



Time management in exercise: seven minutes on the way to a beautiful and strong body with a general interval training program

Beginner
 6 days
6 workouts
~14 minutes

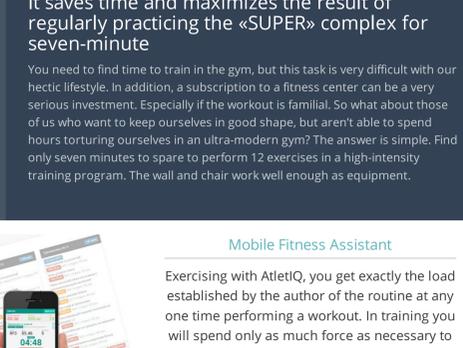
Even top managers, who can't spare a minute of their free time, can easily keep themselves in top form thanks to this super efficient training even in the office!

<https://atletiq.com/en/programms/169>

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Индивидуальная тренировочная программа — путеводитель по спортивному успеху.

Спрос на физически развитое, здоровое и привлекательное тело стабильно высок. И по-прежнему единственным действенным принципом телосовершенствования является регулярная и упорядоченная физическая активность. А уж приведение разобщенных упражнений, к единой рабочей схеме тренировок — задача опытного тренера.



It saves time and maximizes the result of regularly practicing the «SUPER» complex for seven-minute

You need to find time to train in the gym, but this task is very difficult with our hectic lifestyle. In addition, a subscription to a fitness center can be a very serious investment. Especially if the workout is familial. So what about those of us who want to keep ourselves in good shape, but aren't able to spend hours torturing ourselves in an ultra-modern gym? The answer is simple. Find only seven minutes to spare to perform 12 exercises in a high-intensity training program. The wall and chair work well enough as equipment.

Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of the program

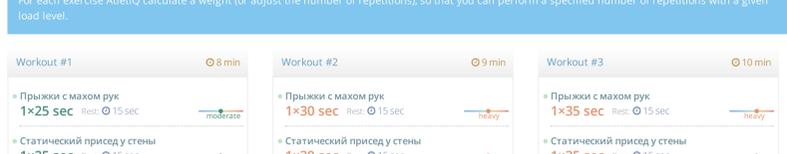
1 «ОСНОВНОЙ» Duration in days: 6 Amount of training days: 6 Rest days: 0

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 | Прыжки с махом рук (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 2 | Статический присед у стены (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 3 | Pushups (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 4 | Crunches (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 5 | Подъёмы на опору (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 6 | Bodyweight Squat (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 7 | Bench Dips (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 8 | Планка (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 9 | Бег на месте с высоким подниманием бедра (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 sec |
| 10 | Выпады (a) | 1-3 | 25 sec-40 sec | ⌚ 15-20 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.

Workout #1 ⌚ 8 min

- Прыжки с махом рук 1x25 sec Rest: ⌚ 15 sec moderate
- Статический присед у стены 1x40 sec Rest: ⌚ 15 sec moderate
- Pushups 1x25 sec Rest: ⌚ 15 sec moderate
- Crunches 1x25 sec Rest: ⌚ 15 sec moderate
- Подъёмы на опору 1x25 sec Rest: ⌚ 15 sec moderate
- Bodyweight Squat 1x25 sec Rest: ⌚ 15 sec moderate
- Bench Dips 1x25 sec Rest: ⌚ 15 sec moderate
- Планка 1x25 sec Rest: ⌚ 15 sec moderate
- Бег на месте с высоким подниманием бедра 1x25 sec Rest: ⌚ 15 sec moderate
- Выпады 1x25 sec Rest: ⌚ 15 sec moderate

16 scores

Workout #2 ⌚ 9 min

- Прыжки с махом рук 1x30 sec Rest: ⌚ 15 sec heavy
- Статический присед у стены 1x30 sec Rest: ⌚ 15 sec heavy
- Pushups 1x30 sec Rest: ⌚ 15 sec heavy
- Crunches 1x30 sec Rest: ⌚ 15 sec heavy
- Подъёмы на опору 1x30 sec Rest: ⌚ 15 sec heavy
- Bodyweight Squat 1x30 sec Rest: ⌚ 15 sec heavy
- Bench Dips 1x30 sec Rest: ⌚ 15 sec heavy
- Планка 1x30 sec Rest: ⌚ 15 sec heavy
- Бег на месте с высоким подниманием бедра 1x30 sec Rest: ⌚ 15 sec heavy
- Выпады 1x30 sec Rest: ⌚ 15 sec heavy

