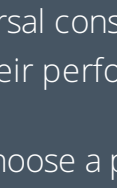


Street Workout (level 1)

The two mesocycle "Street Workout" program involves two stages of progressive training: systematically included in work and focused on progress



Beginner

34 days

18 workouts

~48 minutes

No backyard gym? Now its not an excuse to skip workouts! A balanced exercise program for the whole body on the playground. A combination of cardio and working on muscle mass development will shred the body and develop muscle features.

<https://atletiq.com/en/programms/171>



Author:
AtletIQ

AtletIQ — fitness service that brings together coaches and athletes in a single social network with a universal constructor programs and mobile assistant for their performance.

1. Choose a program and perform training with a mobile assistant.
2. The harder the workout, the more points you will earn.
3. Grip in Top athletes as long as possible and become popular.
4. Invite your friends to the service and get bonus Points to activate the closed programs!

Develop muscle function, strength endurance and "grind" relief with regular classes on the «Street workout» program

Through the implementation of a universal training program, created on the basis of the Street Workout street sports, any novice or more experienced athlete can not only get their muscular body in shape without visiting the gym, but also highlight the relief of muscle coordination with the work of the vestibular system, increasing endurance and building strength. As a result of the analysis of the effects of different exercise on the human body, the basis of everyday training was formed following the street workout movement, the innovative training scheme developed includes two mesocycles, «Adaptation» and «Basic» focused on the gradual transition from basic fundamentals to more complicated elements. The basic conceptual plan for the street training is to make static and dynamic exercises with your own body weight, calculated on the balanced development of the body's muscles.

33 days, 18 of which the training will be able to acclimate any person's body to intense stress. Don't believe me? Try it!

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 «Адаптация»

Duration in days: 11 Amount of training days: 6 Rest days: 5

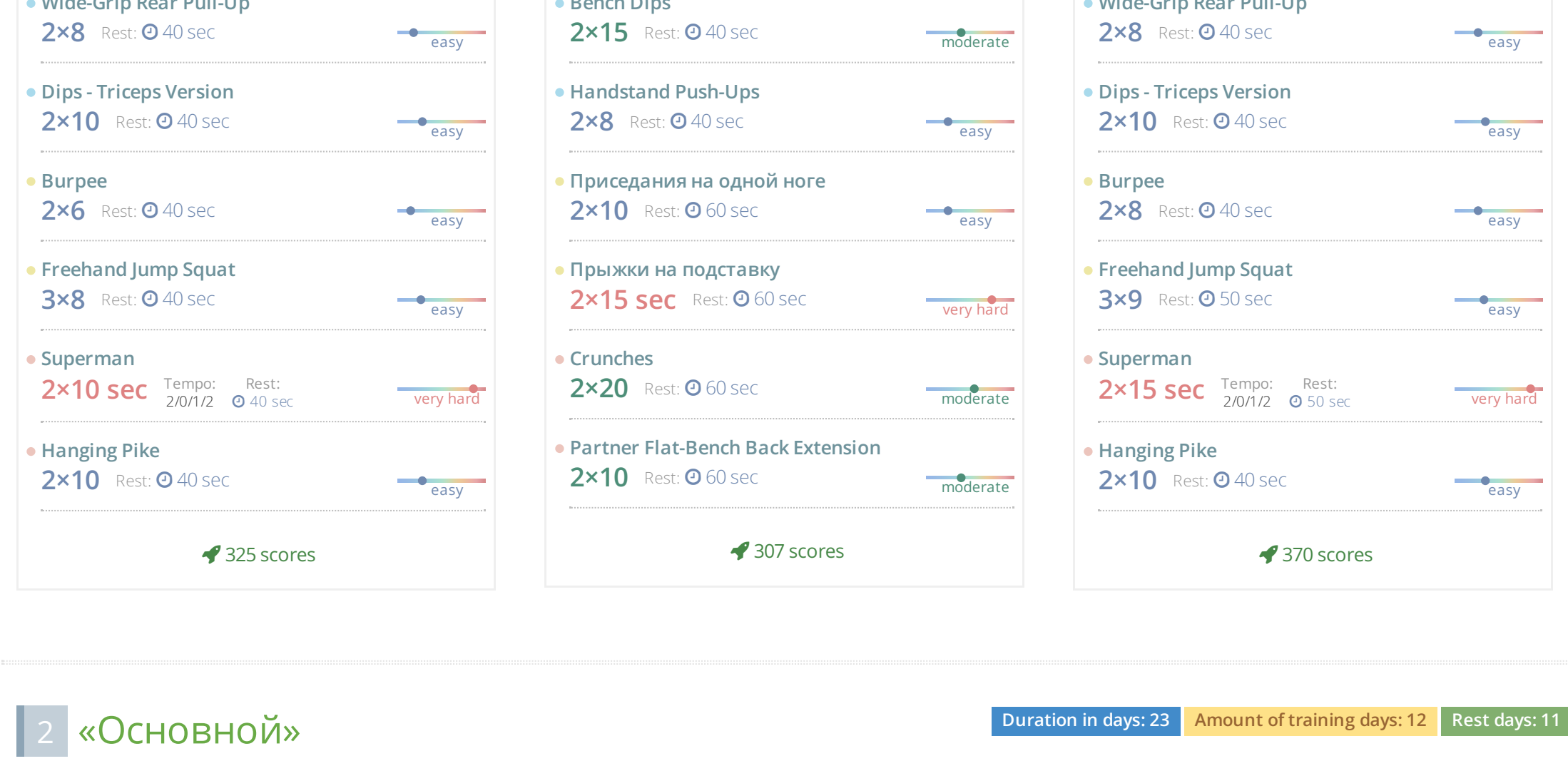
Вводный комплекс стрит-воркаут для начинающих «Адаптация» не только расширяет рамки физических возможностей, но и затрагивает глубоко философскую составляющую, ведь эффективный тренинг — это не только монотонное повторение упражнения, но и умение выдержать стресс, обуздать свою лень и выложиться на 100% в каждой тренировке.

