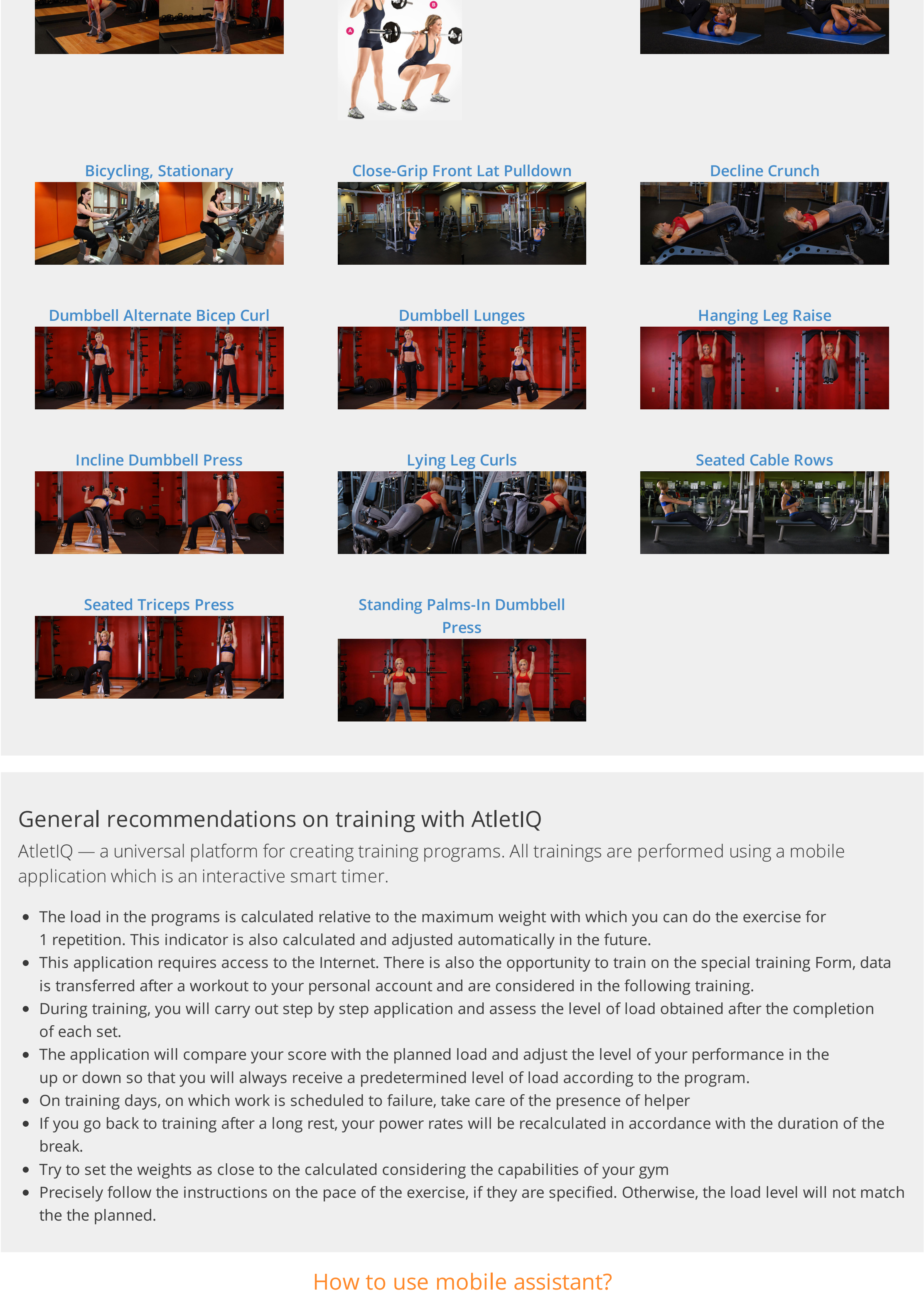
This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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.

