

# LADY FITTECH

ДОМАШНИЙ КОМПЛЕКС НА РЕЛЬЕФ

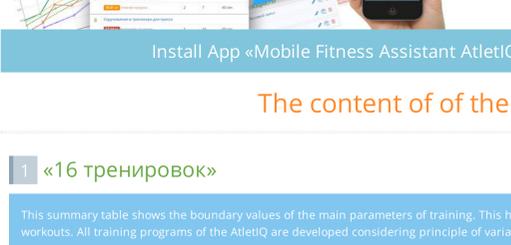
Intermediate

31 day

16 workouts

~63 minutes

<https://atletiq.com/en/programms/1199>



### 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 «16 тренировок» Duration in days: 31 Amount of training days: 16 Rest days: 15

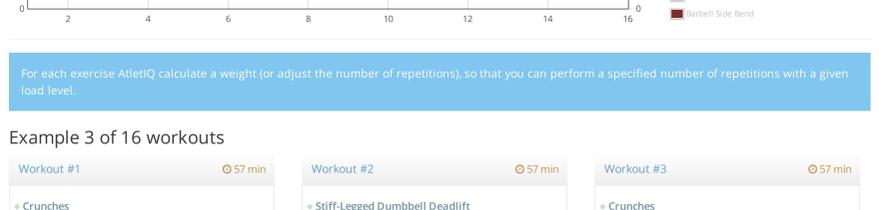
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⊙ Rest between sets
1 day				
1	Crunches (a)	4	10-15	⊙ 90-120 sec
2	Seated Flat Bench Leg Pull-In (a)	4	10-15	⊙ 90-120 sec
3	Dumbbell Lunges (h)	4	10-15	⊙ 90-120 sec

▲ When activated, it will be charged 6 points

### 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 16 workouts

**Workout #1** ⊙ 57 min

- Crunches 4x10 Rest: ⊙ 90 sec
- Seated Flat Bench Leg Pull-In 4x10 Rest: ⊙ 90 sec
- Dumbbell Lunges 4x10 Rest: ⊙ 90 sec
- Jackknife Sit-Up 4x10 Rest: ⊙ 90 sec
- Barbell Full Squat 4x10 Rest: ⊙ 90 sec
- Barbell Lunge 4x10 Rest: ⊙ 90 sec

> 4.26 T ▲ 665 scores ▲ 480 kcal

**Workout #2** ⊙ 57 min

- Stiff-Legged Dumbbell Deadlift 4x10 Rest: ⊙ 90 sec
- Barbell Side Bend 4x10 Rest: ⊙ 90 sec
- Отжимания с широким упором от лавки 4x10 Rest: ⊙ 90 sec
- Dumbbell Flies 4x10 Rest: ⊙ 90 sec
- Bent Over Two-Dumbbell Row 4x10 Rest: ⊙ 90 sec
- Bent-Arm Dumbbell Pullover 4x10 Rest: ⊙ 90 sec

> 3.42 T ▲ 813 scores ▲ 580 kcal

**Workout #3** ⊙ 57 min

- Crunches 4x10 Rest: ⊙ 90 sec
- Leg Pull-In 4x10 Rest: ⊙ 90 sec
- Bench Dips 4x10 Rest: ⊙ 90 sec
- Standing Dumbbell Triceps Extension 4x10 Rest: ⊙ 90 sec
- One-Arm Dumbbell Row 4x10 Rest: ⊙ 90 sec
- Barbell Curl 4x10 Rest: ⊙ 90 sec

> 2.4 T ▲ 549 scores ▲ 390 kcal

## Directory of the exercises

Crunches

Barbell Curl

Barbell Full Squat

Barbell Lunge

Barbell Side Bend

Bench Dips

Bent Over Two-Dumbbell Row

Bent-Arm Dumbbell Pullover

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 followed 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  
© 2018 — AtletIQ.com