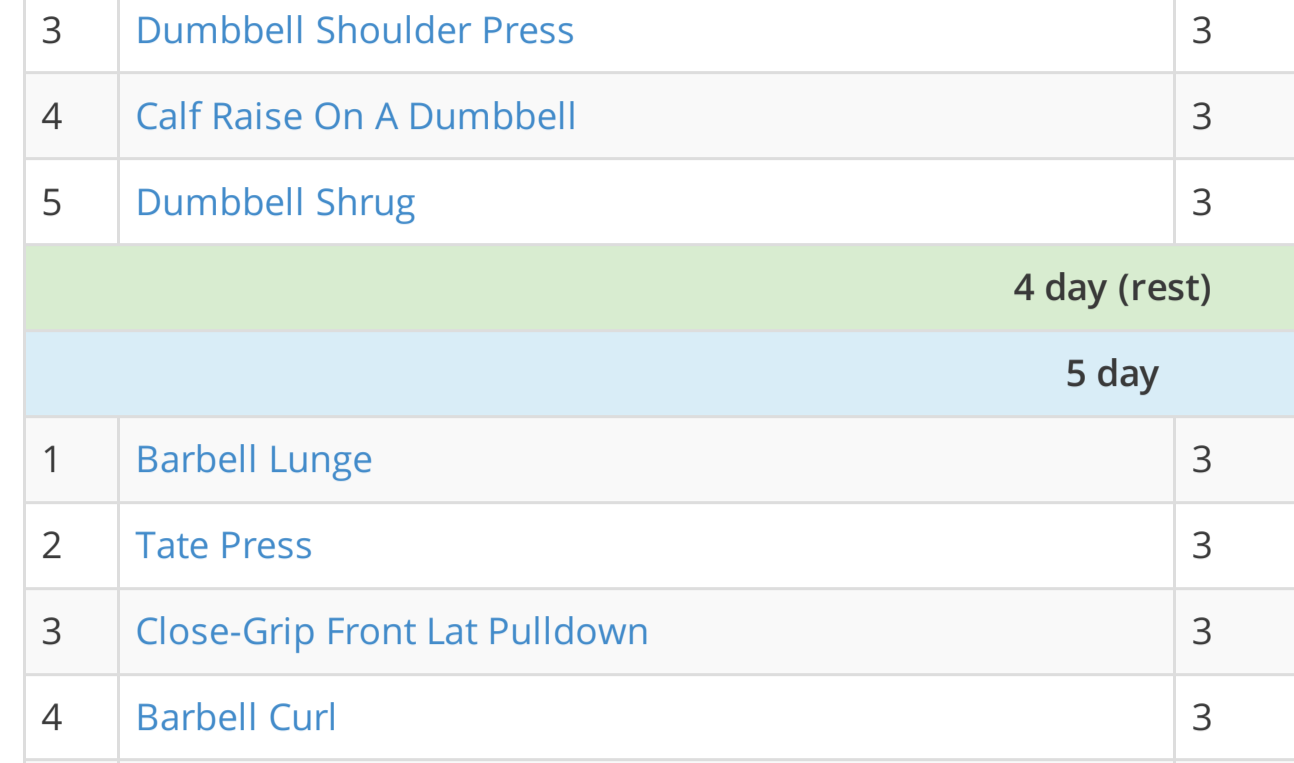


ЖЕНСКОЕ ФУЛБОДИ SYLPHLIKE С ГАНТЕЛЯМИ И ШТАНГОЙ

Intermediate **23** days **12** workouts **~37** minutes

<https://atletiq.com/en/programs/1205>



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

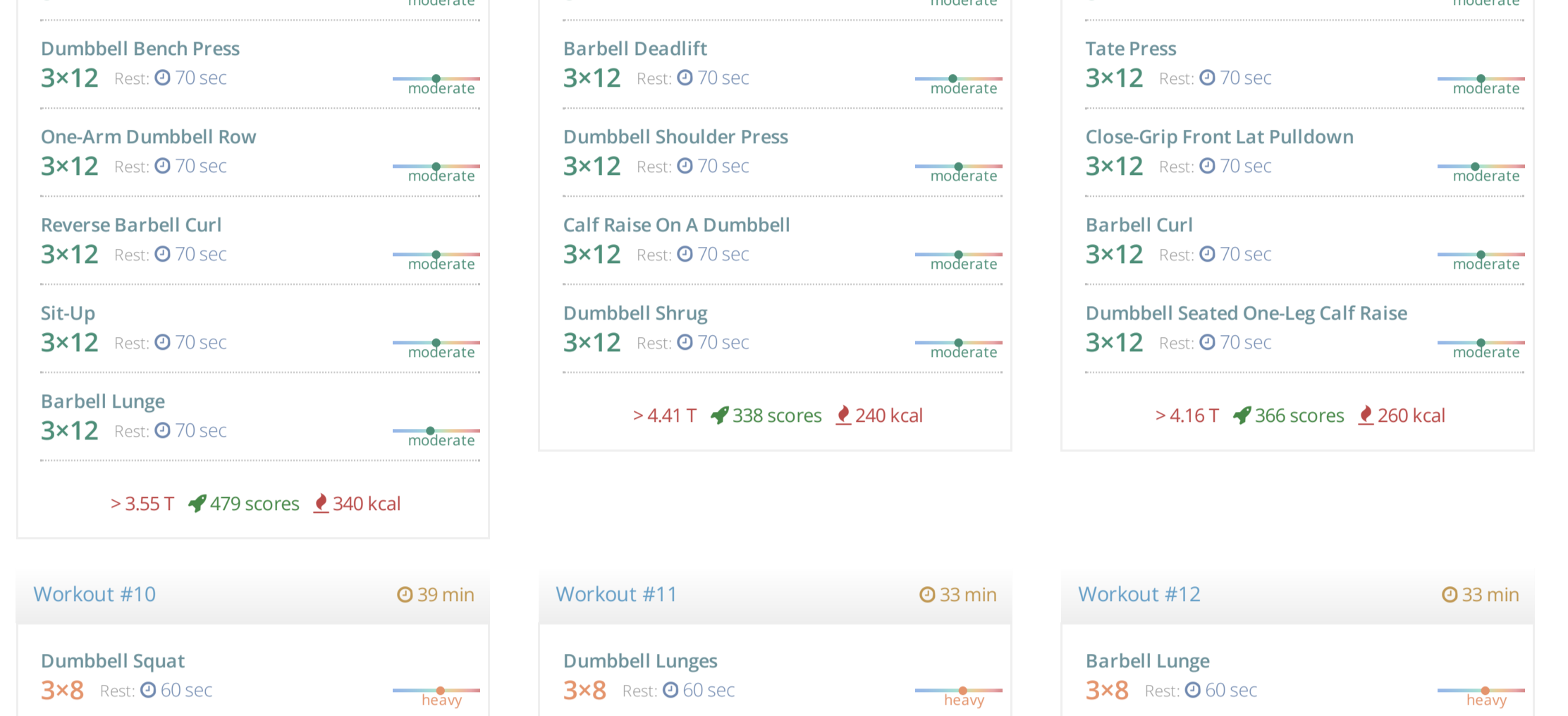
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Dumbbell Squat	3	8-12	60-80 sec
2	Dumbbell Bench Press	3	10-15	60-70 sec
3	One-Arm Dumbbell Row	3	10-15	60-70 sec
4	Reverse Barbell Curl	3	10-15	60-70 sec
5	Sit-Up	3	10-15	60-70 sec
6	Barbell Lunge	3	8-12	60-80 sec
2 day (rest)				
3 day				
1	Dumbbell Lunges	3	8-12	60-80 sec
2	Barbell Deadlift	3	8-12	60-80 sec
3	Dumbbell Shoulder Press	3	10-15	60-70 sec
4	Calf Raise On A Dumbbell	3	10-15	60-70 sec
5	Dumbbell Shrug	3	10-15	60-70 sec
4 day (rest)				
5 day				
1	Barbell Lunge	3	8-12	60-80 sec
2	Tate Press	3	10-15	60-70 sec
3	Close-Grip Front Lat Pulldown	3	8-12	60-80 sec
4	Barbell Curl	3	10-15	60-70 sec
5	Dumbbell Seated One-Leg Calf Raise	3	10-15	60-70 sec
6 day (rest)				

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.

