

TECHNO
POWER

ДВУХДНЕВНЫЙ
ТРЕНИРОВОЧНЫЙ ПЛАН
В СТИЛЕ ФУЛЛ-БОДИ

Beginner

23 days

12 workouts

~62 minutes

<https://atletiq.com/en/programms/1055>

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 «12 тренировок»

Duration in days: 23

Amount of training days: 12

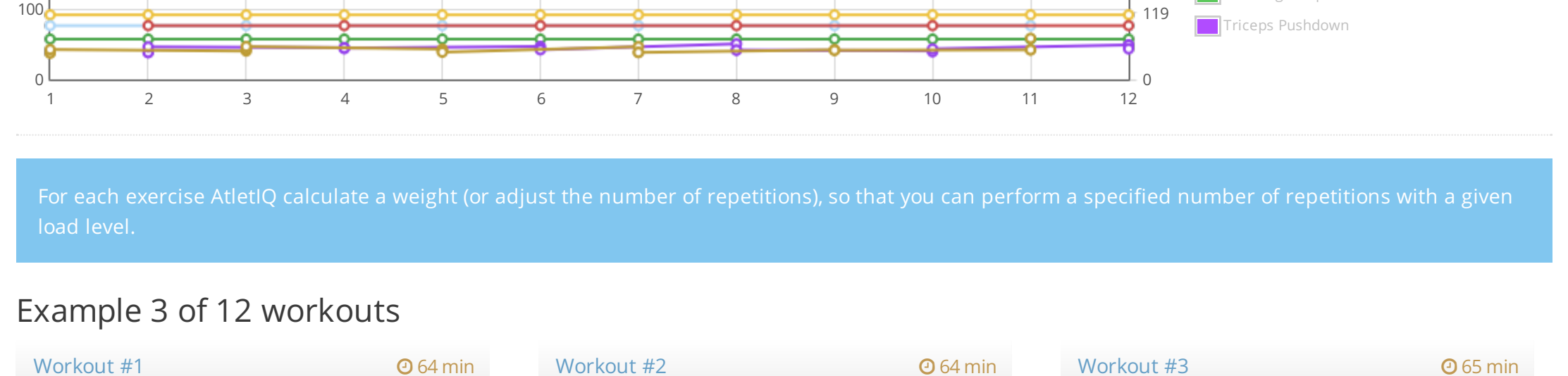
Rest days: 11

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	Leg Press	3	6-15	⌚ 50-90 sec
2	Seated Cable Rows	3	6-15	⌚ 50-90 sec
3	Machine Bench Press	3	6-16 (+max)	⌚ 50-90 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 12 workouts

Workout #1

⌚ 64 min

Leg Press

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Seated Cable Rows

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Machine Bench Press

1×8 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 60 sec heavy

1×10 Rest: ⌚ 70 sec heavy

Wide-Grip Pulldown Behind The Neck

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Standing Biceps Cable Curl

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Triceps Pushdown

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Crunches

3×25 max Rest: ⌚ 50 sec to failure

Hyperextensions (Back Extensions)

3×25 max Rest: ⌚ 50 sec to failure

Seated Calf Raise

3×25 max Rest: ⌚ 50 sec to failure

> 12.51 T 762 scores 550 kcal

Workout #2

⌚ 64 min

Lying Leg Curls

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Low Pulley Row To Neck

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Butterfly

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Machine Shoulder (Military) Press

1×8 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 60 sec heavy

1×10 Rest: ⌚ 70 sec heavy

Standing One-Arm Cable Curl

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Triceps Pushdown

1×10 Rest: ⌚ 80 sec moderate

1×12 Rest: ⌚ 75 sec moderate

1×10 Rest: ⌚ 70 sec heavy

Ab Crunch Machine

3×25 max Rest: ⌚ 50 sec to failure

Hyperextensions (Back Extensions)

3×25 max Rest: ⌚ 50 sec to failure

Seated Calf Raise

3×25 max Rest: ⌚ 50 sec to failure

> 9.99 T 708 scores 510 kcal

Workout #3

⌚ 65 min

Leg Press

1×8 Rest: ⌚ 90 sec heavy

1×10 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 70 sec heavy

Seated Cable Rows

1×8 Rest: ⌚ 90 sec heavy

1×10 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 70 sec heavy

Machine Bench Press

1×10 Rest: ⌚ 55 sec heavy

1×12 Rest: ⌚ 55 sec heavy

1×10 Rest: ⌚ 55 sec very hard

Wide-Grip Pulldown Behind The Neck

1×8 Rest: ⌚ 90 sec heavy

1×10 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 70 sec heavy

Standing Biceps Cable Curl

1×8 Rest: ⌚ 90 sec heavy

1×10 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 70 sec heavy

Triceps Pushdown

1×8 Rest: ⌚ 90 sec heavy

1×10 Rest: ⌚ 80 sec heavy

1×12 Rest: ⌚ 70 sec heavy

Crunches

3×25 max Rest: ⌚ 50 sec to failure

Hyperextensions (Back Extensions)

3×25 max Rest: ⌚ 50 sec to failure

Seated Calf Raise

3×25 max Rest: ⌚ 50 sec to failure

> 12.46 T 811 scores 580 kcal

Directory of the exercises

Ab Crunch Machine

Butterfly

Crunches

Hyperextensions (Back Extensions)

Leg Press

Low Pulley Row To Neck

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 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.

Find program

Find program

Active Recovery Beginner

REDUCE THE RECOVERY TIME OF PHYSICAL CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM

Back in operation with a workout!

2 add-ons

ACTUAL WORKOUT #1

WORKOUT TIME: 01:00:00

RECOVERY: 2.39 T

SCORE: 54

WORKOUT PLAN

Dumbbell Bench Press

Cable Crossover

set #1

weight: 48 kg / 105 lbs

reps: 12

WORKING: 00:20

PERFORMED HEAVY

Barbell Shoulder Press

Barbell Incline Bench Press

Medium-Grip

How to do?

1. Load the bar to an appropriate weight for your training.

2. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades extended.

YOUR FRIENDS

Enter the name or ID

АРТЕМ ЖЕВЛАКОВ Advanced 4

42783 scores

71032 scores

Last Activity: Feb 10

REMOVE FROM FRIENDS

РавелК Advanced 1

21646 scores

21646 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

КОНСТАНТИН Amateur 6

12438 scores

12438 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

ВАДИМ, 67 Amateur 3

12376 scores

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Владислав

12376 scores

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

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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