Hannibal's method of working out: to super-endurance through prolonged and intensive work

Intermediate

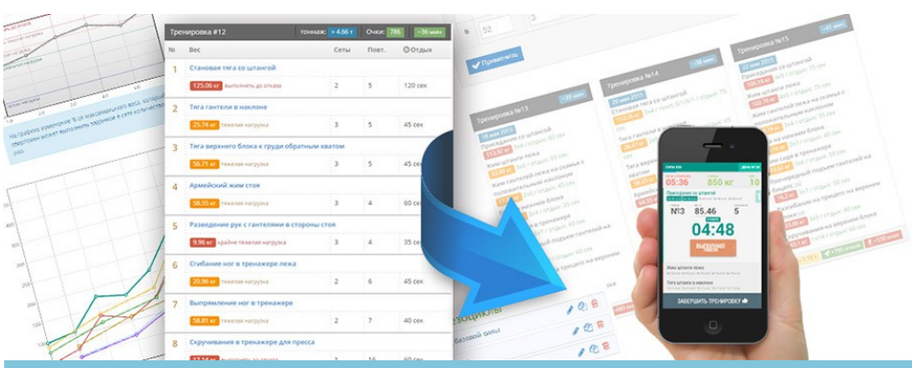
39 days

20 workouts

~47 minutes

The program is based on the principle of the training system of the famous Hannibal King, who devoted most of his life to street workout and achieved stunning results in this field.

https://atletiq.com/en/programms/319



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 «5 базовых тренировок»

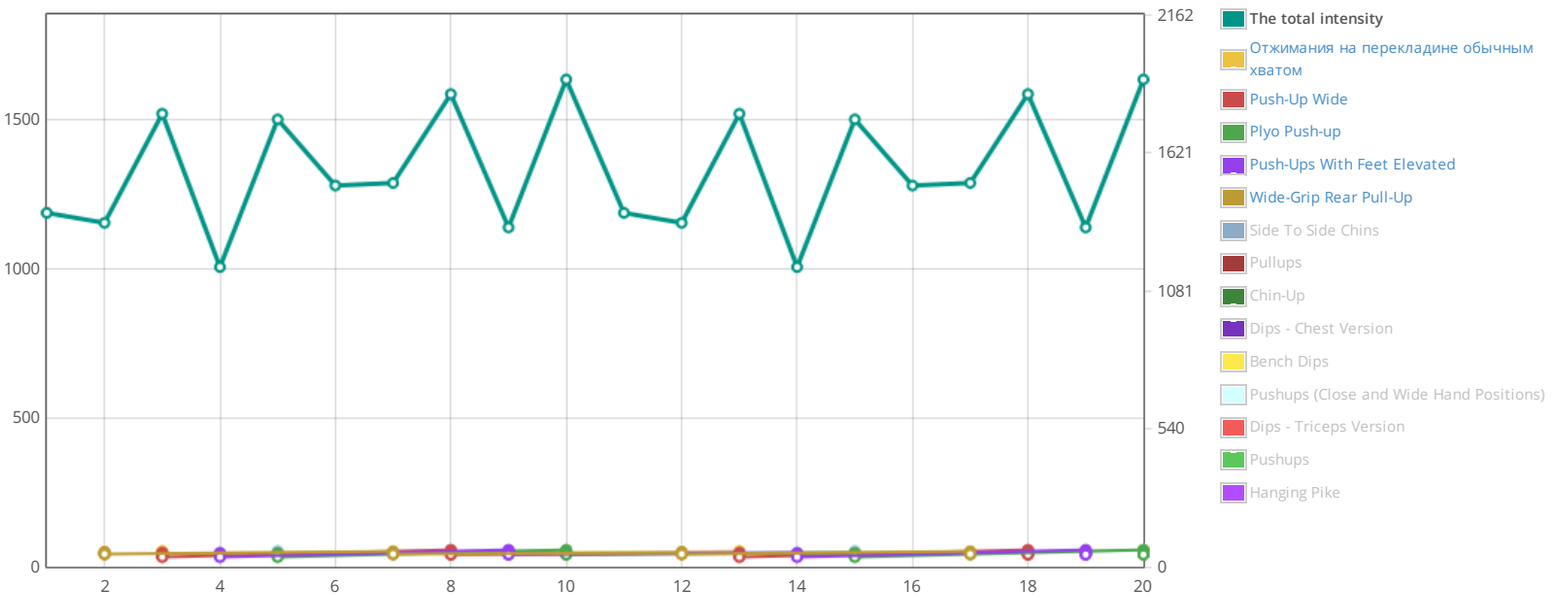
Duration in days: 39 | Amount of training days: 20 | Rest days: 19