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 | Push-Up Wide (a) | 2 | 15 | ⌚ 40-60 sec |
| 2 | Push-Ups With Feet Elevated (a) | 2 | 15 | ⌚ 40-60 sec |
| 3 | Wide-Grip Rear Pull-In (b) | 2 | 8 | ⌚ 40-60 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 6 workouts

| Workout #1 | ⌚ 36 min | Workout #2 | ⌚ 38 min | Workout #3 | ⌚ 37 min |
|---|----------|--|----------|---|----------|
| <ul style="list-style-type: none">Push-Up Wide 2x15 Rest: ⌚ 40 sec moderatePush-Ups With Feet Elevated 2x15 Rest: ⌚ 40 sec moderateWide-Grip Rear Pull-Up 2x8 Rest: ⌚ 40 sec easyDips - Triceps Version 2x10 Rest: ⌚ 40 sec easyBurpee 2x6 Rest: ⌚ 40 sec easyFreehand Jump Squat 3x8 Rest: ⌚ 40 sec easySuperman 2x10 sec Tempo: 20/12 Rest: ⌚ 40 sec very hardHanging Pike 2x10 Rest: ⌚ 40 sec easy 325 scores | | <ul style="list-style-type: none">Pushups (Close and Wide Hand Positions) 2x15 Rest: ⌚ 40 sec moderateChin-Up 2x10 Rest: ⌚ 40 sec easyBench Dips 2x15 Rest: ⌚ 40 sec moderateHandstand Push-Ups 2x8 Rest: ⌚ 40 sec easyПриседания на одной ноге 2x10 Rest: ⌚ 60 sec easyПрыжки на подставку 2x15 sec Rest: ⌚ 60 sec very hardCrunches 2x20 Rest: ⌚ 60 sec moderatePartner Flat-Bench Back Extension 2x10 Rest: ⌚ 60 sec moderate 307 scores | | <ul style="list-style-type: none">Push-Up Wide 2x15 Rest: ⌚ 40 sec moderatePush-Ups With Feet Elevated 2x15 Rest: ⌚ 40 sec moderateWide-Grip Rear Pull-Up 2x8 Rest: ⌚ 40 sec easyDips - Triceps Version 2x10 Rest: ⌚ 40 sec easyBurpee 2x8 Rest: ⌚ 40 sec easyFreehand Jump Squat 3x9 Rest: ⌚ 50 sec easySuperman 2x15 sec Tempo: 20/12 Rest: ⌚ 30 sec very hardHanging Pike 2x10 Rest: ⌚ 40 sec easy 370 scores | |

