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

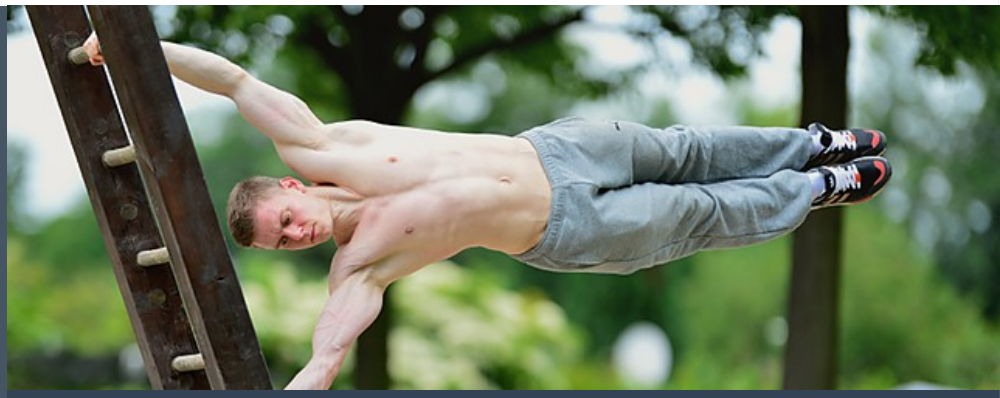
No backyard gym? Now its not an excuse to skip workouts! A balanced exercise program for the whole body on the playground. A combination of cardio and working on muscle mass development will shred the body and develop muscle features.

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.

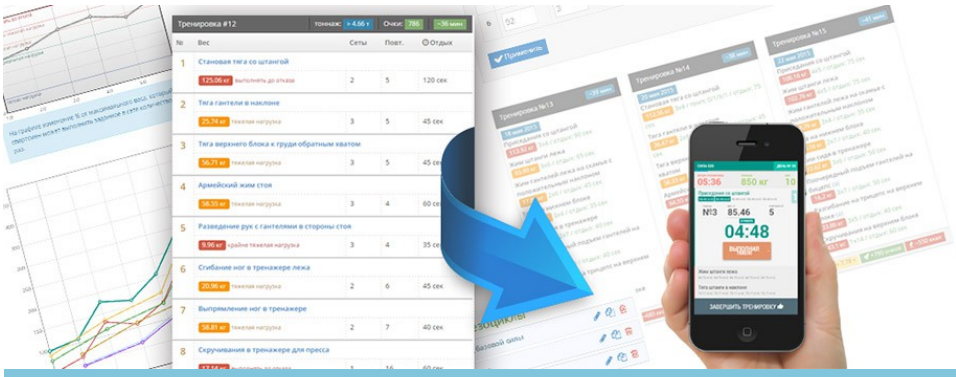
1. Choose a program and perform training with a mobile assistant.
2. The harder the workout, the more points you will earn.
3. Grip in Top athletes as long as possible and become popular.
4. Invite your friends to the service and get bonus Points to activate the closed programs!



