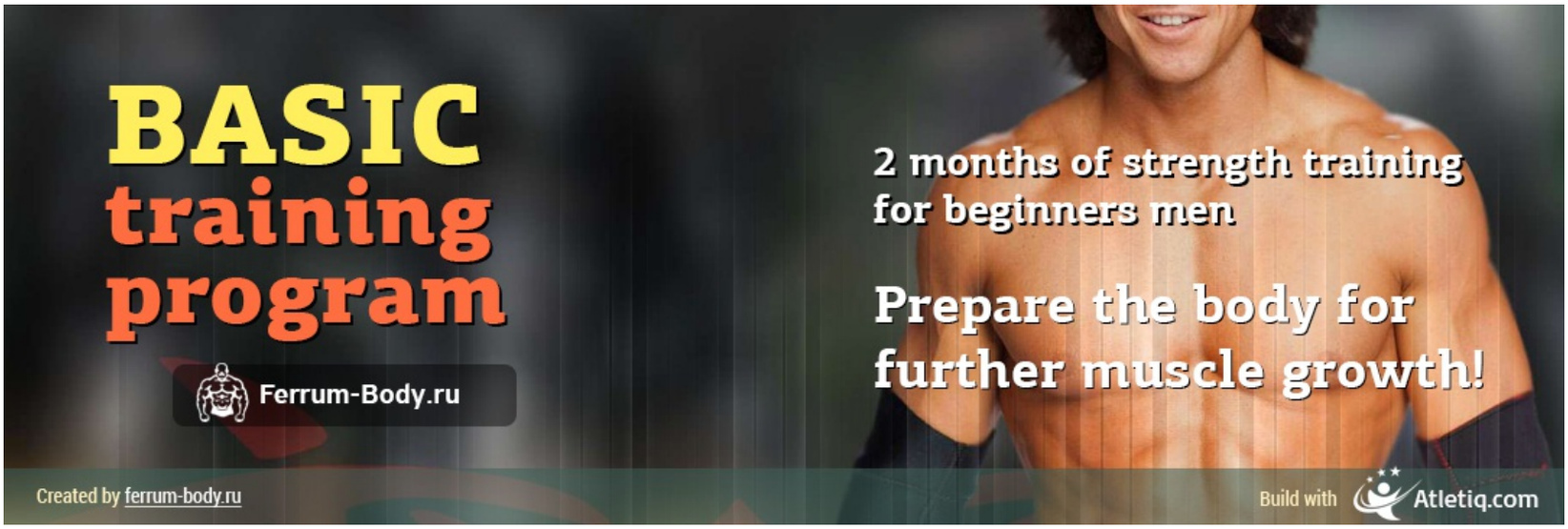

Master equipment, adaptable to work with your weight and prepare the "foundation" for further progress with the beginner's training program

Beginner | 46 days | 24 workouts | ~32 minutes

Using advanced systems while combining several targeted training regimes can only be used only advanced athletes. Before any kind of attempt to find a universal training program, is important that beginner athletes earn a functional base, clearly adhering to a specialized set of recommendations for beginners.

https://atletiq.com/en/programma/bazovaya-programma-trenirovok-dlya-nachinayuschih.html

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.

Realize the essence of strength training with basic functional movements of aspiring athlete's basic training

Should I talk about the importance of proper start in difficult exercises or sports? Starting strength training in the gym is the most important stage in a professional or amateur athlete's career, a sound approach which will determine the impact of further attempts to bring the body in proper shape.

1. Choose a program and perform training with a mobile assistant.
2. The harder the workout, the more points you will earn.
3. Grip in Top athletes as long as possible and become popular.
4. Invite your friends to the service and get bonus Points to activate the closed programs!

How does a beginner start training at the gym, when they haven't even held a barbell? An independent selection of an effective training scheme is hardly possible without basic empirical skills. Particularly relying on their own strength, with a month haphazard peeped classes on the Internet or from a neighbor down the hall for example, in the best case will remain exactly where it started. An alternative for the beginner athlete is to use professional reference manuals.

