

# PRO-relief for 6 weeks: burn the fat in a circular cardio, separate muscles with strength training

**Intermediate**      **41** day      **30** workouts      **~40** minutes

Are you starting to burn fat? Be alert: muscles first decrease in volume, fatty tissues remain unscathed. The complex relief-orientation-30-day high-intensity program will help you develop your muscles and eliminate excess ballast.

<https://atletiq.com/en/programms/533>

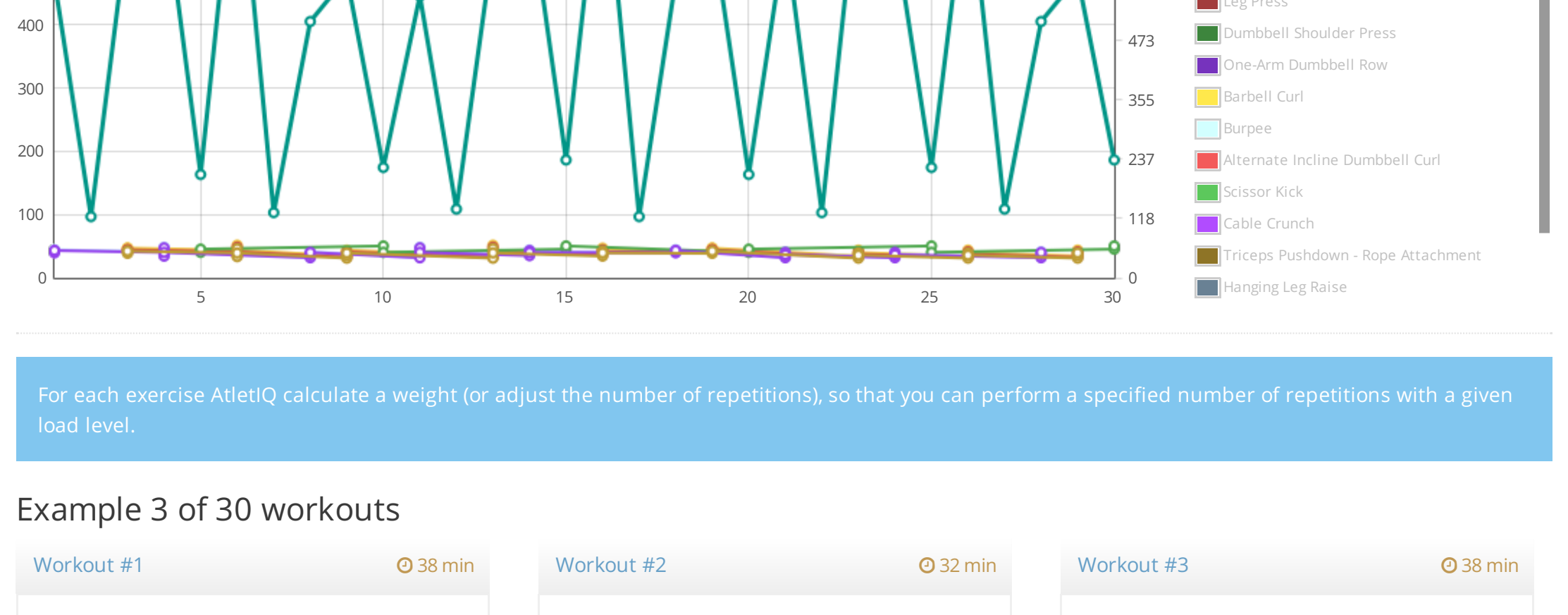
1 «30 тренировок»      Duration in days: 41      Amount of training days: 30      Rest days: 11

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Squat To A Bench	3-4	10-16	⌚ 30-55 sec
2	Barbell Incline Bench Press Medium-Grip	3-4	10-16	⌚ 30-55 sec
3	One-Arm Dumbbell Row	3-4	10-16	⌚ 30-55 sec

▲ Level «Advanced 1» is required or you can pay 160 points / ⌚ what is it?      ⌚ Allowed for status «VIP»

## 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 30 workouts

Workout #1 ⌚ 38 min

Barbell Squat To A Bench

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Barbell Incline Bench Press Medium-Grip

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

One-Arm Dumbbell Row

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Barbell Curl

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Triceps Pushdown - Rope Attachment

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Dumbbell Shoulder Press

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

593 scores

Workout #2 ⌚ 32 min

Burpee

8x25 sec Rest: ⌚ 10 sec

Планка

8x25 sec Rest: ⌚ 10 sec

Burpee

8x30 sec Rest: ⌚ 10 sec

Seated Leg Tucks

8x25 sec Rest: ⌚ 10 sec

Burpee

8x35 sec Rest: ⌚ 10 sec

Hanging Leg Raise

8x25 sec Rest: ⌚ 10 sec

122 scores

Workout #3 ⌚ 38 min

Power Snatch

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Standing Military Press

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Leg Press

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Machine Bench Press

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Seated Cable Rows

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

Alternate Incline Dumbbell Curl

1x10 Rest: ⌚ 50 sec

1x12 Rest: ⌚ 45 sec

1x15 Rest: ⌚ 40 sec

696 scores

## Directory of the exercises

Alternate Incline Dumbbell Curl

Barbell Curl

Barbell Incline Bench Press Medium-Grip

Barbell Squat To A Bench

Burpee

Burpee

## The price of the full version 8 usd

[Why it is payable?](#)

[Register and find out details](#)

## 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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