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

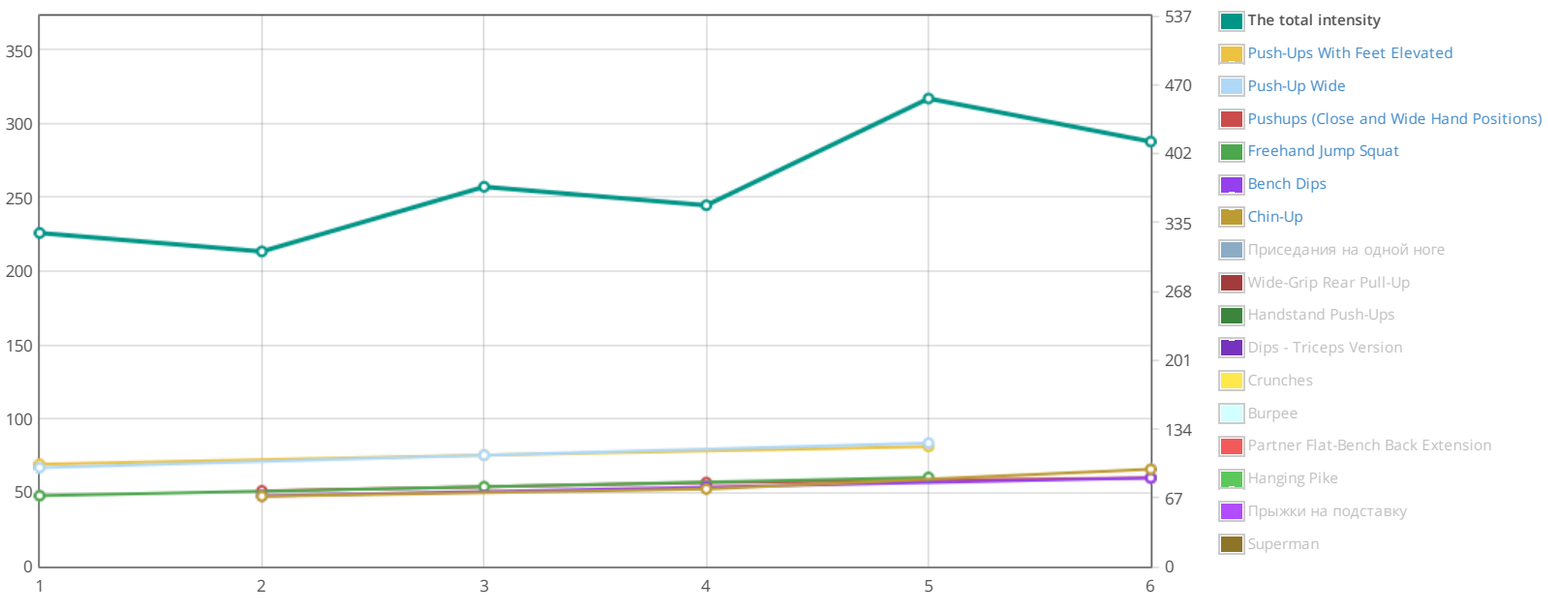
Вводный комплекс стрит-воркаут для начинающих «Адаптация» не только расширяет рамки физических возможностей, но и затрагивает глубоко философскую составляющую, ведь эффективный тренинг — это не только монотонное повторение упражнения, но и умение выдержать стресс, обуздать свою лень и выложиться на 100% 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-Up (b)	2	8	40-60 sec
4	Dips - Triceps Version (b)	2	10	40-60 sec
5	Burpee (c)	2-3	6-10	40-50 sec
6	Freehand Jump Squat (c)	3	8-10	40-60 sec
7	Superman (d)	2-3	10 sec-20 sec	40-60 sec
8	Hanging Pike (d)	2	10	40-60 sec
	2 day (rest)			
	3 day			
1	Pushups (Close and Wide Hand Positions) (a)	2	15	40-60 sec
2	Chin-Up (a)	2	10	40-60 sec
3	Bench Dips (b)	2	15	40-60 sec
4	Handstand Push-Ups (b)	2	8	40-60 sec
5	Приседания на одной ноге (c)	2	10	60 sec
6	Прыжки на подставку (c)	2-3	15 sec-26 sec	60 sec
7	Crunches (d)	2	20	60 sec
8	Partner Flat-Bench Back Extension (d)	2	10	60 sec
	4 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 — 36 min

- **Push-Up Wide** 2×15 Rest: 40 sec — moderate
- **Push-Ups With Feet Elevated** 2×15 Rest: 40 sec — moderate
- **Wide-Grip Rear Pull-Up** 2×8 Rest: 40 sec — easy
- **Dips - Triceps Version** 2×10 Rest: 40 sec — easy
- **Burpee** 2×6 Rest: 40 sec — easy
- **Freehand Jump Squat** 3×8 Rest: 40 sec — easy
- **Superman** 2×10 sec Tempo: 2/0/1/2 Rest: 40 sec — very hard
- **Hanging Pike** 2×10 Rest: 40 sec — easy

325 scores

Workout #2 — 38 min

- **Pushups (Close and Wide Hand Positions)** 2×15 Rest: 40 sec — moderate
- **Chin-Up** 2×10 Rest: 40 sec — easy
- **Bench Dips** 2×15 Rest: 40 sec — moderate
- **Handstand Push-Ups** 2×8 Rest: 40 sec — easy
- **Приседания на одной ноге** 2×10 Rest: 60 sec — easy
- **Прыжки на подставку** 2×15 sec Rest: 60 sec — very hard
- **Crunches** 2×20 Rest: 60 sec — moderate
- **Partner Flat-Bench Back Extension** 2×10 Rest: 60 sec — moderate

