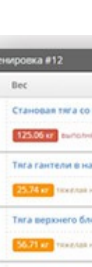


«КЛИНИНГОВАЯ» ПРОГРАММА
СПЛИТ-ТРЕНИРОВОК

PERFECT

БУДЬ ПЕРФЕКЦИОНИСТОМ
СТРЕМИСЬ К СОЗДАНИЮ
КРАСИВОГО РЕЛЬЕФА



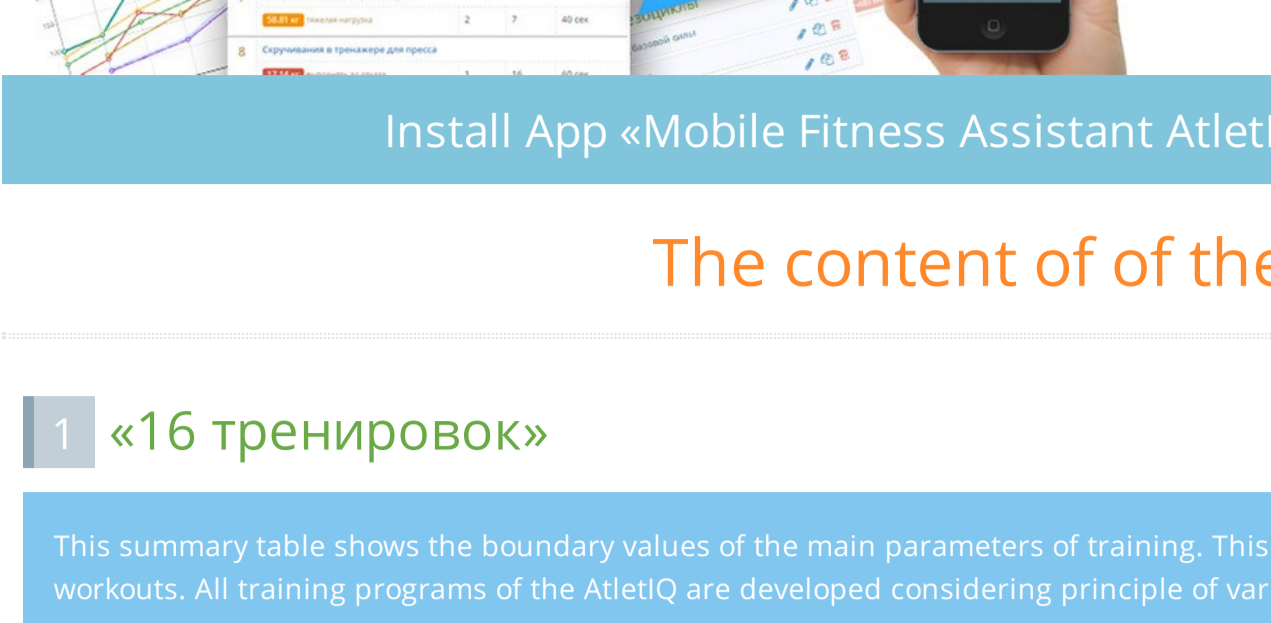
Intermediate

31 day

16 workouts

~60 minutes

<https://atletiq.com/en/programms/1210>



Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the route 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

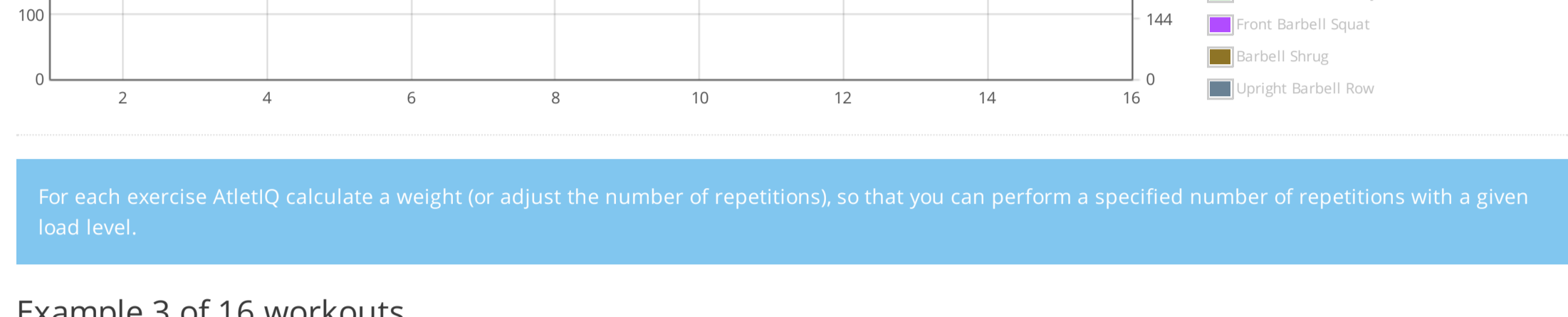
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Incline Dumbbell Press	3	8-15	70-80 sec
2	Incline Dumbbell Flyes	3	8-15	70-80 sec
3	Cable Crossover	3	15-20	60-70 sec