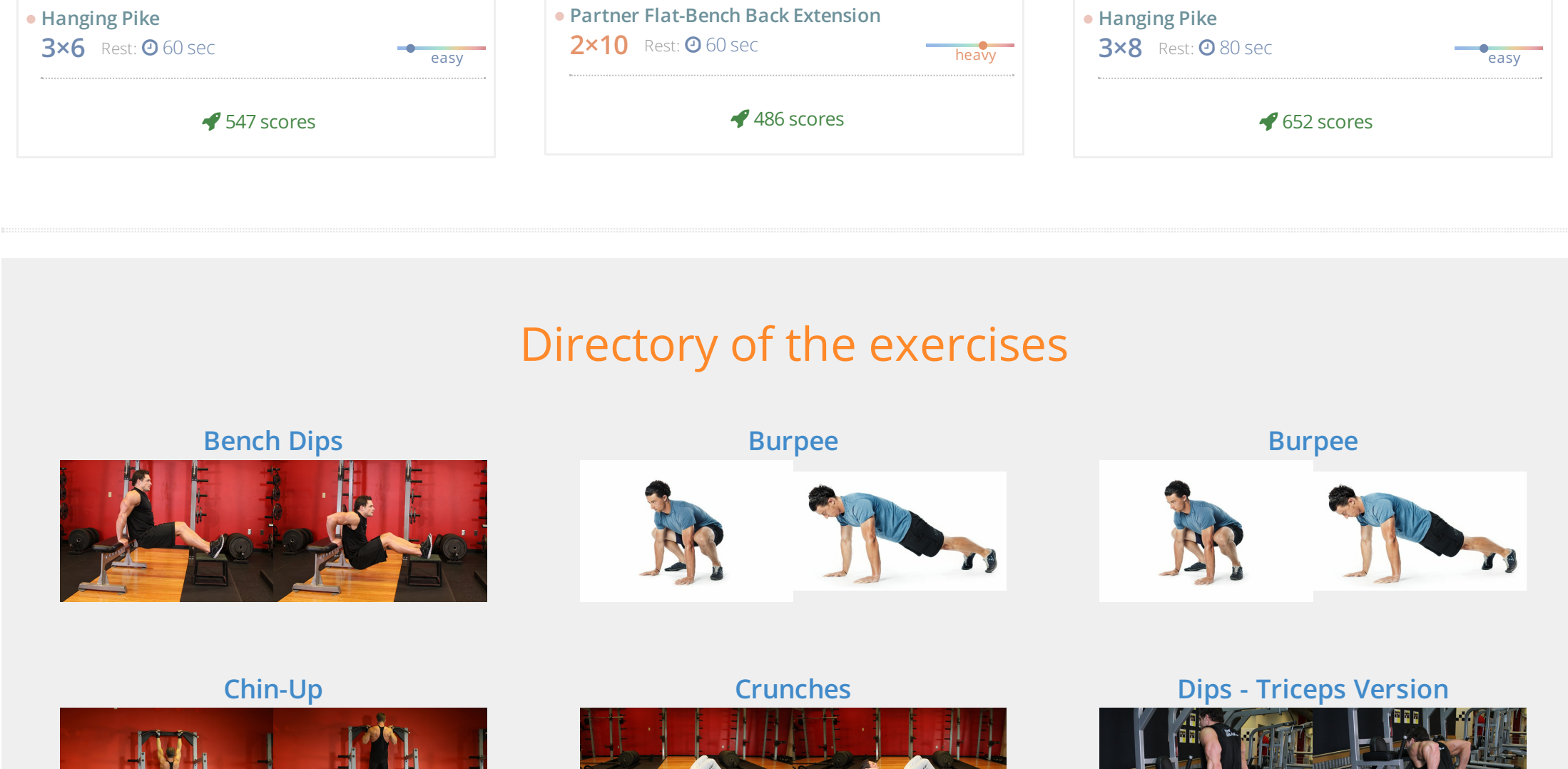
2 «ОСНОВНОЙ»

Duration in days: 23 Amount of training days: 12 Rest days: 11

«Основной» мезоцикл построен на базе тех же упражнений, что и адапционный, но характер тренировочного режима существенно меняется.

| # | Exercise (superset) | Sets | Reps | ⌚ Rest between sets |
|-------|---------------------------------|------|------------|---------------------|
| 1 day | | | | |
| 1 | Push-Up Wide (a) | 2-3 | 20 | ⌚ 60-90 sec |
| 2 | Push-Ups With Feet Elevated (a) | 2-3 | 15 | ⌚ 60-90 sec |
| 3 | Wide-Grip Rear Pull-In (b) | 2-3 | 8-10 (max) | ⌚ 60-90 sec |