307 scores

Workout #3 — 37 min

- **Push-Up Wide** 2×15 Rest: 40 sec — moderate
- **Push-Ups With Feet Elevated** 2×15 Rest: 40 sec — moderate
- **Wide-Grip Rear Pull-Up** 2×8 Rest: 40 sec — easy
- **Dips - Triceps Version** 2×10 Rest: 40 sec — easy
- **Burpee** 2×8 Rest: 40 sec — easy
- **Freehand Jump Squat** 3×9 Rest: 50 sec — easy
- **Superman** 2×15 sec Tempo: 2/0/1/2 Rest: 50 sec — very hard
- **Hanging Pike** 2×10 Rest: 40 sec — easy

370 scores

Workout #4 — 39 min

- **Pushups (Close and Wide Hand Positions)** 2×15 Rest: 40 sec — moderate
- **Chin-Up** 2×10 Rest: 40 sec — easy
- **Bench Dips** 2×15 Rest: 40 sec — moderate
- **Handstand Push-Ups** 2×8 Rest: 40 sec — easy
- **Приседания на одной ноге** 2×10 Rest: 60 sec — easy
- **Прыжки на подставку** 2×20 sec Rest: 60 sec — very hard
- **Crunches** 2×20 Rest: 60 sec — very hard
- **Partner Flat-Bench Back Extension** 2×10 Rest: 60 sec — moderate

352 scores

Workout #5 — 44 min

- **Push-Up Wide** 2×15 Rest: 60 sec — heavy
- **Push-Ups With Feet Elevated** 2×15 Rest: 60 sec — heavy
- **Wide-Grip Rear Pull-Up** 2×8 Rest: 60 sec — moderate
- **Dips - Triceps Version** 2×10 Rest: 60 sec — moderate
- **Burpee** 3×10 Rest: 50 sec — moderate
- **Freehand Jump Squat** 3×10 Rest: 60 sec — moderate
- **Superman** 3×20 sec Tempo: 2/0/1/2 Rest: 60 sec — very hard
- **Hanging Pike** 2×10 Rest: 60 sec — moderate

456 scores

Workout #6 — 43 min

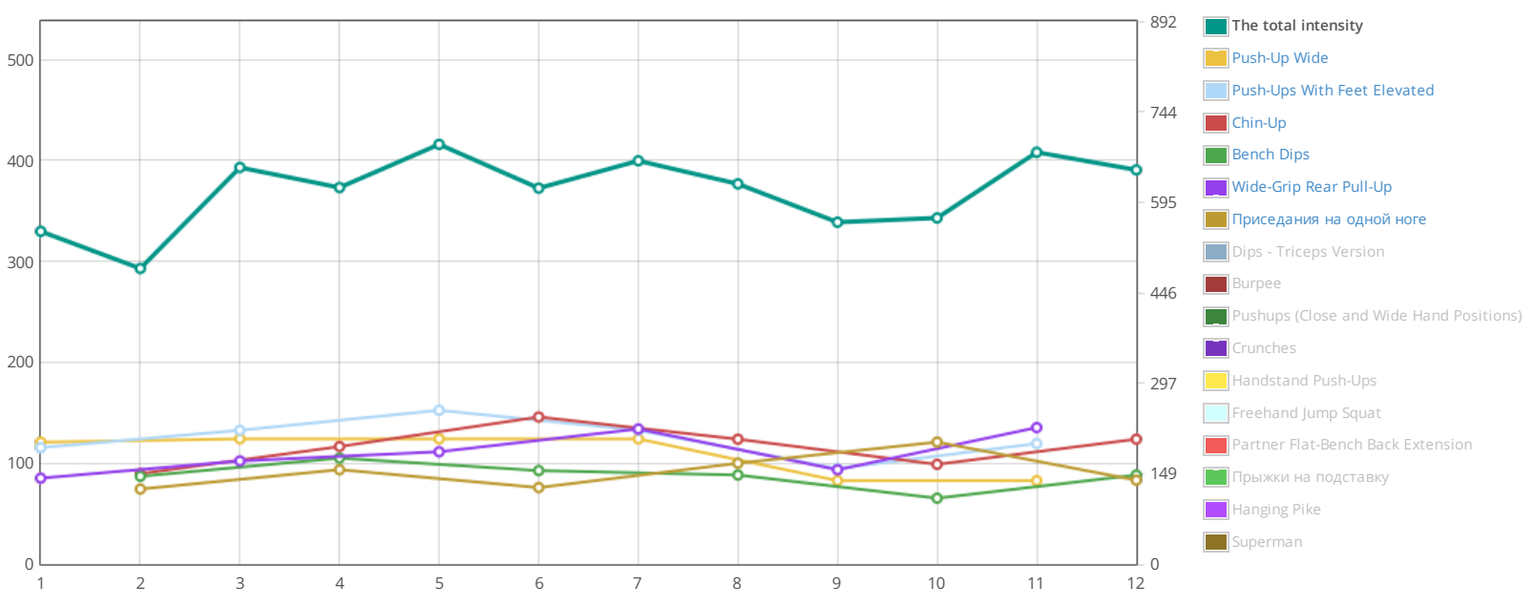
- **Pushups (Close and Wide Hand Positions)** 2×15 Rest: 60 sec — heavy
- **Chin-Up** 2×10 Rest: 60 sec — moderate
- **Bench Dips** 2×15 Rest: 60 sec — heavy
- **Handstand Push-Ups** 2×8 Rest: 60 sec — moderate
- **Приседания на одной ноге** 2×10 Rest: 60 sec — moderate
- **Прыжки на подставку** 3×26 sec Rest: 60 sec — very hard
- **Crunches** 2×20 Rest: 60 sec — to failure
- **Partner Flat-Bench Back Extension** 2×10 Rest: 60 sec — heavy