Training programs for beginners in the gym are based on basic polyarticular exercises that promote strength and muscle hypertrophy. Almost all exercises are performed with free weights — this allows you to make maximum use of all the muscle fibers of each group of muscles, tendons strengthen and develop grip strength, which plays an important role in the further increasing exercises.

Author:
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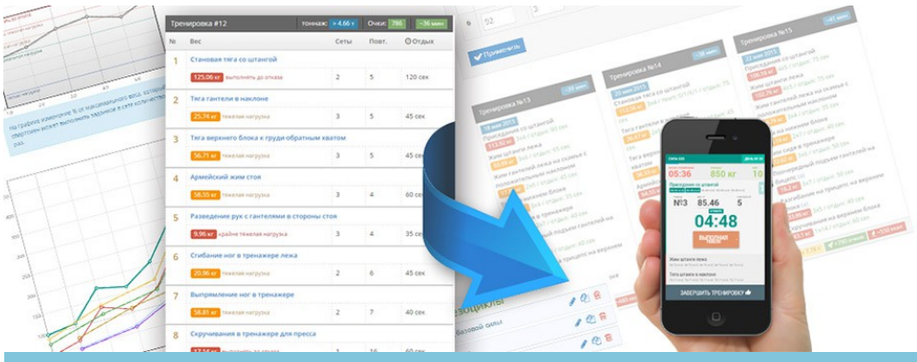


Mobile Fitness Assistant

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

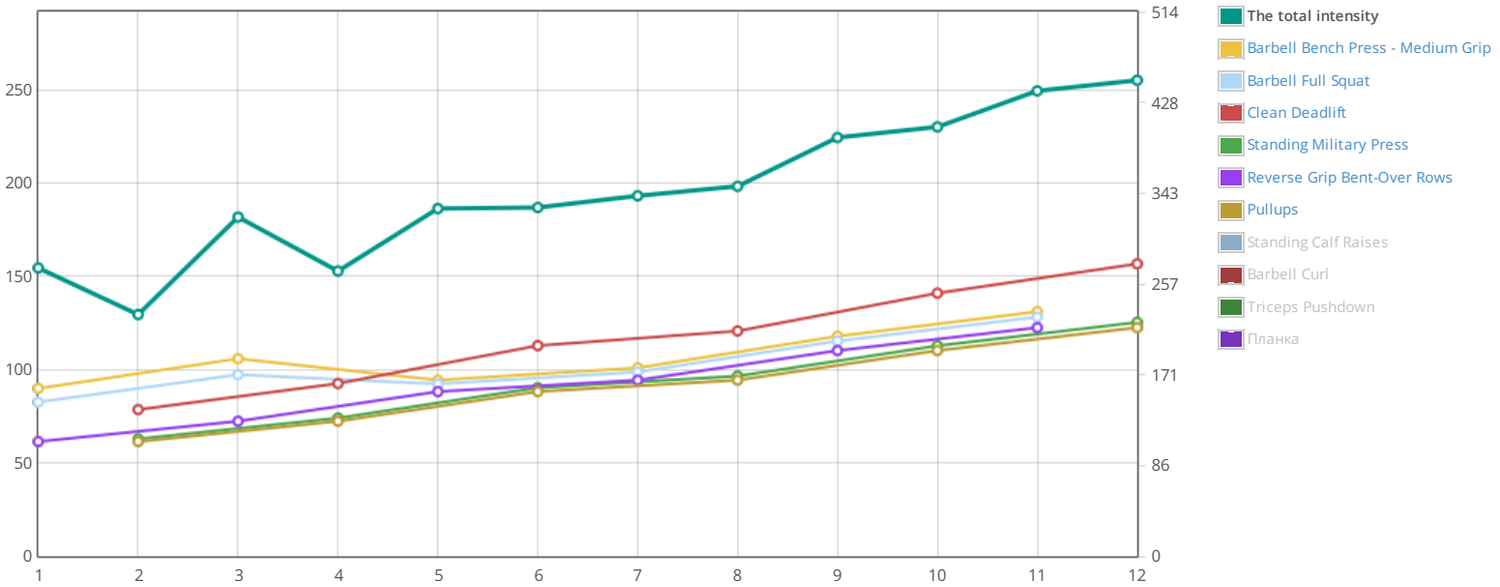
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Barbell Full Squat	3	8-10	70-90 sec
2	Barbell Bench Press - Medium Grip	3	8-10	70-90 sec
3	Reverse Grip Bent-Over Rows	3	8-10	70-90 sec
4	Triceps Pushdown	1	10-12	60-90 sec
5	Standing Calf Raises	2	10-12	50-60 sec
		2 day (rest)		
		3 day		
1	Clean Deadlift	3	8-10	70-90 sec
2	Pullups	3	8-10	70-90 sec

