

## "Critical" fitness for the female calendar - use cyclic schemes of loads.



Beginner

22 days

12 workouts

~41 minutes

A woman's body is delicate, but that does not mean that in a brutal "male" sport you, ladies, do not belong. The Athletic team has its own special look at the effective women's training - we are cycling the sports schedule according to the physiological "calendar" cycle.

<https://atletiq.com/en/programms/587>

### 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 «1-3 неделя»

Duration in days: 17 Amount of training days: 9 Rest days: 8

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	Crunches	4	15-20 (+max)	⌚ 50 sec
2	Barbell Full Squat	3-4	10-16	⌚ 70-100 sec
3	Close-Grip Front Lat Pulldown	3-4	10-16	⌚ 70-100 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 9 workouts

**Workout #1** ⌚ 35 min

**Crunches** 4x15 max Rest: ⌚ 50 sec → to failure

**Barbell Full Squat** 3x10 Tempo: 2:00/0 Rest: ⌚ 70 sec → heavy

**Close-Grip Front Lat Pulldown** 3x10 Tempo: 2:00/0 Rest: ⌚ 70 sec → heavy

**Close-Grip Barbell Bench Press** 3x10 Tempo: 2:00/0 Rest: ⌚ 70 sec → heavy

**Upright Barbell Row** 3x10 Tempo: 2:00/0 Rest: ⌚ 70 sec → heavy

👉 700 scores

**Workout #2** ⌚ 43 min

**Crunches** 4x20 max Rest: ⌚ 50 sec → to failure

**Barbell Full Squat** 4x12 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

**Close-Grip Front Lat Pulldown** 4x12 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

**Close-Grip Barbell Bench Press** 4x12 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

**Upright Barbell Row** 4x12 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

👉 965 scores

**Workout #3** ⌚ 40 min

**Crunches** 4x15 max Rest: ⌚ 50 sec → to failure

**Barbell Full Squat** 3x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → very hard

**Close-Grip Front Lat Pulldown** 3x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → very hard

**Close-Grip Barbell Bench Press** 3x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → very hard

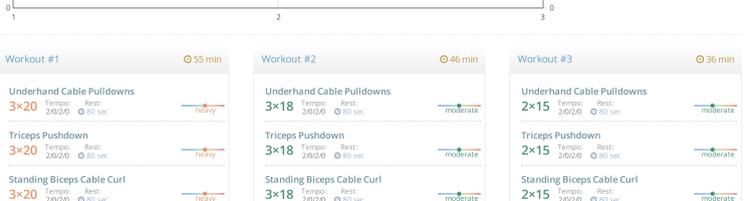
**Upright Barbell Row** 3x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → very hard

👉 841 scores

### 2 «4 неделя (легкая)»

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
<b>1 day</b>				
1	Underhand Cable Pulldowns	2-3	15-20	⌚ 80 sec
2	Triceps Pushdown	2-3	15-20	⌚ 80 sec
3	Standing Biceps Cable Curl	2-3	15-20	⌚ 80 sec

### Training intensity for each exercise



**Workout #1** ⌚ 55 min

**Underhand Cable Pulldowns** 3x20 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

**Triceps Pushdown** 3x20 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

**Standing Biceps Cable Curl** 3x20 Tempo: 2:00/0 Rest: ⌚ 80 sec → heavy

**Bicycling Stationary** 1x30 min Rest: ⌚ 40 sec → heavy

👉 553 scores

**Workout #2** ⌚ 46 min

**Underhand Cable Pulldowns** 3x18 Tempo: 2:00/0 Rest: ⌚ 80 sec → moderate

**Triceps Pushdown** 3x18 Tempo: 2:00/0 Rest: ⌚ 80 sec → moderate

**Standing Biceps Cable Curl** 3x18 Tempo: 2:00/0 Rest: ⌚ 80 sec → moderate

**Bicycling Stationary** 1x22 min Rest: ⌚ 40 sec → moderate

👉 454 scores

**Workout #3** ⌚ 36 min

**Underhand Cable Pulldowns** 2x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → moderate

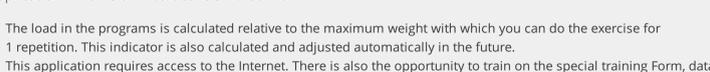
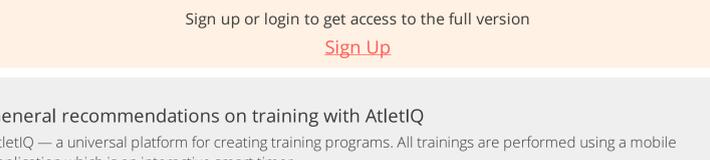
**Triceps Pushdown** 2x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → moderate

**Standing Biceps Cable Curl** 2x15 Tempo: 2:00/0 Rest: ⌚ 80 sec → moderate

**Bicycling Stationary** 1x16 min Rest: ⌚ 40 sec → moderate

👉 277 scores

## Directory of the exercises



Sign up or login to get access to the full version

[Sign Up](#)

## General recommendations on training with AtletIQ

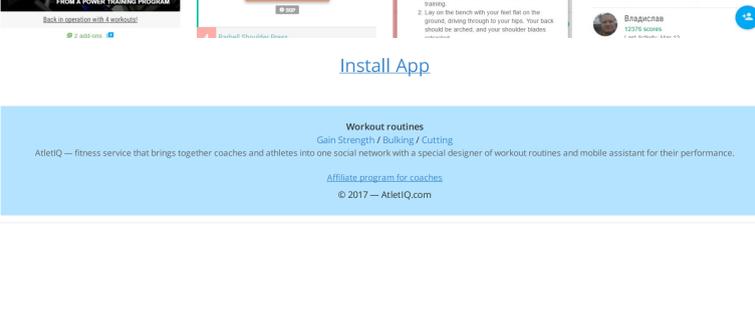
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 long scheduled, to failure, take care of the presence of helper
- If you go back to training after a long rest, your performance will be recalculated 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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