414 scores

«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-Up (b)	2-3	8-10 (+max)	60-90 sec
4	Dips - Triceps Version (b)	2-3	10-15	60-90 sec
5	Burpee (c)	3	8-12	60 sec
6	Freehand Jump Squat (c)	2-3	8-14	60 sec
7	Superman (d)	3	25 sec-40 sec	60 sec
8	Hanging Pike (d)	2-3	6-12	60-90 sec
	2 day (rest)			
	3 day			
1	Pushups (Close and Wide Hand Positions) (a)	2-3	10-15	60-90 sec
2	Chin-Up (a)	2-3	10 (+max)	60-90 sec
3	Bench Dips (b)	2-3	15	60-90 sec
4	Handstand Push-Ups (b)	2-3	6-10 (+max)	60-90 sec
5	Приседания на одной ноге (c)	2-3	10 (+max)	60-120 sec
6	Прыжки на подставку (c)	2-3	25 sec-40 sec	60-90 sec
7	Crunches (d)	2	20	60 sec
8	Partner Flat-Bench Back Extension (d)	2	10 (+max)	60 sec
	4 day (rest)			

Training intensity for each exercise



Workout #1	50 min	Workout #2	48 min	Workout #3	55 min
Push-Up Wide		Pushups (Close and Wide Hand Positions)		Push-Up Wide	
3×20	Rest: 60 sec, moderate	3×10	Rest: 60 sec, easy	3×20	Rest: 80 sec, moderate

- Push-Ups With Feet Elevated 3×15 Rest: 60 sec moderate
- Wide-Grip Rear Pull-Up 3×8 Rest: 60 sec easy
- Dips - Triceps Version 3×10 Rest: 60 sec moderate
- Burpee 3×8 Rest: 60 sec easy
- Freehand Jump Squat 3×8 Rest: 60 sec easy
- Superman 3×25 sec Tempo: 2/0/1/2 Rest: 60 sec very hard
- Hanging Pike 3×6 Rest: 60 sec easy

547 scores

- Chin-Up 3×10 Rest: 60 sec moderate
- Bench Dips 3×15 Rest: 60 sec heavy
- Handstand Push-Ups 3×6 Rest: 60 sec easy
- Приседания на одной ноге 3×10 Rest: 60 sec easy
- Прыжки на подставку 3×25 sec Rest: 60 sec very hard
- Crunches 2×20 Rest: 60 sec to failure
- Partner Flat-Bench Back Extension 2×10 Rest: 60 sec heavy

