

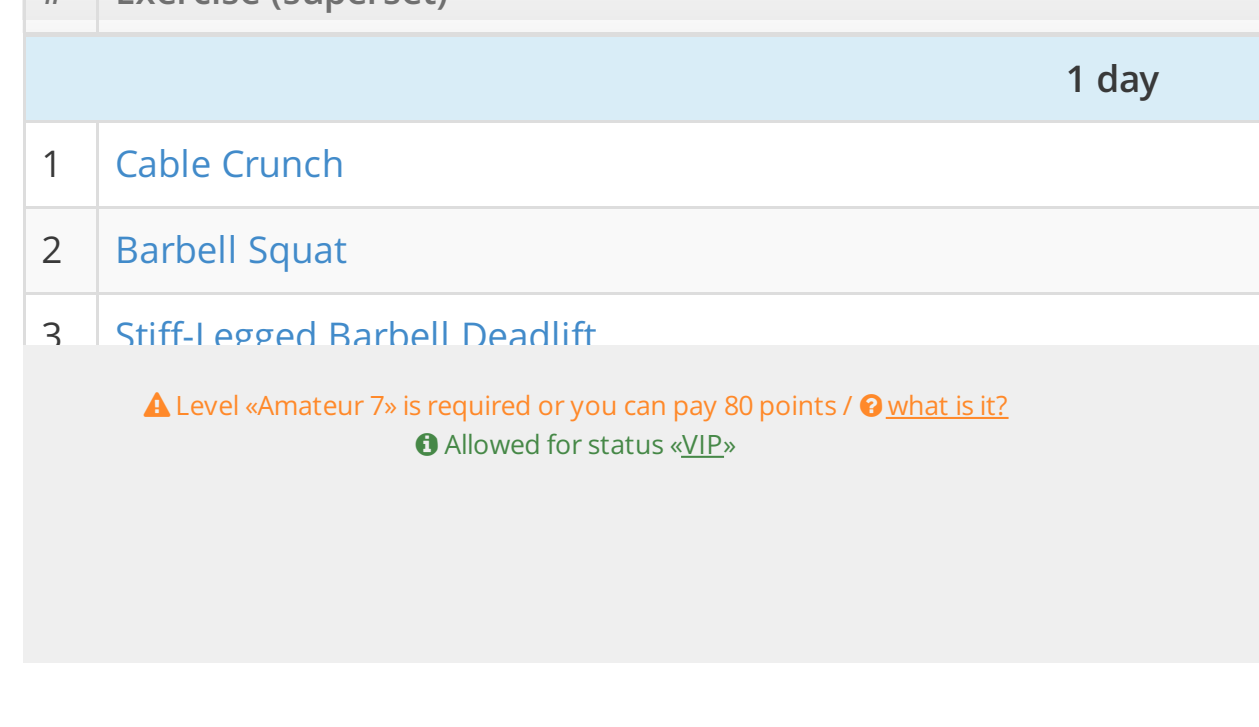


Curb physiology - use a periodical training program tailored for the menstrual cycle

Intermediate 24 days 13 workouts ~52 minutes

Concept of "cycling" training has a special meaning for the women. Here it is - a rational program of training in the gym for women, adapted for the monthly hormonal fluctuations in their body.

<https://atletiq.com/en/programms/588>



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: 19 Amount of training days: 10 Rest days: 9

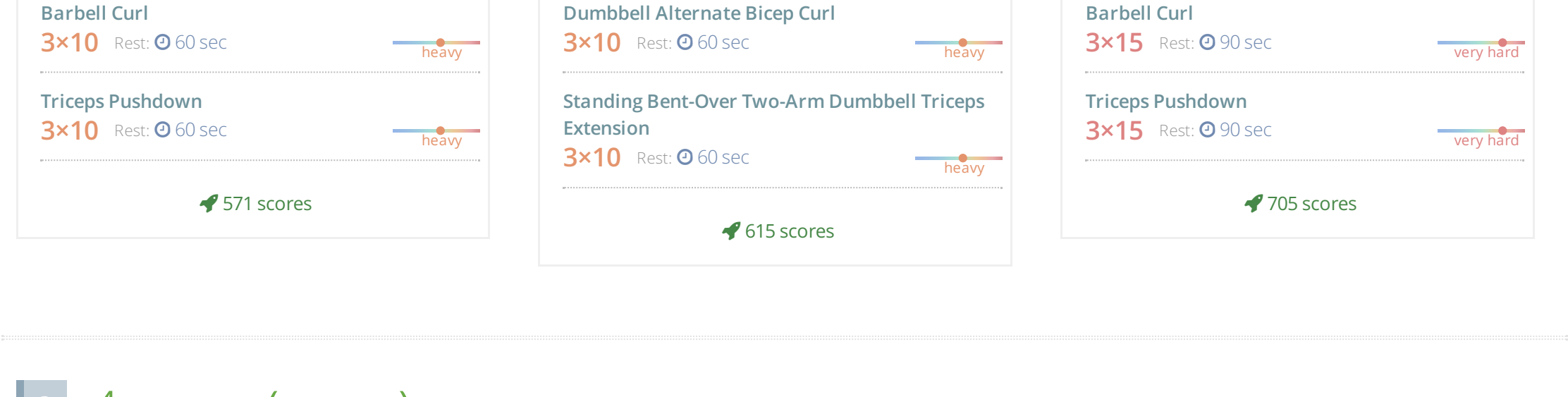
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Cable Crunch	3-4	10-15	⌚ 60-90 sec
2	Barbell Squat	3-4	10-15	⌚ 60-90 sec
3	Stiff-Legged Barbell Deadlift	3-4	10-15	⌚ 60-90 sec