3	Standing Military Press	3	8-10	70-90 sec
4	Barbell Curl	1	10-12	60-90 sec
5	Планка	2	35 sec-60 sec	60 sec
4 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 — 31 min

- **Barbell Full Squat** 3×8 Tempo: 2/0/1/0 Rest: 70 sec — easy
- **Barbell Bench Press - Medium Grip** 3×8 Tempo: 3/0/X/0 Rest: 70 sec — easy
- **Reverse Grip Bent-Over Rows** 3×8 Rest: 70 sec — easy
- **Triceps Pushdown** 1×10 Rest: 60 sec — moderate
- **Standing Calf Raises** 2×10 Rest: 50 sec — moderate

272 scores

Workout #2 — 29 min

- **Clean Deadlift** 3×8 Rest: 70 sec — easy
- **Pullups** 3×8 Rest: 70 sec — easy
- **Standing Military Press** 3×8 Rest: 70 sec — easy
- **Barbell Curl** 1×10 Rest: 60 sec — moderate
- **Планка** 2×35 sec Rest: 60 sec — heavy

228 scores

Workout #3 — 31 min

- **Barbell Full Squat** 3×8 Tempo: 2/0/1/0 Rest: 70 sec — easy
- **Barbell Bench Press - Medium Grip** 3×8 Tempo: 3/0/X/0 Rest: 70 sec — easy
- **Reverse Grip Bent-Over Rows** 3×8 Rest: 70 sec — easy
- **Triceps Pushdown** 1×10 Rest: 70 sec — heavy
- **Standing Calf Raises** 2×10 Rest: 50 sec — heavy

320 scores

Workout #4 — 29 min

- **Clean Deadlift** 3×8 Rest: 70 sec — easy
- **Pullups** 3×8 Rest: 70 sec — easy
- **Standing Military Press** 3×8 Rest: 70 sec — easy

Workout #5 — 31 min

- **Barbell Full Squat** 3×9 Rest: 70 sec — moderate
- **Barbell Bench Press - Medium Grip** 3×9 Rest: 70 sec — moderate
- **Reverse Grip Bent-Over Rows** 3×9 Rest: 70 sec — moderate

Workout #6 — 30 min

- **Clean Deadlift** 3×9 Rest: 70 sec — moderate
- **Pullups** 3×9 Rest: 70 sec — moderate
- **Standing Military Press** 3×9 Rest: 70 sec — moderate