486 scores

- Push-Ups With Feet Elevated 3×15 Rest: 80 sec heavy
- Wide-Grip Rear Pull-Up 3×8 Rest: 80 sec moderate
- Dips - Triceps Version 3×10 Rest: 80 sec heavy
- Burpee 3×9 Rest: 60 sec easy
- Freehand Jump Squat 3×9 Rest: 60 sec heavy
- Superman 3×35 sec Tempo: 2/0/1/2 Rest: 60 sec very hard
- Hanging Pike 3×8 Rest: 80 sec easy

652 scores

Workout #4 — 54 min

- Pushups (Close and Wide Hand Positions) 3×12 Rest: 80 sec moderate
- Chin-Up 3×10 Rest: 80 sec heavy
- Bench Dips 3×15 Rest: 80 sec very hard
- Handstand Push-Ups 3×6 Rest: 80 sec easy
- Приседания на одной ноге 3×10 Rest: 80 sec moderate
- Прыжки на подставку 3×35 sec Rest: 80 sec very hard
- Crunches 2×20 Rest: 60 sec to failure
- Partner Flat-Bench Back Extension 2×10 max Rest: 60 sec to failure

619 scores

Workout #5 — 57 min

- Push-Up Wide 3×20 Rest: 90 sec moderate
- Push-Ups With Feet Elevated 3×15 Rest: 90 sec very hard
- Wide-Grip Rear Pull-Up 3×8 Rest: 90 sec moderate
- Dips - Triceps Version 2×15 Rest: 90 sec very hard
- Burpee 3×10 Rest: 60 sec moderate
- Freehand Jump Squat 3×10 Rest: 60 sec moderate
- Superman 3×40 sec Tempo: 2/0/1/2 Rest: 60 sec very hard
- Hanging Pike 3×10 Rest: 90 sec heavy

690 scores

Workout #6 — 52 min

- Pushups (Close and Wide Hand Positions) 2×15 Rest: 90 sec to failure
- Chin-Up 3×10 Rest: 90 sec very hard
- Bench Dips 3×15 Rest: 90 sec heavy
- Handstand Push-Ups 3×8 Rest: 90 sec moderate
- Приседания на одной ноге 2×10 Rest: 90 sec heavy
- Прыжки на подставку 2×40 sec Rest: 90 sec very hard
- Crunches 2×20 Rest: 60 sec to failure
- Partner Flat-Bench Back Extension 2×10 Rest: 60 sec very hard

618 scores

Workout #7 — 54 min

- Push-Up Wide 3×20 Rest: 80 sec moderate
- Push-Ups With Feet Elevated 3×15 Rest: 80 sec heavy
- Wide-Grip Rear Pull-Up 3×10 Rest: 80 sec heavy
- Dips - Triceps Version 3×10 Rest: 80 sec moderate
- Burpee 3×8 Rest: 60 sec easy
- Freehand Jump Squat 2×11 Rest: 60 sec very hard

Workout #8 — 50 min

- Pushups (Close and Wide Hand Positions) 3×10 Rest: 80 sec moderate
- Chin-Up 2×10 max Rest: 80 sec to failure
- Bench Dips 2×15 Rest: 80 sec to failure
- Handstand Push-Ups 2×10 Rest: 80 sec very hard
- Приседания на одной ноге 3×10 Rest: 80 sec moderate
- Прыжки на подставку 3×30 sec Rest: 80 sec very hard

Workout #9 — 50 min

- Push-Up Wide 2×20 Rest: 90 sec moderate
- Push-Ups With Feet Elevated 2×15 Rest: 90 sec very hard
- Wide-Grip Rear Pull-Up 2×10 Rest: 90 sec very hard
- Dips - Triceps Version 2×10 Rest: 90 sec heavy
- Burpee 3×11 Rest: 60 sec moderate
- Freehand Jump Squat 3×12 Rest: 60 sec heavy

- Superman
  3×30 sec Tempo: 2/0/1/2 Rest: 60 sec very hard
- Hanging Pike
  3×10 Rest: 80 sec heavy

663 scores

- Crunches
  2×20 Rest: 60 sec to failure
- Partner Flat-Bench Back Extension
  2×10 max Rest: 60 sec to failure

625 scores

- Superman
  3×35 sec Tempo: 2/0/1/2 Rest: 60 sec very hard
- Hanging Pike
  2×10 Rest: 90 sec very hard