▲ Level «Amateur 7» is required or you can pay 80 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 10 workouts

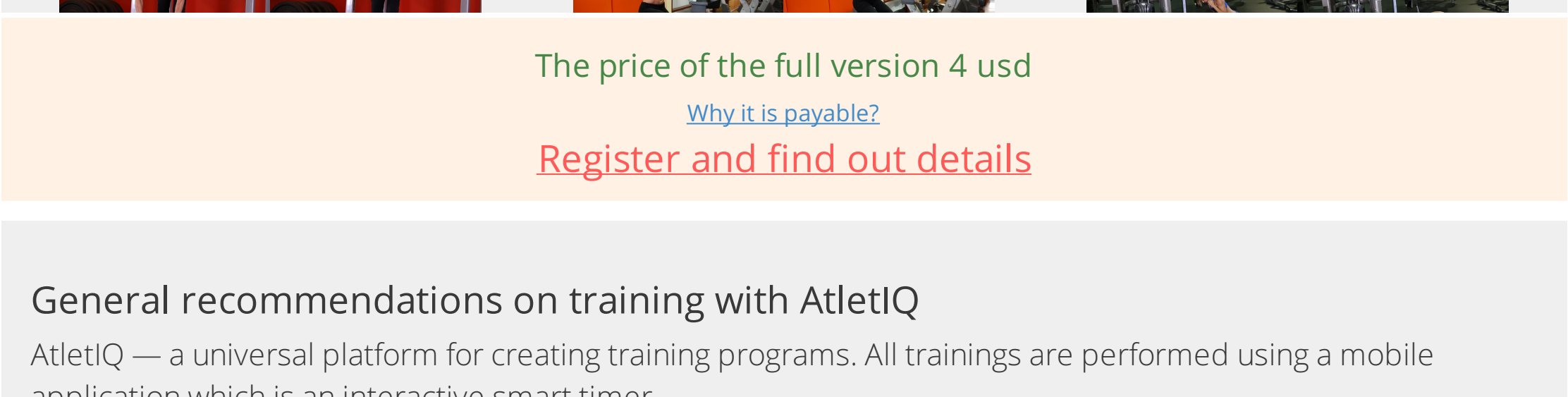
Workout #1 ⌚ 45 min	Workout #2 ⌚ 45 min	Workout #3 ⌚ 56 min
Cable Crunch 3×10 Rest: ⌚ 60 sec heavy	Decline Crunch 3×10 Rest: ⌚ 60 sec heavy	Cable Crunch 3×15 Rest: ⌚ 90 sec very hard
Barbell Squat 3×10 Rest: ⌚ 60 sec heavy	Clean Deadlift 3×10 Rest: ⌚ 60 sec heavy	Barbell Squat 3×15 Rest: ⌚ 90 sec very hard
Stiff-Legged Barbell Deadlift 3×10 Rest: ⌚ 60 sec heavy	Leg Press 3×10 Rest: ⌚ 60 sec heavy	Stiff-Legged Barbell Deadlift 3×15 Rest: ⌚ 90 sec very hard
Close-Grip Front Lat Pulldown 3×10 Rest: ⌚ 60 sec heavy	Seated Cable Rows 3×10 Rest: ⌚ 60 sec heavy	Close-Grip Front Lat Pulldown 3×15 Rest: ⌚ 90 sec very hard
Bent Over Two-Dumbbell Row 3×10 Rest: ⌚ 60 sec heavy	Dumbbell Raise 3×10 Rest: ⌚ 60 sec heavy	Bent Over Two-Dumbbell Row 3×15 Rest: ⌚ 90 sec very hard
Barbell Curl 3×10 Rest: ⌚ 60 sec heavy	Dumbbell Alternate Bicep Curl 3×10 Rest: ⌚ 60 sec heavy	Barbell Curl 3×15 Rest: ⌚ 90 sec very hard
Triceps Pushdown 3×10 Rest: ⌚ 60 sec heavy	Standing Bent-Over Two-Arm Dumbbell Triceps Extension 3×10 Rest: ⌚ 60 sec heavy	Triceps Pushdown 3×15 Rest: ⌚ 90 sec very hard
👉 571 scores	👉 615 scores	👉 705 scores

2 «4 неделя (легкая)»

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Underhand Cable Pulldowns	2-3	15-20	⌚ 80 sec
2	Standing One-Arm Cable Curl	2-3	15-20	⌚ 80 sec
3	Upright Cable Row	2-3	15-20	⌚ 80 sec