Barbell Curl
1×10 Rest: 70 sec heavy

Планка
2×45 sec Rest: 60 sec heavy

269 scores

Triceps Pushdown
1×11 Rest: 80 sec very hard

Standing Calf Raises
2×11 Rest: 60 sec very hard

328 scores

Barbell Curl
1×11 Rest: 80 sec very hard

Планка
2×52 sec Rest: 60 sec heavy

329 scores

Workout #7 33 min

Barbell Full Squat
3×9 Rest: 80 sec moderate

Barbell Bench Press - Medium Grip
3×9 Rest: 80 sec moderate

Reverse Grip Bent-Over Rows
3×9 Rest: 80 sec moderate

Triceps Pushdown
1×11 Rest: 80 sec heavy

Standing Calf Raises
2×11 Rest: 50 sec heavy

340 scores

Workout #8 32 min

Clean Deadlift
3×9 Rest: 80 sec moderate

Pullups
3×9 Rest: 80 sec moderate

Standing Military Press
3×9 Rest: 80 sec moderate

Barbell Curl
1×11 Rest: 80 sec heavy

Планка
2×60 sec Rest: 60 sec very hard

349 scores

Workout #9 33 min

Barbell Full Squat
3×10 Rest: 80 sec heavy

Barbell Bench Press - Medium Grip
3×10 Rest: 80 sec heavy

Reverse Grip Bent-Over Rows
3×10 Rest: 80 sec heavy

Triceps Pushdown
1×12 Rest: 90 sec very hard

Standing Calf Raises
2×12 Rest: 60 sec very hard

395 scores

Workout #10 32 min

Clean Deadlift
3×10 Rest: 80 sec heavy

Pullups
3×10 Rest: 80 sec heavy

Standing Military Press
3×10 Rest: 80 sec heavy

Barbell Curl
1×12 Rest: 90 sec very hard

Планка
2×60 sec Rest: 60 sec very hard

405 scores

Workout #11 35 min

Barbell Full Squat
3×10 Rest: 90 sec heavy

Barbell Bench Press - Medium Grip
3×10 Rest: 90 sec heavy

Reverse Grip Bent-Over Rows
3×10 Rest: 90 sec heavy

Triceps Pushdown
1×12 Rest: 90 sec very hard

Standing Calf Raises
2×12 Rest: 60 sec very hard

439 scores

Workout #12 33 min

Clean Deadlift
3×10 Rest: 90 sec heavy

Pullups
3×10 Rest: 90 sec heavy

Standing Military Press
3×10 Rest: 90 sec heavy

Barbell Curl
1×12 Rest: 90 sec very hard

Планка
2×60 sec Rest: 60 sec very hard

449 scores

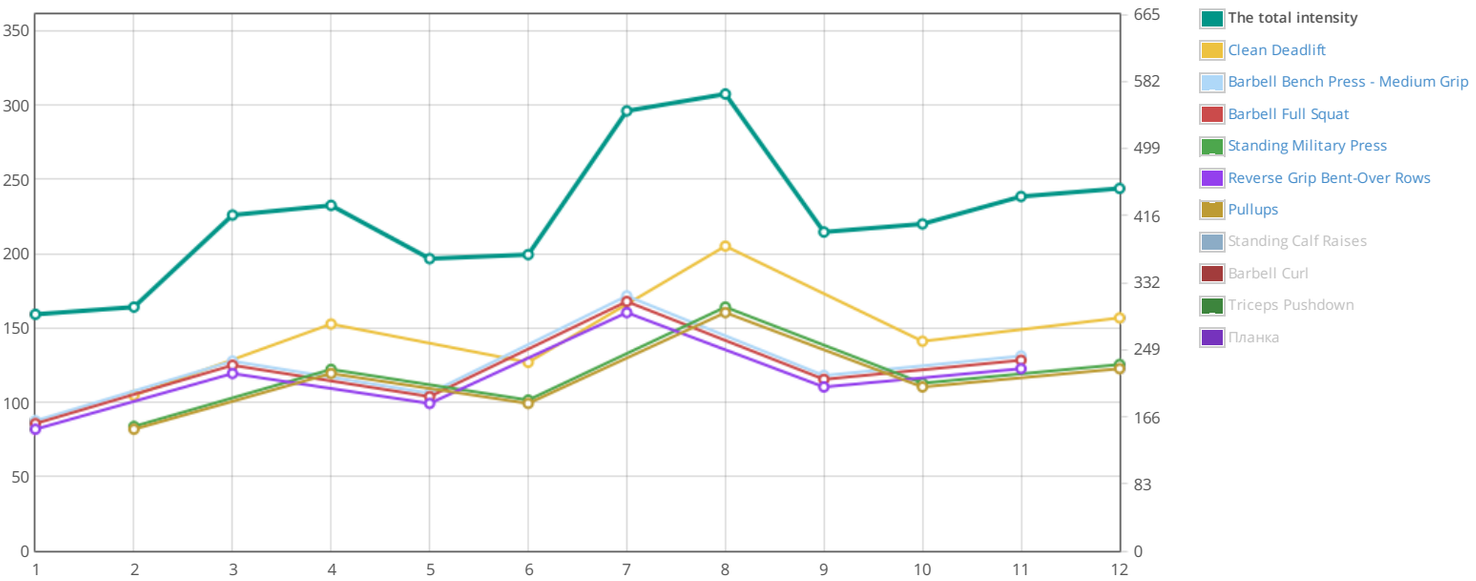
2 «2 месяц»