562 scores

Workout #10 — 54 min

- Pushups (Close and Wide Hand Positions)
  2×12 Rest: 90 sec heavy
- Chin-Up
  3×10 Rest: 90 sec moderate
- Bench Dips
  2×15 Rest: 90 sec heavy
- Handstand Push-Ups
  3×8 Rest: 90 sec moderate
- Приседания на одной ноге
  2×10 max Rest: 120 sec to failure
- Прыжки на подставку
  3×35 sec Rest: 90 sec very hard
- Crunches
  2×20 Rest: 60 sec to failure
- Partner Flat-Bench Back Extension
  2×10 Rest: 60 sec very hard

569 scores

Workout #11 — 50 min

- Push-Up Wide
  2×20 Rest: 90 sec moderate
- Push-Ups With Feet Elevated
  2×15 Rest: 90 sec to failure
- Wide-Grip Rear Pull-Up
  2×10 max Rest: 90 sec to failure
- Dips - Triceps Version
  2×15 Rest: 90 sec to failure
- Burpee
  3×12 Rest: 60 sec moderate
- Freehand Jump Squat
  2×14 Rest: 60 sec to failure
- Superman
  3×40 sec Tempo: 2/0/1/2 Rest: 60 sec very hard
- Hanging Pike
  2×12 Rest: 90 sec to failure

677 scores

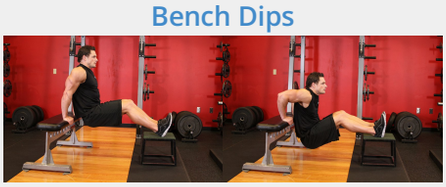
Workout #12 — 48 min

- Pushups (Close and Wide Hand Positions)
  2×15 Rest: 90 sec to failure
- Chin-Up
  2×10 max Rest: 90 sec to failure
- Bench Dips
  2×15 Rest: 90 sec to failure
- Handstand Push-Ups
  2×8 max Rest: 90 sec to failure
- Приседания на одной ноге
  2×10 Rest: 90 sec very hard
- Прыжки на подставку
  2×40 sec Rest: 90 sec very hard
- Crunches
  2×20 Rest: 60 sec to failure
- Partner Flat-Bench Back Extension
  2×10 max Rest: 60 sec to failure

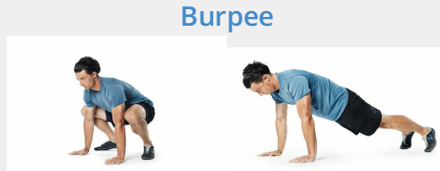
648 scores

Directory of the exercises

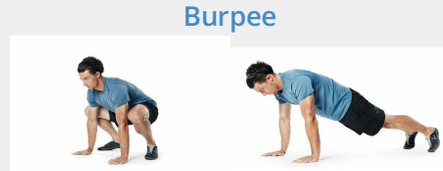
Bench Dips



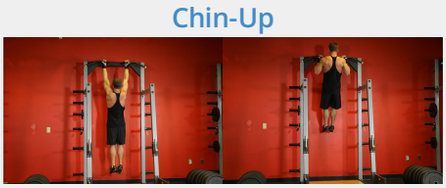
Burpee



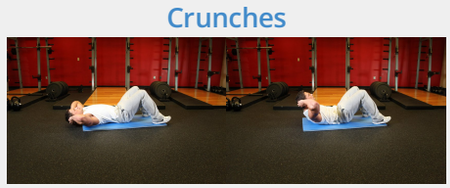
Burpee



Chin-Up



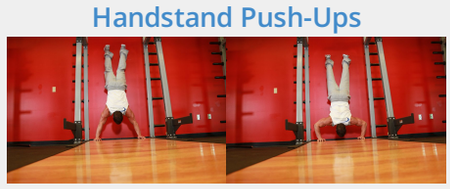
Crunches



Dips - Triceps Version

Freehand Jump Squat

Handstand Push-Ups

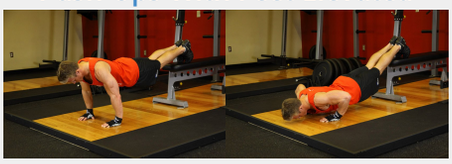


Hanging Pike

Partner Flat-Bench Back Extension

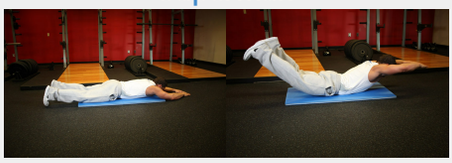
Push-Up Wide

Push-Ups With Feet Elevated

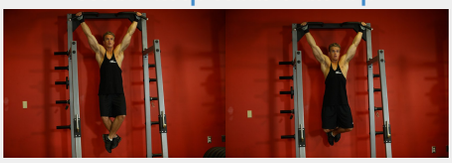


Pushups (Close and Wide Hand Positions)

