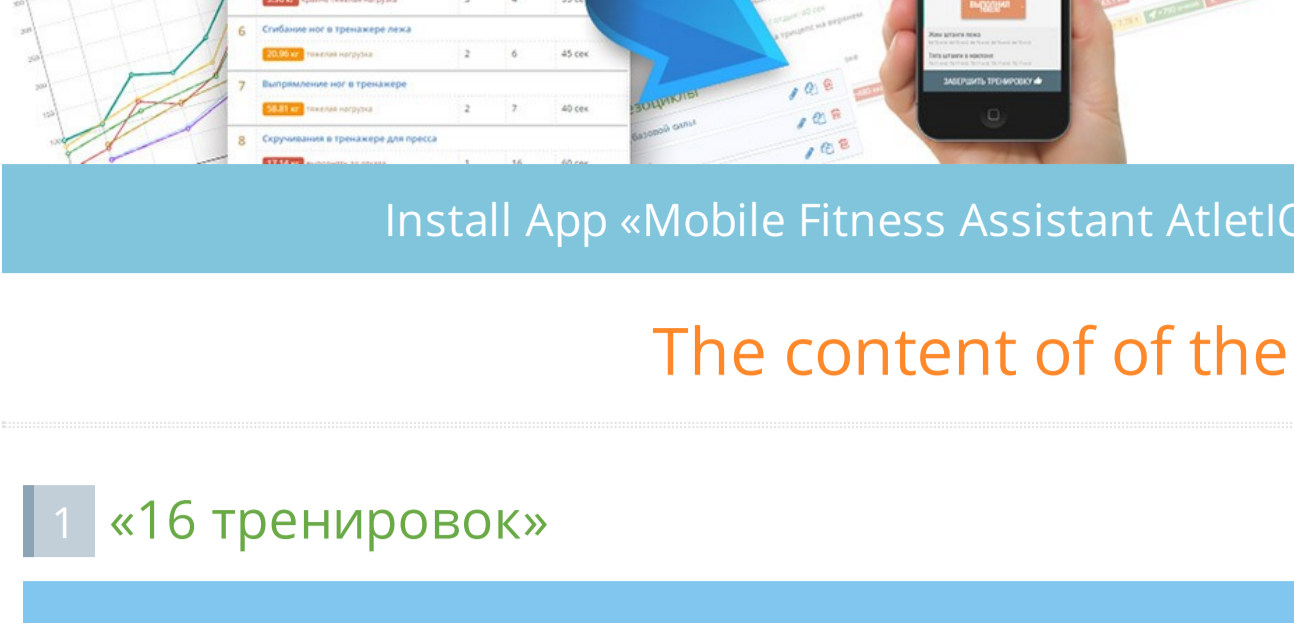


Intermediate
31 day
16 workouts
~44 minutes

<https://atletiq.com/en/programms/1213>



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

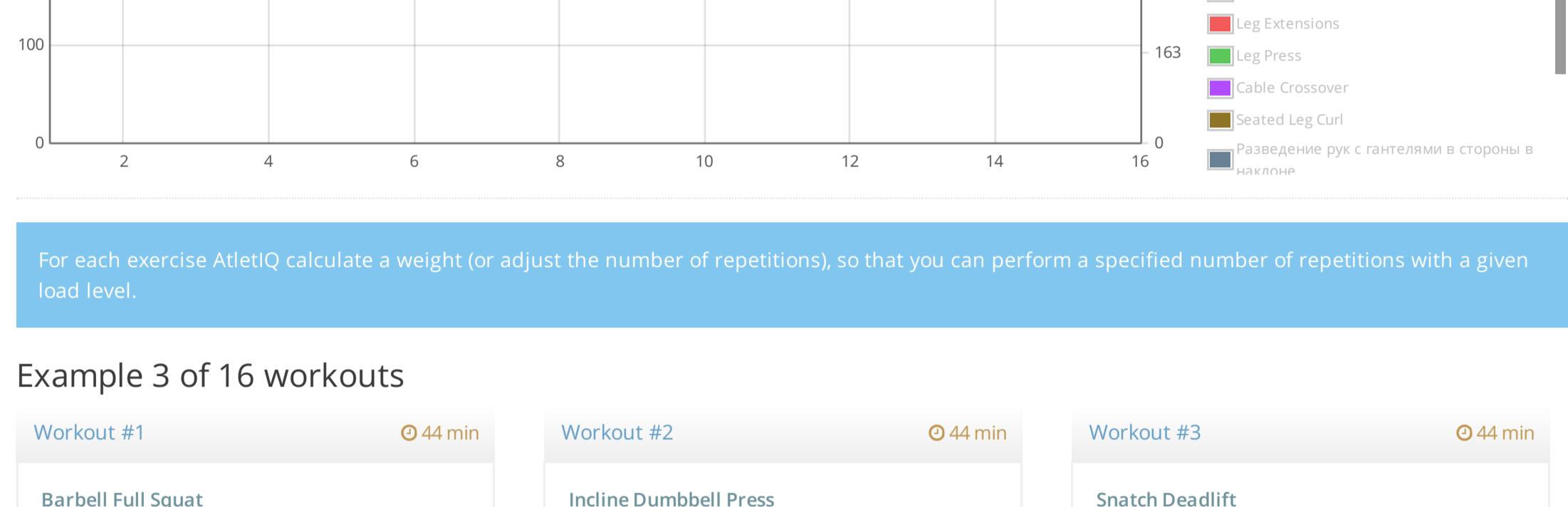
1 «16 тренировок» Duration in days: 31 Amount of training days: 16 Rest days: 15