Workout #1 0:42 min

Dumbbell Squat 3x8 Rest: 70 sec moderate

Dumbbell Bench Press 3x15 Rest: 70 sec heavy

One-Arm Dumbbell Row 3x15 Rest: 70 sec heavy

Reverse Barbell Curl 3x15 Rest: 70 sec heavy

Sit-Up 3x15 Rest: 70 sec heavy

Barbell Lunge 3x8 Rest: 70 sec moderate

>3.54 T 499 scores 360 kcal

Workout #2 0:35 min

Dumbbell Lunges 3x8 Rest: 70 sec moderate

Barbell Deadlift 3x8 Rest: 70 sec moderate

Dumbbell Shoulder Press 3x15 Rest: 70 sec heavy

Calf Raise On A Dumbbell 3x15 Rest: 70 sec heavy

Dumbbell Shrug 3x15 Rest: 70 sec heavy

>4.13 T 350 scores 250 kcal

Workout #3 0:35 min

Barbell Lunge 3x8 Rest: 70 sec moderate

Tate Press 3x15 Rest: 70 sec heavy

Close-Grip Front Lat Pulldown 3x8 Rest: 70 sec moderate

Barbell Curl 3x15 Rest: 70 sec heavy

Dumbbell Seated One-Leg Calf Raise 3x15 Rest: 70 sec heavy

>4.06 T 376 scores 270 kcal

Workout #4 0:41 min

Dumbbell Squat 3x10 Rest: 60 sec moderate

Dumbbell Bench Press 3x10 Rest: 60 sec moderate

One-Arm Dumbbell Row 3x10 Rest: 60 sec moderate

Reverse Barbell Curl 3x10 Rest: 60 sec moderate

Sit-Up 3x10 Rest: 60 sec moderate

Barbell Lunge 3x10 Rest: 60 sec moderate

>3.17 T 471 scores 340 kcal

Workout #5 0:35 min

Dumbbell Lunges 3x10 Rest: 60 sec moderate

Barbell Deadlift 3x10 Rest: 60 sec moderate

Dumbbell Shoulder Press 3x10 Rest: 60 sec moderate

Calf Raise On A Dumbbell 3x10 Rest: 60 sec moderate

Dumbbell Shrug 3x10 Rest: 60 sec moderate

>3.89 T 337 scores 240 kcal

Workout #6 0:35 min

Barbell Lunge 3x10 Rest: 60 sec moderate

Tate Press 3x10 Rest: 60 sec moderate

Close-Grip Front Lat Pulldown 3x10 Rest: 60 sec moderate

Barbell Curl 3x10 Rest: 60 sec moderate

Dumbbell Seated One-Leg Calf Raise 3x10 Rest: 60 sec moderate

>3.72 T 367 scores 260 kcal

Workout #7 0:42 min

Dumbbell Squat 3x12 Rest: 70 sec moderate

Dumbbell Bench Press 3x12 Rest: 70 sec moderate

One-Arm Dumbbell Row 3x12 Rest: 70 sec moderate

Reverse Barbell Curl 3x12 Rest: 70 sec moderate

Sit-Up 3x12 Rest: 70 sec moderate

Barbell Lunge 3x12 Rest: 70 sec moderate

>3.55 T 479 scores 340 kcal

Workout #8 0:35 min

Dumbbell Lunges 3x12 Rest: 70 sec moderate

Barbell Deadlift 3x12 Rest: 70 sec moderate

Dumbbell Shoulder Press 3x12 Rest: 70 sec moderate

Calf Raise On A Dumbbell 3x12 Rest: 70 sec moderate

Dumbbell Shrug 3x12 Rest: 70 sec moderate

>4.41 T 338 scores 240 kcal

Workout #9 0:35 min

Barbell Lunge 3x12 Rest: 70 sec moderate

Tate Press 3x12 Rest: 70 sec moderate

Close-Grip Front Lat Pulldown 3x12 Rest: 70 sec moderate

Barbell Curl 3x12 Rest: 70 sec moderate

Dumbbell Seated One-Leg Calf Raise 3x12 Rest: 70 sec moderate

>4.16 T 366 scores 260 kcal

Workout #10 0:39 min

Dumbbell Squat 3x8 Rest: 60 sec heavy

Dumbbell Bench Press 3x15 Rest: 60 sec heavy

One-Arm Dumbbell Row 3x15 Rest: 60 sec heavy

Reverse Barbell Curl 3x15 Rest: 60 sec heavy

Sit-Up 3x15 Rest: 60 sec heavy

Barbell Lunge 3x8 Rest: 60 sec heavy

>3.61 T 530 scores 380 kcal

Workout #11 0:33 min

Dumbbell Lunges 3x8 Rest: 60 sec heavy

Barbell Deadlift 3x8 Rest: 60 sec heavy

Dumbbell Shoulder Press 3x15 Rest: 60 sec heavy

Calf Raise On A Dumbbell 3x15 Rest: 60 sec heavy

Dumbbell Shrug 3x15 Rest: 60 sec heavy

>4.27 T 377 scores 270 kcal

Workout #12 0:33 min

Barbell Lunge 3x8 Rest: 60 sec heavy

Tate Press 3x15 Rest: 60 sec heavy

Close-Grip Front Lat Pulldown 3x8 Rest: 60 sec heavy

Barbell Curl 3x15 Rest: 60 sec heavy

Dumbbell Seated One-Leg Calf Raise 3x15 Rest: 60 sec heavy

>4.16 T 409 scores 290 kcal

Directory of the exercises

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 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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