▲ When activated, it will be charged 8 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

- Incline Dumbbell Press 3x8 Rest: 70 sec
- Incline Dumbbell Flyes 3x8 Rest: 70 sec
- Cable Crossover 3x20 Rest: 60 sec
- Decline Barbell Bench Press 4x10 Rest: 70 sec
- Power Partial 3x20 Rest: 60 sec
- Reverse Machine Flyes 3x20 Rest: 60 sec
- Dumbbell Shoulder Press 4x10 Rest: 70 sec
- Upright Barbell Row 3x8 Rest: 70 sec

> 7.07 T 975 scores 700 kcal

Workout #2 62 min

- Leg Extensions 4x15 Rest: 70 sec
- Barbell Full Squat 5x8 Rest: 70 sec
- Narrow Stance Leg Press 4x10 Rest: 70 sec
- Dumbbell Lunges 3x20 Rest: 60 sec
- Front Barbell Squat 3x8 Rest: 70 sec
- Lying Leg Curls 4x10 Rest: 70 sec
- Barbell Deadlift 3x8 Rest: 70 sec
- Standing Calf Raises 4x10 Rest: 70 sec

> 16.49 T 941 scores 680 kcal

Workout #3 45 min

- Triceps Pushdown - Rope Attachment 3x8 Rest: 70 sec
- Close-Grip Barbell Bench Press 4x10 Rest: 70 sec
- Lying Close-Grip Barbell Triceps Extension Behind The Head 3x8 Rest: 70 sec
- Crunches 4x10 Rest: 70 sec
- Hanging Leg Raise 3x8 Rest: 70 sec
- Burpee 4x8 Rest: 70 sec

> 2.7 T 511 scores 370 kcal

Sign up or login to get access to the full version

[Sign Up](#)

General recommendations on training with AtletIQ

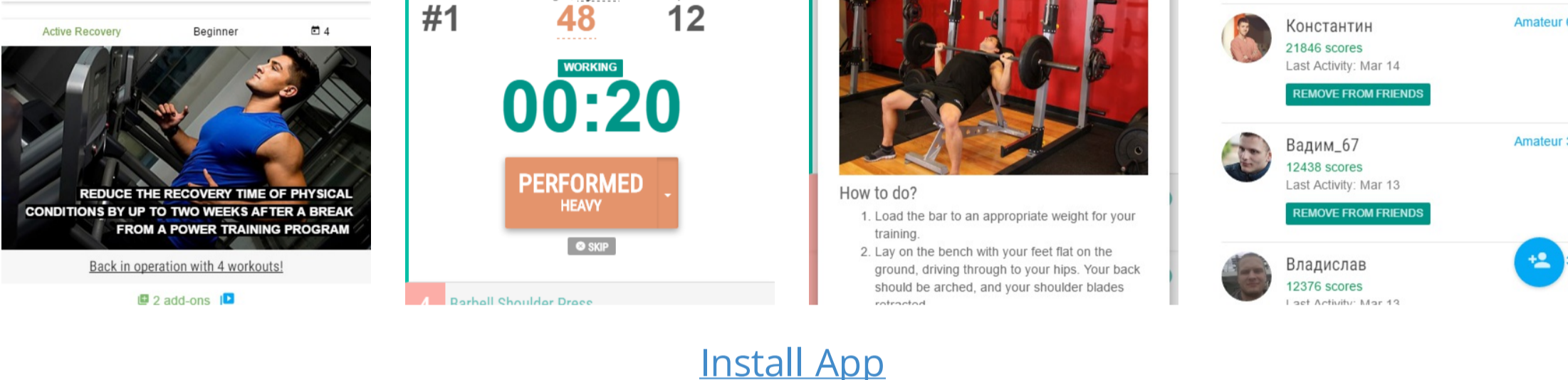
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 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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