Training intensity for each exercise

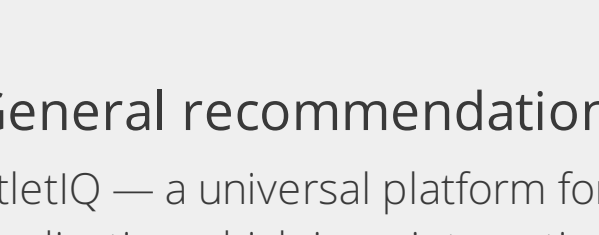


Example 3 of 12 workouts

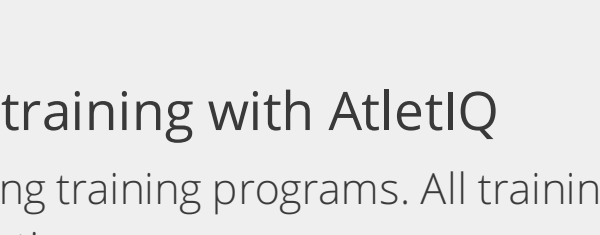
| Workout #1 | ⌚ 50 min | Workout #2 | ⌚ 48 min | Workout #3 | ⌚ 55 min |
|--|----------|--|----------|---|----------|
| <ul style="list-style-type: none">Push-Up Wide 3x20 Rest: ⌚ 60 sec moderatePush-Ups With Feet Elevated 3x15 Rest: ⌚ 60 sec moderateWide-Grip Rear Pull-Up 3x8 Rest: ⌚ 60 sec easyDips - Triceps Version 3x10 Rest: ⌚ 60 sec moderateBurpee 3x8 Rest: ⌚ 60 sec easyFreehand Jump Squat 3x8 Rest: ⌚ 60 sec easySuperman 3x25 sec Tempo: 20/12 Rest: ⌚ 60 sec very hardHanging Pike 3x6 Rest: ⌚ 60 sec easy 547 scores | | <ul style="list-style-type: none">Pushups (Close and Wide Hand Positions) 3x10 Rest: ⌚ 60 sec easyChin-Up 3x10 Rest: ⌚ 60 sec moderateBench Dips 3x15 Rest: ⌚ 60 sec heavyHandstand Push-Ups 3x6 Rest: ⌚ 60 sec easyПриседания на одной ноге 3x10 Rest: ⌚ 60 sec easyПрыжки на подставку 3x25 sec Rest: ⌚ 60 sec very hardCrunches 2x20 Rest: ⌚ 60 sec to failurePartner Flat-Bench Back Extension 2x10 Rest: ⌚ 60 sec heavy 486 scores | | <ul style="list-style-type: none">Push-Up Wide 3x20 Rest: ⌚ 60 sec moderatePush-Ups With Feet Elevated 3x15 Rest: ⌚ 80 sec heavyWide-Grip Rear Pull-Up 3x8 Rest: ⌚ 60 sec moderateDips - Triceps Version 3x10 Rest: ⌚ 80 sec heavyBurpee 3x9 Rest: ⌚ 60 sec easyFreehand Jump Squat 3x9 Rest: ⌚ 60 sec heavySuperman 3x35 sec Tempo: 20/12 Rest: ⌚ 60 sec very hardHanging Pike 3x8 Rest: ⌚ 80 sec easy 652 scores | |

Directory of the exercises

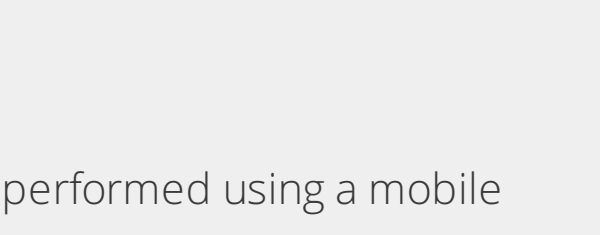
Bench Dips



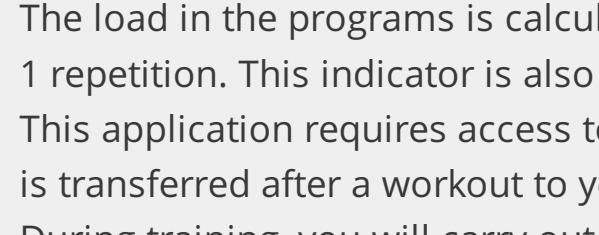
Burpee



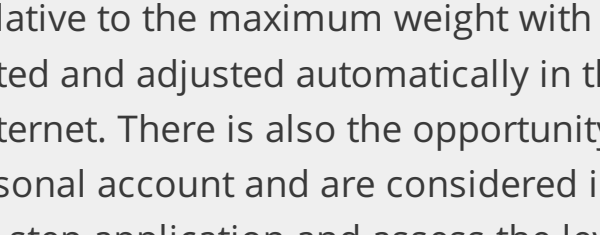
Burpee



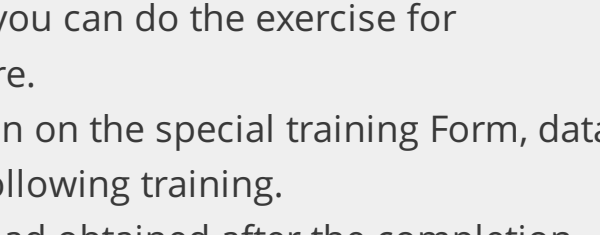
Chin-Up



Crunches



Dips - Triceps Version



Freehand Jump Squat

Handstand Push-Ups

Hanging Pike

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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