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	Pushups (a)	11	15-30	30 sec
2	Pullups (a)	10	5-12	30 sec
3	Dips - Triceps Version (a)	11	7-20	30 sec
4	Chin-Up (a)	10	5-10	30 sec
	2 day (rest)			
	3 day			
1	Pushups (Close and Wide Hand Positions) (a)	11	15-30	30 sec
2	Wide-Grip Rear Pull-Up (a)	10	5-12	30 sec
3	Dips - Chest Version (a)	11	7-20	30 sec
4	Hanging Pike (a)	11	7-20	30 sec
	4 day (rest)			
	5 day			
1	Push-Up Wide (a)	11	15-30	30 sec
2	Side To Side Chins (a)	10	5-12	30 sec
3	Отжимания на перекладине обычным хватом (a)	10	5-10	30 sec
4	Chin-Up (a)	10	5-10	30 sec
	6 day (rest)			
	7 day			
1	Push-Ups With Feet Elevated (a)	11	15-30	30 sec
2	Bench Dips (a)	11	15-30	30 sec
3	Pullups (a)	10	5-12	30 sec
4	(a)	11	7-20	30 sec
	8 day (rest)			
	9 day			
1	Plyo Push-up (a)	11	15-30	30 sec
2	(a)	10	5-12	30 sec
3	Dips - Chest Version (a)	11	7-20	30 sec
4	Side To Side Chins (a)	10	5-12	30 sec
	10 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 — 45 min

Pushups

1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

Pullups

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Triceps Version

1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

Chin-Up

1×10	Rest: 30 sec	very hard

Workout #2 — 47 min

Pushups (Close and Wide Hand Positions)

1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

Wide-Grip Rear Pull-Up

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Chest Version

1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

Hanging Pike

1×15	Rest: 30 sec	heavy

Workout #3 — 43 min

Push-Up Wide

1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

Side To Side Chins

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Отжимания на перекладине обычным хватом

1×8	Rest: 30 sec	heavy
2×7	Rest: 30 sec	heavy
3×6	Rest: 30 sec	heavy
4×5	Rest: 30 sec	heavy

Chin-Up

1×8	Rest: 30 sec	heavy
2×7	Rest: 30 sec	heavy
3×6	Rest: 30 sec	heavy
4×5	Rest: 30 sec	heavy

1773 scores

1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1385 scores

1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

1346 scores

Workout #4 — 49 min

Push-Ups With Feet Elevated

1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

Bench Dips

1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

Pullups

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

1173 scores

Workout #5 — 45 min

Plyo Push-up

1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Chest Version

1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

Side To Side Chins

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1751 scores

Workout #6 — 48 min

Pushups

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

Pullups

1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Triceps Version

1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	very hard
1×18	Rest: 30 sec	heavy
1×17	Rest: 30 sec	heavy
1×16	Rest: 30 sec	heavy
1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate

Chin-Up

1×8	Rest: 30 sec	heavy
2×7	Rest: 30 sec	heavy
3×6	Rest: 30 sec	heavy
4×5	Rest: 30 sec	heavy

1492 scores

Workout #7 — 51 min

Pushups (Close and Wide Hand Positions)

Workout #8 — 45 min

Push-Up Wide

Workout #9 — 53 min

Push-Ups With Feet Elevated

1×30 Rest: 30 sec very hard
1×29 Rest: 30 sec very hard
1×28 Rest: 30 sec heavy
1×27 Rest: 30 sec heavy
1×26 Rest: 30 sec heavy
1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate

Wide-Grip Rear Pull-Up

1×12 Rest: 30 sec very hard
1×10 Rest: 30 sec very hard
1×8 Rest: 30 sec heavy
1×7 Rest: 30 sec heavy
1×6 Rest: 30 sec heavy
5×5 Rest: 30 sec heavy

Dips - Chest Version

1×20 Rest: 30 sec moderate
1×19 Rest: 30 sec very hard
1×18 Rest: 30 sec heavy
1×17 Rest: 30 sec heavy
1×16 Rest: 30 sec heavy
1×15 Rest: 30 sec heavy
1×14 Rest: 30 sec heavy
1×13 Rest: 30 sec heavy
1×12 Rest: 30 sec heavy
1×11 Rest: 30 sec moderate
1×10 Rest: 30 sec moderate

Hanging Pike

1×20 Rest: 30 sec moderate
1×19 Rest: 30 sec very hard
1×18 Rest: 30 sec heavy
1×17 Rest: 30 sec heavy
1×16 Rest: 30 sec heavy
1×15 Rest: 30 sec heavy
1×14 Rest: 30 sec heavy
1×13 Rest: 30 sec heavy
1×12 Rest: 30 sec heavy
1×11 Rest: 30 sec moderate
1×10 Rest: 30 sec moderate