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

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Barbell Full Squat	3	8-10	70-90 sec
2	Barbell Bench Press - Medium Grip	3	8-10	70-90 sec
3	Reverse Grip Bent-Over Rows	3	8-10	70-90 sec
4	Triceps Pushdown	1	10-12	60-90 sec
5	Standing Calf Raises	2	10-12	50-60 sec
		2 day (rest)		
		3 day		
1	Clean Deadlift	3	8-10	70-90 sec

2	Pullups	3	8-10	70-90 sec
3	Standing Military Press	3	8-10	70-90 sec
4	Barbell Curl	1	10-12	60-90 sec
5	Планка	2	50 sec-60 sec	60 sec
4 day (rest)				

Training intensity for each exercise



Workout #1 — 31 min

Barbell Full Squat
3×8 Rest: 70 sec — moderate

Barbell Bench Press - Medium Grip
3×8 Rest: 70 sec — moderate

Reverse Grip Bent-Over Rows
3×8 Rest: 70 sec — moderate

Triceps Pushdown
1×10 Rest: 60 sec — moderate

Standing Calf Raises
2×10 Rest: 50 sec — moderate

293 scores

Workout #2 — 29 min

Clean Deadlift
3×8 Rest: 70 sec — moderate

Pullups
3×8 Rest: 70 sec — moderate

Standing Military Press
3×8 Rest: 70 sec — moderate

Barbell Curl
1×10 Rest: 60 sec — moderate

Планка
2×50 sec Rest: 60 sec — very hard

302 scores

Workout #3 — 31 min

Barbell Full Squat
3×8 Rest: 70 sec — heavy

Barbell Bench Press - Medium Grip
3×8 Rest: 70 sec — heavy

Reverse Grip Bent-Over Rows
3×8 Rest: 70 sec — heavy

Triceps Pushdown
1×10 Rest: 70 sec — heavy

Standing Calf Raises
2×10 Rest: 50 sec — heavy

416 scores

Workout #4 — 30 min

Clean Deadlift
3×8 Rest: 70 sec — heavy

Pullups
3×8 Rest: 70 sec — heavy

Standing Military Press
3×8 Rest: 70 sec — heavy

Barbell Curl
1×10 Rest: 70 sec — heavy

Планка
2×50 sec Rest: 60 sec — very hard

428 scores

Workout #5 — 31 min

Barbell Full Squat
3×9 Rest: 70 sec — moderate

Barbell Bench Press - Medium Grip
3×9 Rest: 70 sec — moderate

Reverse Grip Bent-Over Rows
3×9 Rest: 70 sec — moderate

Triceps Pushdown
1×11 Rest: 80 sec — very hard

Standing Calf Raises
2×11 Rest: 60 sec — very hard

362 scores

Workout #6 — 30 min

Clean Deadlift
3×9 Rest: 70 sec — moderate

Pullups
3×9 Rest: 70 sec — moderate

Standing Military Press
3×9 Rest: 70 sec — moderate

Barbell Curl
1×11 Rest: 80 sec — very hard

Планка
2×55 sec Rest: 60 sec — very hard

367 scores

Workout #7 — 33 min

- Barbell Full Squat — 3×9 — Rest: 80 sec — very hard
- Barbell Bench Press - Medium Grip — 3×9 — Rest: 80 sec — very hard
- Reverse Grip Bent-Over Rows — 3×9 — Rest: 80 sec — very hard
- Triceps Pushdown — 1×11 — Rest: 80 sec — heavy
- Standing Calf Raises — 2×11 — Rest: 50 sec — heavy

