

The content of of the program

1

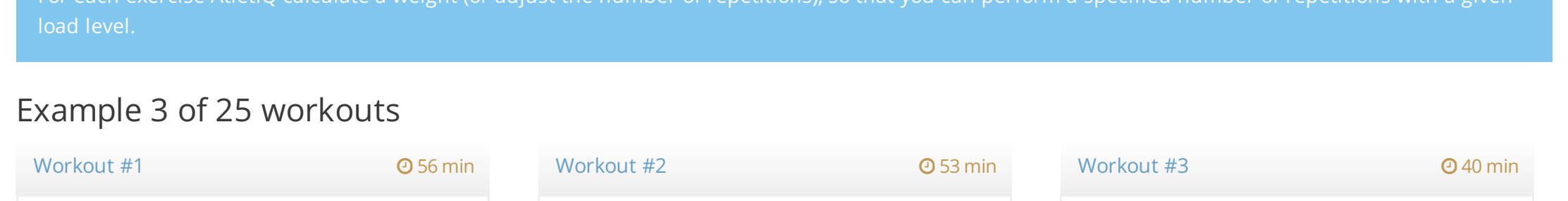
«2 месяца адского кача!»

Duration in days: 58

Amount of training days: 25

Rest days: 33

Training intensity for each exercise



[Register and find out details](#)

General recommendations on training with AtletIQ

- 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.

- Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.

Fitness Goal

-- Show all --

WORKOUT TIME

01:00

TORNAJE

2.39 T

REPS

54

Enter the name of ID

ARTEM ЖЕВЛАКОВ

71532 scores

Advanced 4

Workout place

Show all

Advanced search

Cable Crossover

48 kgx12

48 kgx12

48 kgx12



Pavelk.

42783 scores

Last Activity: Feb 10

Advanced 1