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	Barbell Full Squat	6	2-3	⌚ 120 sec
2	Приседания на одной ноге с гантелями (a)	4	8-10	⌚ 60 sec
3	Stiff-Legged Barbell Deadlift (a)	4	8-10	⌚ 60 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 16 workouts

Workout #1 ⌚ 44 min

- Barbell Full Squat 6x3 Rest: ⌚ 120 sec very hard
- Приседания на одной ноге с гантелями 4x8 Rest: ⌚ 60 sec heavy
- Stiff-Legged Barbell Deadlift 4x8 Rest: ⌚ 60 sec heavy
- Leg Press 3x15 Rest: ⌚ 60 sec heavy
- Lying Leg Curls 3x15 Rest: ⌚ 60 sec heavy

> 9.75 T 🍀 714 scores 🔥 510 kcal

Workout #2 ⌚ 44 min

- Incline Dumbbell Press 6x3 Rest: ⌚ 120 sec very hard
- Dumbbell Bench Press 4x8 Rest: ⌚ 60 sec heavy
- One-Arm Dumbbell Row 4x8 Rest: ⌚ 60 sec heavy
- Push-Ups With Feet Elevated 3x15 Rest: ⌚ 60 sec heavy
- Seated Cable Rows 3x15 Rest: ⌚ 60 sec heavy

> 3.64 T 🍀 794 scores 🔥 570 kcal

Workout #3 ⌚ 44 min

- Snatch Deadlift 6x3 Rest: ⌚ 120 sec very hard
- Leg Extensions 4x8 Rest: ⌚ 60 sec heavy
- Seated Leg Curl 4x8 Rest: ⌚ 60 sec heavy
- Hyperextensions (Back Extensions) 3x15 Rest: ⌚ 60 sec heavy
- Seated Calf Raise 3x15 Rest: ⌚ 60 sec heavy

> 7.31 T 🍀 577 scores 🔥 410 kcal

Sign up or login to get access to the full version

[Sign Up](#)

General recommendations on training with AtletIQ

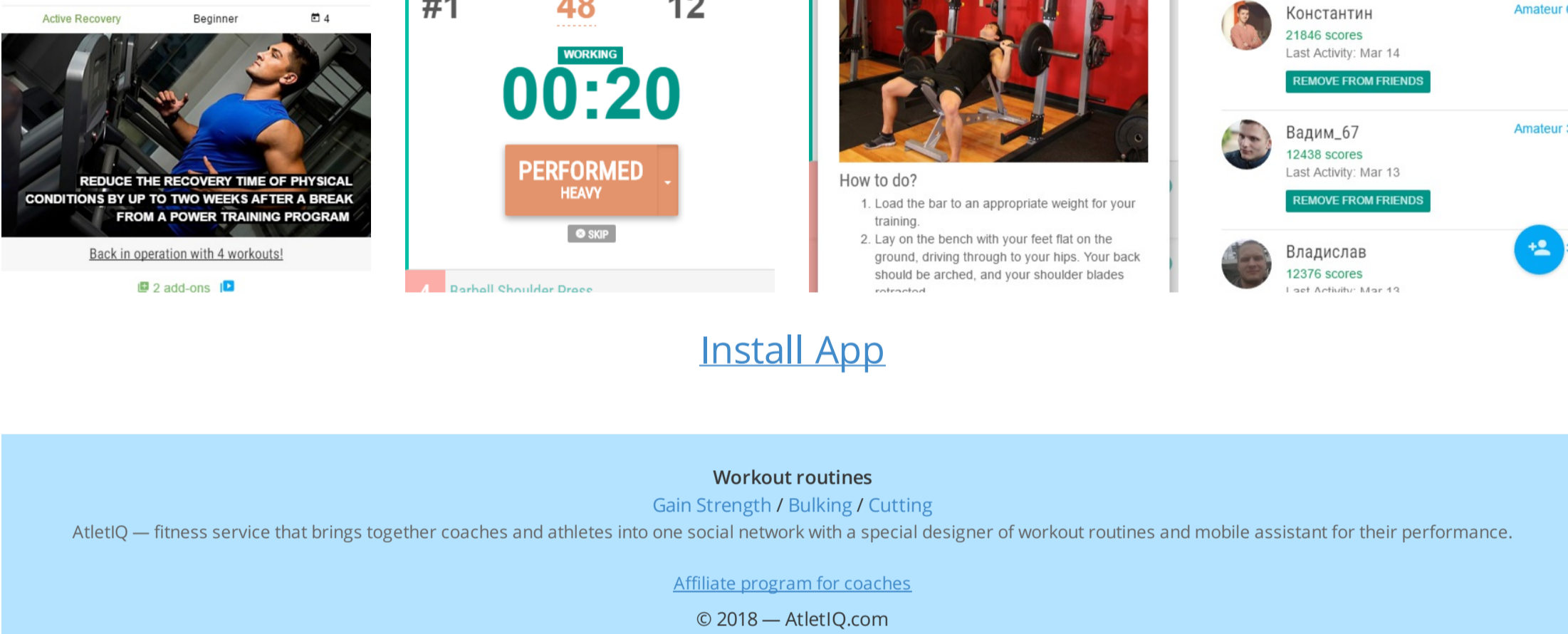
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the program 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 predetermined 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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