1502 scores

1×30 Rest: 30 sec very hard
1×29 Rest: 30 sec very hard
1×28 Rest: 30 sec heavy
1×27 Rest: 30 sec heavy
1×26 Rest: 30 sec heavy
1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate

Side To Side Chins

1×12 Rest: 30 sec very hard
1×10 Rest: 30 sec very hard
1×8 Rest: 30 sec heavy
1×7 Rest: 30 sec heavy
1×6 Rest: 30 sec heavy
5×5 Rest: 30 sec heavy

Отжимания на перекладине обычным хватом

1×10 Rest: 30 sec very hard
1×9 Rest: 30 sec very hard
1×8 Rest: 30 sec heavy
1×7 Rest: 30 sec heavy
1×6 Rest: 30 sec heavy
5×5 Rest: 30 sec heavy

Chin-Up

1×10 Rest: 30 sec very hard
1×9 Rest: 30 sec very hard
1×8 Rest: 30 sec heavy
1×7 Rest: 30 sec heavy
1×6 Rest: 30 sec heavy
5×5 Rest: 30 sec heavy

1850 scores

1×30 Rest: 30 sec very hard
1×29 Rest: 30 sec very hard
1×28 Rest: 30 sec heavy
1×27 Rest: 30 sec heavy
1×26 Rest: 30 sec heavy
1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate

Bench Dips

1×30 Rest: 30 sec very hard
1×29 Rest: 30 sec very hard
1×28 Rest: 30 sec heavy
1×27 Rest: 30 sec heavy
1×26 Rest: 30 sec heavy
1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate

Pullups

1×12 Rest: 30 sec very hard
1×10 Rest: 30 sec very hard
1×8 Rest: 30 sec heavy
1×7 Rest: 30 sec heavy
1×6 Rest: 30 sec heavy
5×5 Rest: 30 sec heavy

1×20 Rest: 30 sec moderate
1×19 Rest: 30 sec very hard
1×18 Rest: 30 sec heavy
1×17 Rest: 30 sec heavy
1×16 Rest: 30 sec heavy
1×15 Rest: 30 sec heavy
1×14 Rest: 30 sec heavy
1×13 Rest: 30 sec heavy
1×12 Rest: 30 sec heavy
1×11 Rest: 30 sec moderate
1×10 Rest: 30 sec moderate

1328 scores

Workout #10 — 48 min

Plyo Push-up

1×30 Rest: 30 sec very hard
1×29 Rest: 30 sec very hard
1×28 Rest: 30 sec heavy
1×27 Rest: 30 sec heavy
1×26 Rest: 30 sec heavy
1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate

Workout #11 — 45 min

Pushups

1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate
1×19 Rest: 30 sec moderate
1×18 Rest: 30 sec moderate
1×17 Rest: 30 sec moderate
1×16 Rest: 30 sec moderate
1×15 Rest: 30 sec moderate

Workout #12 — 47 min

Pushups (Close and Wide Hand Positions)

1×25 Rest: 30 sec heavy
1×24 Rest: 30 sec heavy
1×23 Rest: 30 sec moderate
1×22 Rest: 30 sec moderate
1×21 Rest: 30 sec moderate
1×20 Rest: 30 sec moderate
1×19 Rest: 30 sec moderate
1×18 Rest: 30 sec moderate
1×17 Rest: 30 sec moderate
1×16 Rest: 30 sec moderate
1×15 Rest: 30 sec moderate

- 1×12 Rest: 30 sec very hard
- 1×10 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

Dips - Chest Version

- 1×20 Rest: 30 sec moderate
- 1×19 Rest: 30 sec very hard
- 1×18 Rest: 30 sec heavy
- 1×17 Rest: 30 sec heavy
- 1×16 Rest: 30 sec heavy
- 1×15 Rest: 30 sec heavy
- 1×14 Rest: 30 sec heavy
- 1×13 Rest: 30 sec heavy
- 1×12 Rest: 30 sec heavy
- 1×11 Rest: 30 sec moderate
- 1×10 Rest: 30 sec moderate

Side To Side Chins

- 1×12 Rest: 30 sec very hard
- 1×10 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

1907 scores

Pullups

- 1×10 Rest: 30 sec very hard
- 1×9 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