<b>Workout #1</b> ⌚ 84 min	<b>Workout #2</b> ⌚ 52 min	<b>Workout #3</b> ⌚ 84 min
<b>Barbell Squat</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Close-Grip Front Lat Pulldown</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Barbell Squat</b> 3x15 Rest: ⌚ 60 sec very hard
<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 60 sec heavy	<b>Seated Cable Rows</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 60 sec heavy
<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 60 sec heavy	<b>Incline Dumbbell Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 60 sec heavy
<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 60 sec heavy	<b>Seated Triceps Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 60 sec heavy
<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy	<b>Standing Palms-In Dumbbell Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy
<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure	<b>Dumbbell Alternate Bicep Curl</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure
<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure
<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy	<b>Bicycle Crunches</b> 3x26 max Rest: ⌚ 70 sec to failure	<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy
👉 1048 scores	👉 721 scores	👉 1071 scores
<b>Workout #4</b> ⌚ 84 min	<b>Workout #5</b> ⌚ 52 min	<b>Workout #6</b> ⌚ 86 min
<b>Barbell Squat</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Close-Grip Front Lat Pulldown</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Barbell Squat</b> 3x15 Rest: ⌚ 70 sec very hard
<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 60 sec heavy	<b>Seated Cable Rows</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 70 sec very hard
<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 60 sec very hard	<b>Incline Dumbbell Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 70 sec very hard
<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 60 sec very hard	<b>Seated Triceps Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 70 sec very hard
<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy	<b>Standing Palms-In Dumbbell Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy
<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure	<b>Dumbbell Alternate Bicep Curl</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure
<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure
<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy	<b>Bicycle Crunches</b> 3x26 max Rest: ⌚ 70 sec to failure	<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy
👉 1129 scores	👉 755 scores	👉 1152 scores
<b>Workout #7</b> ⌚ 84 min	<b>Workout #8</b> ⌚ 52 min	<b>Workout #9</b> ⌚ 84 min
<b>Barbell Squat</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Close-Grip Front Lat Pulldown</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Barbell Squat</b> 3x15 Rest: ⌚ 60 sec very hard
<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 60 sec heavy	<b>Seated Cable Rows</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 60 sec heavy
<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 60 sec heavy	<b>Incline Dumbbell Press</b> 3x15 Rest: ⌚ 60 sec heavy	<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 60 sec heavy
<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 60 sec heavy	<b>Seated Triceps Press</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 60 sec heavy
<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy	<b>Standing Palms-In Dumbbell Press</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy
<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure	<b>Dumbbell Alternate Bicep Curl</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure
<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure
<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy	<b>Bicycle Crunches</b> 3x26 max Rest: ⌚ 70 sec to failure	<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy
👉 1048 scores	👉 817 scores	👉 1071 scores
<b>Workout #10</b> ⌚ 84 min	<b>Workout #11</b> ⌚ 55 min	<b>Workout #12</b> ⌚ 86 min
<b>Barbell Squat</b> 3x15 Rest: ⌚ 60 sec very hard	<b>Close-Grip Front Lat Pulldown</b> 3x15 Rest: ⌚ 70 sec very hard	<b>Barbell Squat</b> 3x15 Rest: ⌚ 70 sec very hard
<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 60 sec heavy	<b>Seated Cable Rows</b> 3x15 Rest: ⌚ 70 sec very hard	<b>Stiff-Legged Barbell Deadlift</b> 4x15 Rest: ⌚ 70 sec very hard
<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 60 sec very hard	<b>Incline Dumbbell Press</b> 3x15 Rest: ⌚ 70 sec very hard	<b>Lying Leg Curls</b> 4x20 Rest: ⌚ 70 sec very hard
<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 60 sec very hard	<b>Seated Triceps Press</b> 3x15 Rest: ⌚ 70 sec very hard	<b>Dumbbell Lunges</b> 4x20 Rest: ⌚ 70 sec very hard
<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy	<b>Standing Palms-In Dumbbell Press</b> 3x15 Rest: ⌚ 70 sec very hard	<b>Bicycling, Stationary</b> 1x15 min Rest: ⌚ 60 sec heavy
<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure	<b>Dumbbell Alternate Bicep Curl</b> 3x15 Rest: ⌚ 70 sec very hard	<b>Decline Crunch</b> 2x20 max Rest: ⌚ 70 sec to failure
<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure	<b>Hanging Leg Raise</b> 2x10 max Rest: ⌚ 70 sec to failure
<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy	<b>Bicycle Crunches</b> 3x26 max Rest: ⌚ 70 sec to failure	<b>Bicycling, Stationary</b> 1x25 min Rest: ⌚ 60 sec heavy
👉 1129 scores	👉 872 scores	👉 1152 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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