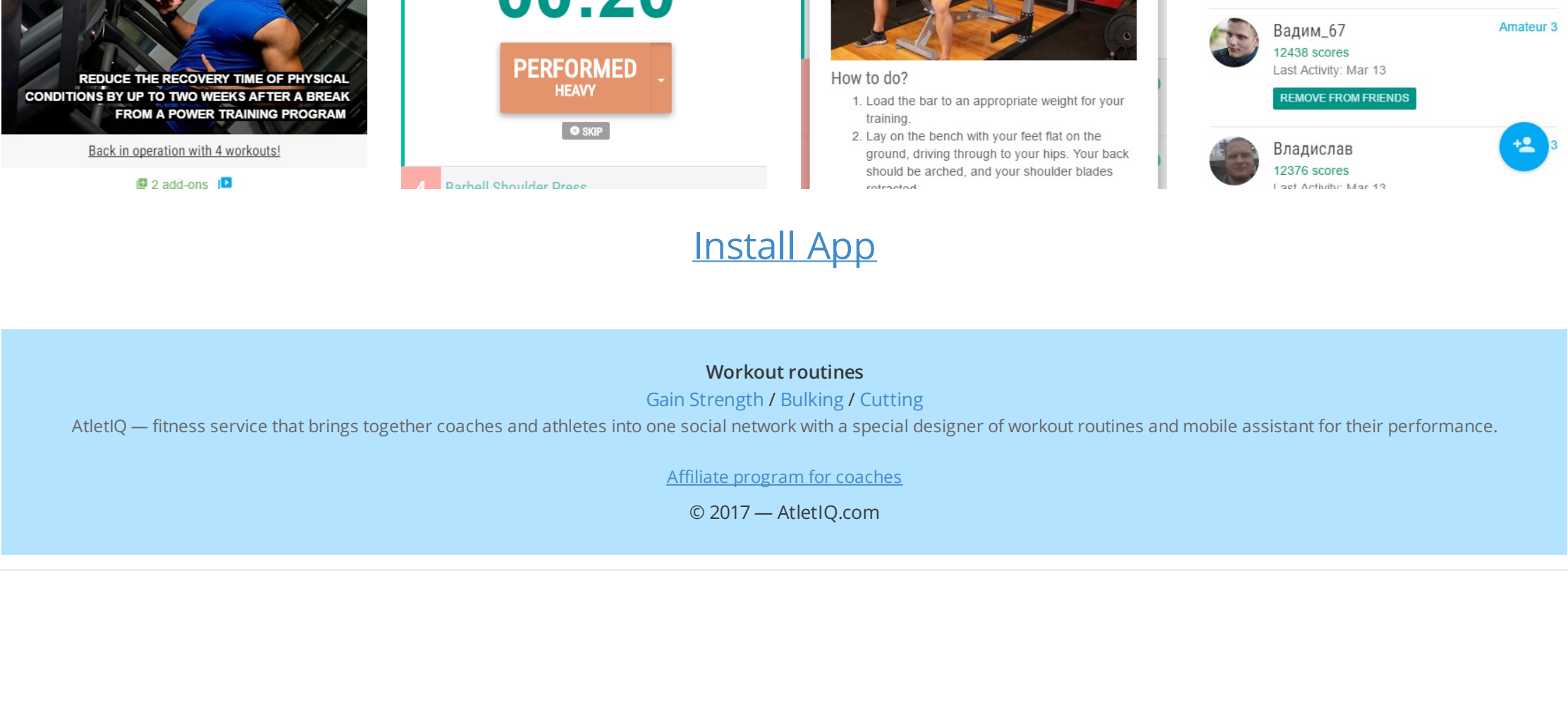
▲ Level «Amateur 7» is required or you can pay 80 points / ⌚ what is it?
● Allowed for status «VIP»

Training intensity for each exercise



Workout #1 ⌚ 50 min	Workout #2 ⌚ 54 min	Workout #3 ⌚ 38 min
Underhand Cable Pulldowns 3×20 Rest: ⌚ 80 sec heavy	Underhand Cable Pulldowns 3×18 Rest: ⌚ 80 sec heavy	Underhand Cable Pulldowns 2×15 Rest: ⌚ 80 sec moderate
Standing One-Arm Cable Curl 3×20 Rest: ⌚ 80 sec heavy	Standing One-Arm Cable Curl 3×18 Rest: ⌚ 80 sec heavy	Standing One-Arm Cable Curl 2×15 Rest: ⌚ 80 sec moderate
Upright Cable Row 3×20 Rest: ⌚ 80 sec heavy	Upright Cable Row 3×18 Rest: ⌚ 80 sec heavy	Upright Cable Row 2×15 Rest: ⌚ 80 sec moderate
Bicycling, Stationary 1×25 min Rest: ⌚ 40 sec moderate	Bicycling, Stationary 1×30 min Rest: ⌚ 40 sec moderate	Bicycling, Stationary 1×18 min Rest: ⌚ 40 sec moderate
👉 451 scores	👉 443 scores	👉 266 scores

Directory of the exercises



The price of the full version 4 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 assessed 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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