545 scores

Workout #8 — 32 min

- Clean Deadlift — 3×9 — Rest: 80 sec — very hard
- Pullups — 3×9 — Rest: 80 sec — very hard
- Standing Military Press — 3×9 — Rest: 80 sec — very hard
- Barbell Curl — 1×11 — Rest: 80 sec — heavy
- Планка — 2×55 sec — Rest: 60 sec — very hard

566 scores

Workout #9 — 33 min

- Barbell Full Squat — 3×10 — Rest: 80 sec — heavy
- Barbell Bench Press - Medium Grip — 3×10 — Rest: 80 sec — heavy
- Reverse Grip Bent-Over Rows — 3×10 — Rest: 80 sec — heavy
- Triceps Pushdown — 1×12 — Rest: 90 sec — very hard
- Standing Calf Raises — 2×12 — Rest: 60 sec — very hard

395 scores

Workout #10 — 32 min

- Clean Deadlift — 3×10 — Rest: 80 sec — heavy
- Pullups — 3×10 — Rest: 80 sec — heavy
- Standing Military Press — 3×10 — Rest: 80 sec — heavy
- Barbell Curl — 1×12 — Rest: 90 sec — very hard
- Планка — 2×60 sec — Rest: 60 sec — very hard

405 scores

Workout #11 — 35 min

- Barbell Full Squat — 3×10 — Rest: 90 sec — heavy
- Barbell Bench Press - Medium Grip — 3×10 — Rest: 90 sec — heavy
- Reverse Grip Bent-Over Rows — 3×10 — Rest: 90 sec — heavy
- Triceps Pushdown — 1×12 — Rest: 90 sec — very hard
- Standing Calf Raises — 2×12 — Rest: 60 sec — very hard

439 scores

Workout #12 — 33 min

- Clean Deadlift — 3×10 — Rest: 90 sec — heavy
- Pullups — 3×10 — Rest: 90 sec — heavy
- Standing Military Press — 3×10 — Rest: 90 sec — heavy
- Barbell Curl — 1×12 — Rest: 90 sec — very hard
- Планка — 2×60 sec — Rest: 60 sec — very hard

