



Intermediate

23 days

12 workouts

~57 minutes

<https://atletiq.com/en/programms/1063>

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: 23Amount of training days: 12Rest 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	Standing Military Press	3	6-10	⌚ 60-65 sec
2	Upright Barbell Row	3	8-10	⌚ 60-70 sec
3	Dumbbell Shoulder Press	3	8-10	⌚ 60-70 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⌚ 60 min

Standing Military Press3×6Rest ⌚ 60 secheavy

Upright Barbell Row3×8Rest ⌚ 70 secheavy

Dumbbell Shoulder Press3×8Rest ⌚ 70 secheavy

Front Two-Dumbbell Raise3×8Rest ⌚ 70 secheavy

Standing Low-Pulley Deltoid Raise3×8Rest ⌚ 70 secheavy

Close-Grip Barbell Bench Press3×8Rest ⌚ 70 secheavy

Dips - Triceps Version3×8Rest ⌚ 70 secheavy

Triceps Pushdown3×8Rest ⌚ 70 secheavy

Crunches3×15Rest ⌚ 50 secheavy

> 3.9 T📈 825 scores🔥 590 kcal

Workout #2⌚ 61 min

Clean Deadlift3×6Rest ⌚ 60 secheavy

Reverse Grip Bent-Over Rows3×8Rest ⌚ 70 secheavy

Seated Cable Rows3×8Rest ⌚ 70 secheavy

Wide-Grip Lat Pulldown3×8Rest ⌚ 70 secheavy

Dumbbell Raise3×8Rest ⌚ 70 secheavy

Straight-Arm Pulldown3×8Rest ⌚ 70 secheavy

Dumbbell Shrug3×8Rest ⌚ 70 secheavy

Incline Hammer Curls3×8Rest ⌚ 70 secheavy

Preacher Curl3×8Rest ⌚ 70 secheavy

> 6.99 T📈 885 scores🔥 640 kcal

Workout #3⌚ 54 min

Barbell Bench Press - Medium Grip3×6Rest ⌚ 60 secheavy

Incline Dumbbell Press3×8Rest ⌚ 70 secheavy

Dumbbell Flies3×8Rest ⌚ 70 secheavy

Cable Crossover3×8Rest ⌚ 70 secheavy

Barbell Full Squat3×6Rest ⌚ 60 secheavy

Leg Press3×8Rest ⌚ 70 secheavy

Lying Leg Curls3×8Rest ⌚ 70 secheavy

Leg Extensions3×8Rest ⌚ 70 secheavy

> 8.75 T📈 845 scores🔥 610 kcal

Directory of the exercises

Barbell Bench Press - Medium Grip

Barbell Full Squat

Cable Crossover

Clean Deadlift

Close-Grip Barbell Bench Press

Crunches

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 operation.

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

Filter Goal

Complexity

Workout place

Advanced search

Active Recovery

Beginner

ACTUAL WORKOUT #1

WORKOUT TIME: 01:00

SCORE: 2.39 T

REPS: 54

WORKOUT PLAN

Dumbbell Bench Press

Cable Crossover

set #1

weight: 48 kg/12

weight: 48 kg/12

weight: 48 kg/12

reps: 12

WORKOUT: 00:20

PERFORMED HEAVY

GO

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

71532 scores

Last Activity: Feb 14

REMOVE FROM FRIENDS

ПавелК.

42783 scores

Last Activity: Feb 10

REMOVE FROM FRIENDS

КОНСТАНТИН

21845 scores

Last Activity: Mar 14

REMOVE FROM FRIENDS

Вадим, 67

12438 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Владислав

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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