Superman

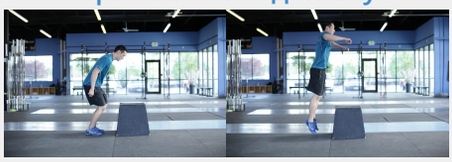


Wide-Grip Rear Pull-Up



Приседания на одной ноге

Прыжки на подставку



General recommendations on training with AtletIQ

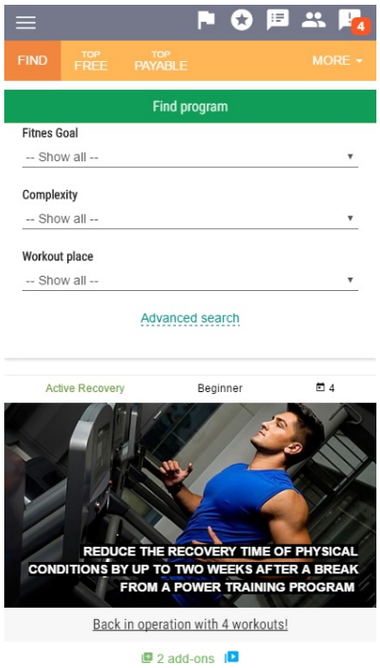
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

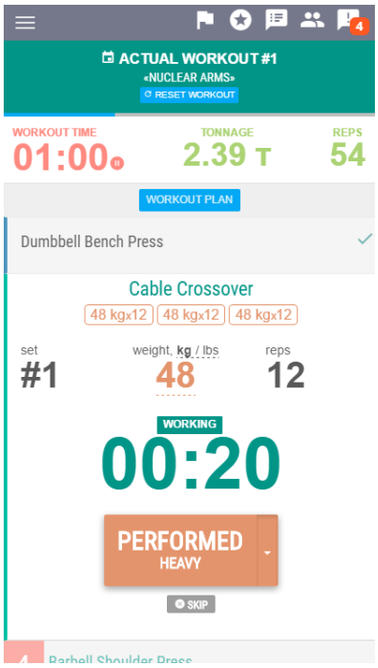
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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 the planned.

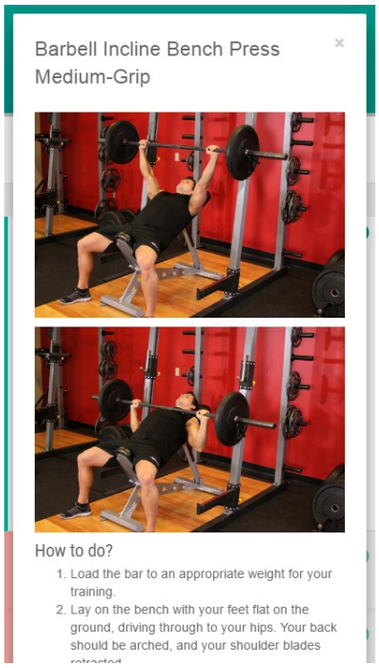
How to use mobile assistant?

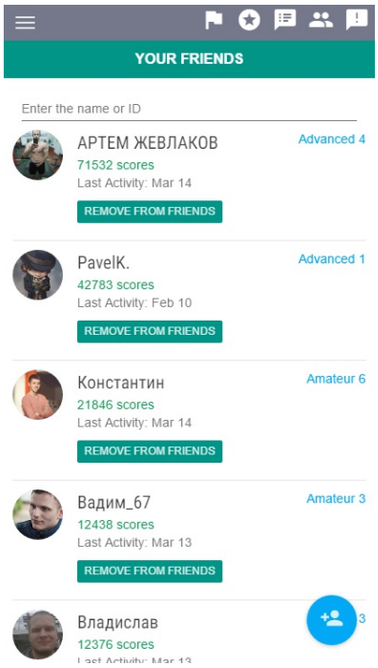
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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