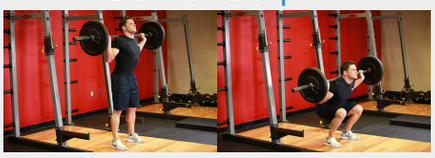
449 scores

Directory of the exercises

Barbell Bench Press - Medium Grip

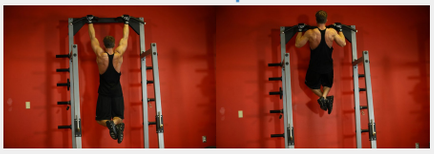
Barbell Curl

Barbell Full Squat

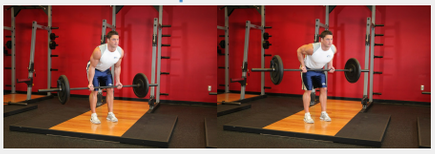


Clean Deadlift

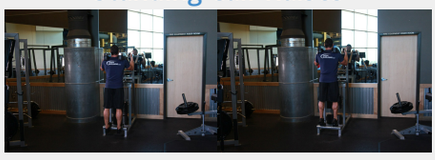
Pullups



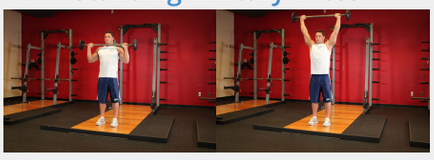
Reverse Grip Bent-Over Rows



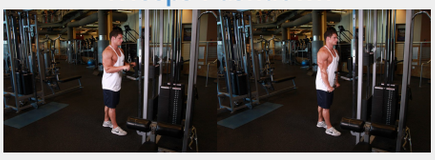
Standing Calf Raises



Standing Military Press



Triceps Pushdown



Планка

General recommendations on training with AtletIQ

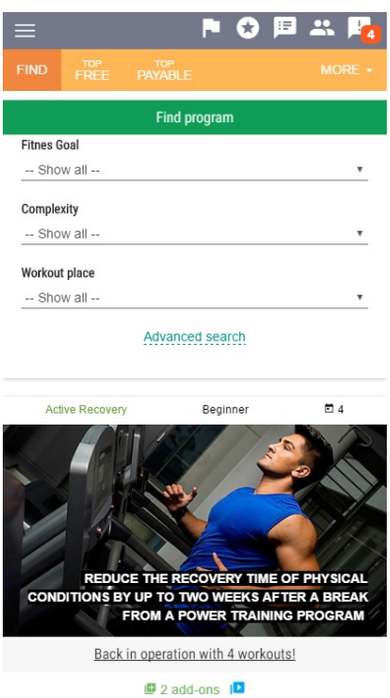
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

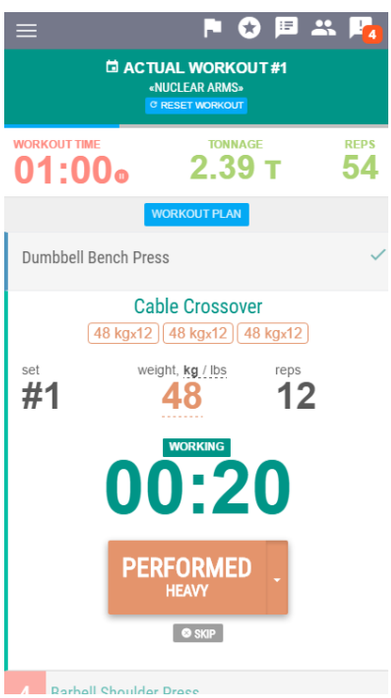
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

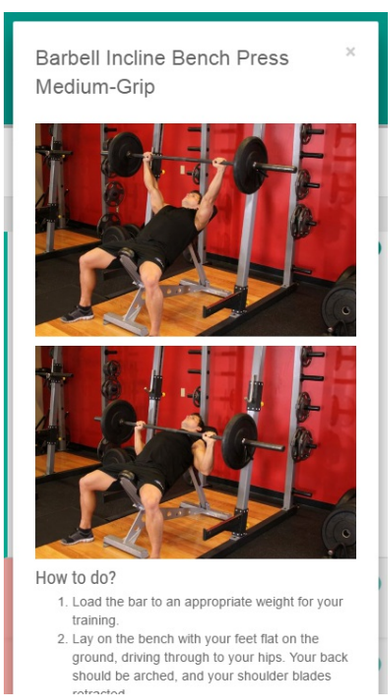
How to use mobile assistant?

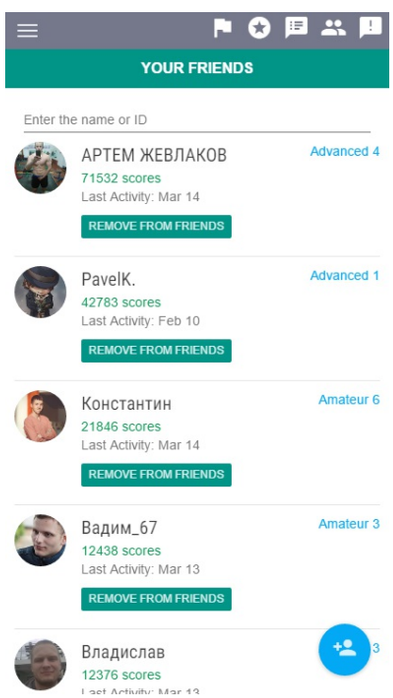
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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