

Use a two-week express-complex of functional exercises and help your body stay in universal physical fitness.

Beginner

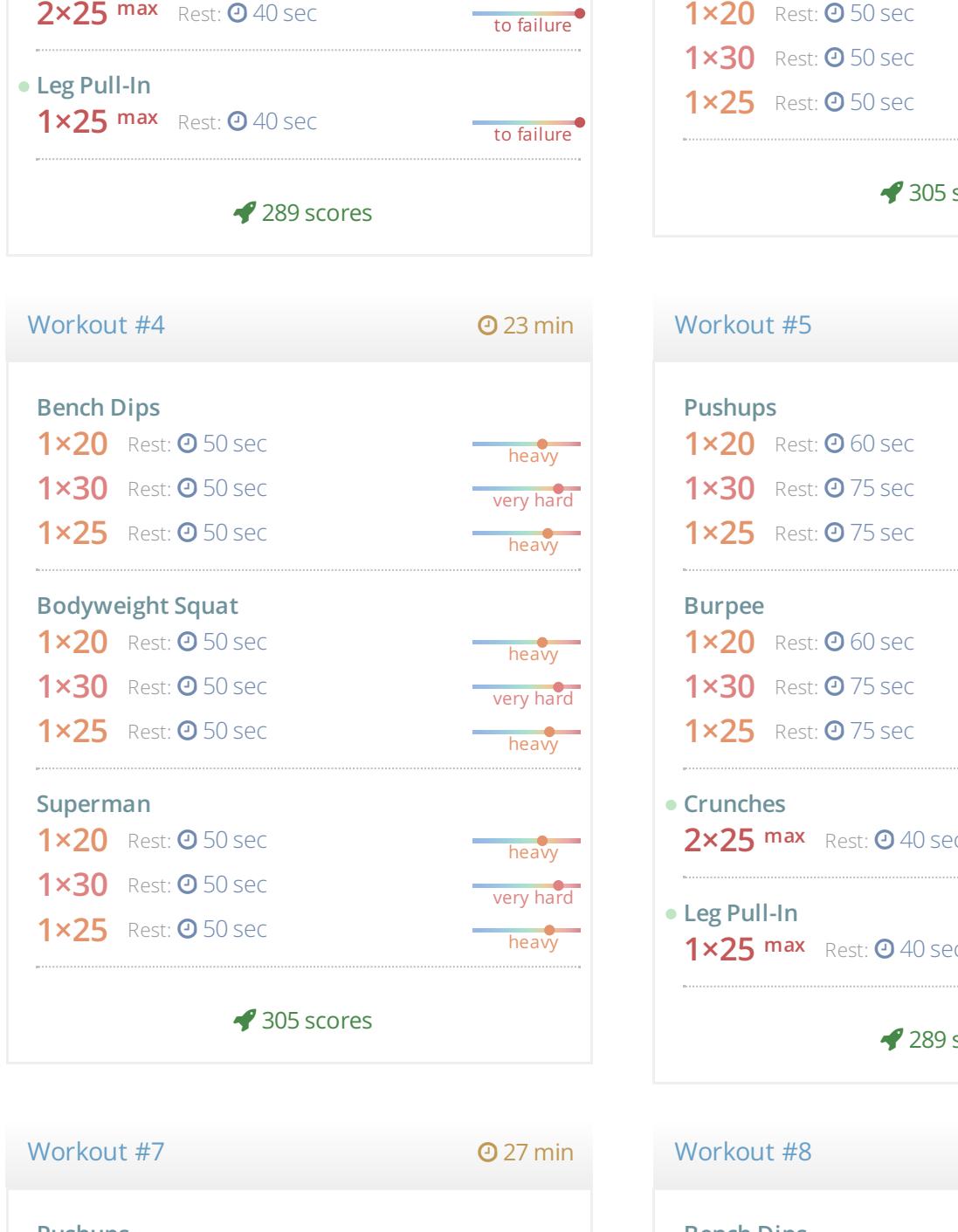
15 days

8 workouts

~24 minutes

Train healthy, improve productively, bring the muscles into tone with an eight-day training program for the whole body from AtletIQ!

<https://atletiq.com/en/programms/470>



#### 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 «8 тренировок»

Duration in days: 15 Amount of training days: 8 Rest days: 7

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
<b>1 day</b>				
1	Pushups	3	20-30	⌚ 60-75 sec
2	Burpee	3	20-30	⌚ 60-75 sec
3	Crunches (a)	2	Max	⌚ 40 sec
4	Leg Pull-In (a)	1	Max	⌚ 40 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Bench Dips	3	20-30	⌚ 50 sec
2	Bodyweight Squat	3	20-30	⌚ 50 sec
3	Superman	3	20-30	⌚ 50 sec
<b>4 day (rest)</b>				

#### 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	⌚ 27 min	Workout #2	⌚ 27 min	Workout #3	⌚ 27 min
Pushups 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec		Bench Dips 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec		Pushups 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec	
Burpee 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec		Bodyweight Squat 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec		Burpee 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec	
Crunches 2×25 max Rest: ⌚ 40 sec		Superman 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec		Crunches 2×25 max Rest: ⌚ 40 sec	
Leg Pull-In 1×25 max Rest: ⌚ 40 sec				Leg Pull-In 1×25 max Rest: ⌚ 40 sec	
<b>289 scores</b>					
Workout #4	⌚ 23 min	Workout #5	⌚ 27 min	Workout #6	⌚ 23 min
Bench Dips 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec		Pushups 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec		Bench Dips 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec	
Bodyweight Squat 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec		Burpee 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec		Bodyweight Squat 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec	
Superman 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec		Crunches 2×25 max Rest: ⌚ 40 sec		Superman 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec	
Leg Pull-In 1×25 max Rest: ⌚ 40 sec		Leg Pull-In 1×25 max Rest: ⌚ 40 sec			
<b>305 scores</b>					
Workout #7	⌚ 27 min	Workout #8	⌚ 23 min		
Pushups 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec		Bench Dips 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec			
Burpee 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 75 sec 1×25 Rest: ⌚ 75 sec		Bodyweight Squat 1×20 Rest: ⌚ 60 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec			
Crunches 2×25 max Rest: ⌚ 40 sec		Superman 1×20 Rest: ⌚ 50 sec 1×30 Rest: ⌚ 50 sec 1×25 Rest: ⌚ 50 sec			
Leg Pull-In 1×25 max Rest: ⌚ 40 sec		Leg Pull-In 1×25 max Rest: ⌚ 40 sec			
<b>289 scores</b>					

#### Directory of the exercises

##### Bench Dips



##### Bodyweight Squat



##### Burpee



##### Burpee



##### Crunches



##### Leg Pull-In



##### Pushups



##### Superman



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](#)

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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