Dips - Triceps Version

- 1×15 Rest: 30 sec heavy
- 1×14 Rest: 30 sec heavy
- 1×13 Rest: 30 sec heavy
- 1×12 Rest: 30 sec heavy
- 1×11 Rest: 30 sec moderate
- 1×10 Rest: 30 sec moderate
- 1×9 Rest: 30 sec moderate
- 1×8 Rest: 30 sec moderate
- 3×7 Rest: 30 sec moderate

Chin-Up

- 1×10 Rest: 30 sec very hard
- 1×9 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

1385 scores

Wide-Grip Rear Pull-Up

- 1×10 Rest: 30 sec very hard
- 1×9 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

Dips - Chest Version

- 1×15 Rest: 30 sec heavy
- 1×14 Rest: 30 sec heavy
- 1×13 Rest: 30 sec heavy
- 1×12 Rest: 30 sec heavy
- 1×11 Rest: 30 sec moderate
- 1×10 Rest: 30 sec moderate
- 1×9 Rest: 30 sec moderate
- 1×8 Rest: 30 sec moderate
- 3×7 Rest: 30 sec moderate

Hanging Pike

- 1×15 Rest: 30 sec heavy
- 1×14 Rest: 30 sec heavy
- 1×13 Rest: 30 sec heavy
- 1×12 Rest: 30 sec heavy
- 1×11 Rest: 30 sec moderate
- 1×10 Rest: 30 sec moderate
- 1×9 Rest: 30 sec moderate
- 1×8 Rest: 30 sec moderate
- 3×7 Rest: 30 sec moderate

1346 scores

Workout #13 — 43 min

Push-Up Wide

- 1×25 Rest: 30 sec heavy
- 1×24 Rest: 30 sec heavy
- 1×23 Rest: 30 sec moderate
- 1×22 Rest: 30 sec moderate
- 1×21 Rest: 30 sec moderate
- 1×20 Rest: 30 sec moderate
- 1×19 Rest: 30 sec moderate
- 1×18 Rest: 30 sec moderate
- 1×17 Rest: 30 sec moderate
- 1×16 Rest: 30 sec moderate
- 1×15 Rest: 30 sec moderate

Side To Side Chins

- 1×10 Rest: 30 sec very hard
- 1×9 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

Workout #14 — 49 min

Push-Ups With Feet Elevated

- 1×25 Rest: 30 sec heavy
- 1×24 Rest: 30 sec heavy
- 1×23 Rest: 30 sec moderate
- 1×22 Rest: 30 sec moderate
- 1×21 Rest: 30 sec moderate
- 1×20 Rest: 30 sec moderate
- 1×19 Rest: 30 sec moderate
- 1×18 Rest: 30 sec moderate
- 1×17 Rest: 30 sec moderate
- 1×16 Rest: 30 sec moderate
- 1×15 Rest: 30 sec moderate

Bench Dips

- 1×25 Rest: 30 sec heavy
- 1×24 Rest: 30 sec heavy
- 1×23 Rest: 30 sec moderate
- 1×22 Rest: 30 sec moderate
- 1×21 Rest: 30 sec moderate
- 1×20 Rest: 30 sec moderate

Workout #15 — 45 min

Plyo Push-up

- 1×25 Rest: 30 sec heavy
- 1×24 Rest: 30 sec heavy
- 1×23 Rest: 30 sec moderate
- 1×22 Rest: 30 sec moderate
- 1×21 Rest: 30 sec moderate
- 1×20 Rest: 30 sec moderate
- 1×19 Rest: 30 sec moderate
- 1×18 Rest: 30 sec moderate
- 1×17 Rest: 30 sec moderate
- 1×16 Rest: 30 sec moderate
- 1×15 Rest: 30 sec moderate

- 1×10 Rest: 30 sec very hard
- 1×9 Rest: 30 sec very hard
- 1×8 Rest: 30 sec heavy
- 1×7 Rest: 30 sec heavy
- 1×6 Rest: 30 sec heavy
- 5×5 Rest: 30 sec heavy

Отжимания на перекладине обычным хватом

1×8	Rest: 30 sec	heavy
2×7	Rest: 30 sec	heavy
3×6	Rest: 30 sec	heavy
4×5	Rest: 30 sec	heavy

Chin-Up

1×8	Rest: 30 sec	heavy
2×7	Rest: 30 sec	heavy
3×6	Rest: 30 sec	heavy
4×5	Rest: 30 sec	heavy

1773 scores

1×19	Rest: 30 sec	moderate
1×18	Rest: 30 sec	moderate
1×17	Rest: 30 sec	moderate
1×16	Rest: 30 sec	moderate
1×15	Rest: 30 sec	moderate

Pullups

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

1173 scores

Dips - Chest Version

1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate
1×9	Rest: 30 sec	moderate
1×8	Rest: 30 sec	moderate
3×7	Rest: 30 sec	moderate