22 scores

Workout #3 ⌚ 10 min

- Прыжки с махом рук 1x35 sec Rest: ⌚ 15 sec heavy
- Статический присед у стены 1x35 sec Rest: ⌚ 15 sec heavy
- Pushups 1x35 sec Rest: ⌚ 15 sec heavy
- Crunches 1x35 sec Rest: ⌚ 15 sec heavy
- Подъёмы на опору 1x35 sec Rest: ⌚ 15 sec heavy
- Bodyweight Squat 1x35 sec Rest: ⌚ 15 sec heavy
- Bench Dips 1x35 sec Rest: ⌚ 15 sec heavy
- Планка 1x35 sec Rest: ⌚ 15 sec heavy
- Бег на месте с высоким подниманием бедра 1x35 sec Rest: ⌚ 15 sec heavy
- Выпады 1x35 sec Rest: ⌚ 15 sec heavy

29 scores

Workout #4 ⌚ 12 min

- Прыжки с махом рук 1x40 sec Rest: ⌚ 20 sec very hard
- Статический присед у стены 1x40 sec Rest: ⌚ 20 sec very hard
- Pushups 1x40 sec Rest: ⌚ 20 sec very hard
- Crunches 1x40 sec Rest: ⌚ 20 sec very hard
- Подъёмы на опору 1x40 sec Rest: ⌚ 20 sec very hard
- Bodyweight Squat 1x40 sec Rest: ⌚ 20 sec very hard
- Bench Dips 1x40 sec Rest: ⌚ 20 sec very hard
- Планка 1x40 sec Rest: ⌚ 20 sec very hard
- Бег на месте с высоким подниманием бедра 1x40 sec Rest: ⌚ 20 sec very hard
- Выпады 1x40 sec Rest: ⌚ 20 sec very hard

56 scores

Workout #5 ⌚ 20 min

- Прыжки с махом рук 2x35 sec Rest: ⌚ 20 sec heavy
- Статический присед у стены 2x35 sec Rest: ⌚ 20 sec heavy
- Pushups 2x35 sec Rest: ⌚ 20 sec heavy
- Crunches 2x35 sec Rest: ⌚ 20 sec heavy
- Подъёмы на опору 2x35 sec Rest: ⌚ 20 sec heavy
- Bodyweight Squat 2x35 sec Rest: ⌚ 20 sec heavy
- Bench Dips 2x35 sec Rest: ⌚ 20 sec heavy
- Планка 2x35 sec Rest: ⌚ 20 sec heavy
- Бег на месте с высоким подниманием бедра 2x35 sec Rest: ⌚ 20 sec heavy
- Выпады 2x35 sec Rest: ⌚ 20 sec heavy

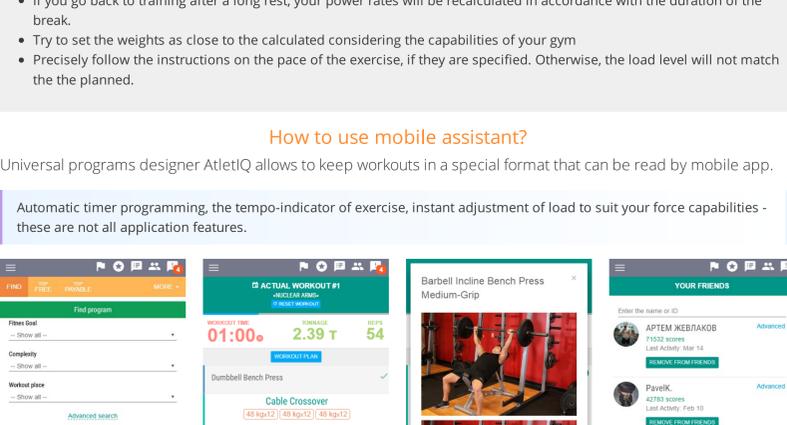
77 scores

Workout #6 ⌚ 27 min

- Прыжки с махом рук 3x30 sec Rest: ⌚ 20 sec heavy
- Статический присед у стены 3x30 sec Rest: ⌚ 20 sec heavy
- Pushups 3x30 sec Rest: ⌚ 20 sec heavy
- Crunches 3x30 sec Rest: ⌚ 20 sec heavy
- Подъёмы на опору 3x30 sec Rest: ⌚ 20 sec heavy
- Bodyweight Squat 3x30 sec Rest: ⌚ 20 sec heavy
- Bench Dips 3x30 sec Rest: ⌚ 20 sec heavy
- Планка 3x30 sec Rest: ⌚ 20 sec heavy
- Бег на месте с высоким подниманием бедра 3x30 sec Rest: ⌚ 20 sec heavy
- Выпады 3x30 sec Rest: ⌚ 20 sec heavy

74 scores

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 help
- 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 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 application, 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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