Side To Side Chins

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1751 scores

Workout #16 — 48 min

Pushups

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

Pullups

1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Triceps Version

1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	very hard
1×18	Rest: 30 sec	heavy
1×17	Rest: 30 sec	heavy
1×16	Rest: 30 sec	heavy
1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate

Chin-Up

Workout #17 — 51 min

Pushups (Close and Wide Hand Positions)

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

Wide-Grip Rear Pull-Up

1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Chest Version

1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	very hard
1×18	Rest: 30 sec	heavy
1×17	Rest: 30 sec	heavy
1×16	Rest: 30 sec	heavy
1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate

Hanging Pike

Workout #18 — 45 min

Push-Up Wide

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

Side To Side Chins

1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Отжимания на перекладине обычным хватом

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Chin-Up

1×10	Rest: 30 sec	very hard
1×9	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy

1×8	Rest: 30 sec	heavy
2×7	Rest: 30 sec	heavy
3×6	Rest: 30 sec	heavy
4×5	Rest: 30 sec	heavy

1492 scores

1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	very hard
1×18	Rest: 30 sec	heavy
1×17	Rest: 30 sec	heavy
1×16	Rest: 30 sec	heavy
1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate

1502 scores

5×5	Rest: 30 sec	heavy

1850 scores

Workout #19

53 min

Push-Ups With Feet Elevated

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

Bench Dips

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

Pullups

1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	very hard
1×18	Rest: 30 sec	heavy
1×17	Rest: 30 sec	heavy
1×16	Rest: 30 sec	heavy
1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate

1328 scores

Workout #20

48 min

Plyo Push-up

1×30	Rest: 30 sec	very hard
1×29	Rest: 30 sec	very hard
1×28	Rest: 30 sec	heavy
1×27	Rest: 30 sec	heavy
1×26	Rest: 30 sec	heavy
1×25	Rest: 30 sec	heavy
1×24	Rest: 30 sec	heavy
1×23	Rest: 30 sec	moderate
1×22	Rest: 30 sec	moderate
1×21	Rest: 30 sec	moderate
1×20	Rest: 30 sec	moderate

1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

Dips - Chest Version

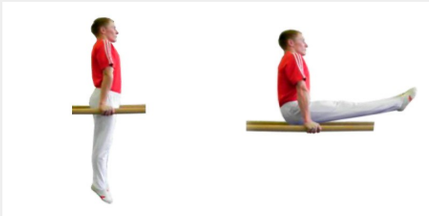
1×20	Rest: 30 sec	moderate
1×19	Rest: 30 sec	very hard
1×18	Rest: 30 sec	heavy
1×17	Rest: 30 sec	heavy
1×16	Rest: 30 sec	heavy
1×15	Rest: 30 sec	heavy
1×14	Rest: 30 sec	heavy
1×13	Rest: 30 sec	heavy
1×12	Rest: 30 sec	heavy
1×11	Rest: 30 sec	moderate
1×10	Rest: 30 sec	moderate

Side To Side Chins

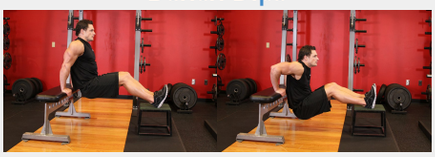
1×12	Rest: 30 sec	very hard
1×10	Rest: 30 sec	very hard
1×8	Rest: 30 sec	heavy
1×7	Rest: 30 sec	heavy
1×6	Rest: 30 sec	heavy
5×5	Rest: 30 sec	heavy

1907 scores

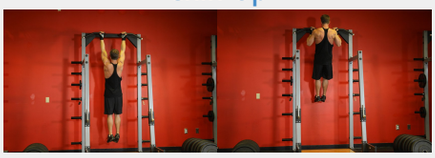
Directory of the exercises



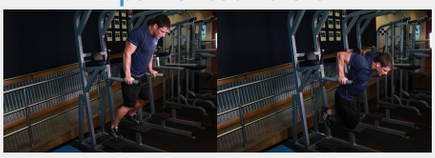
Bench Dips



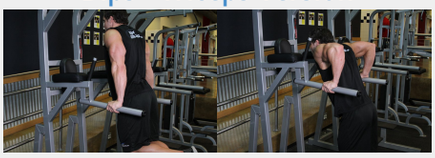
Chin-Up



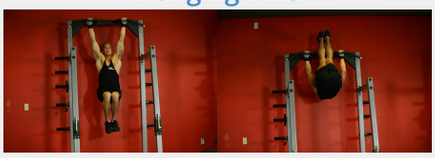
Dips - Chest Version



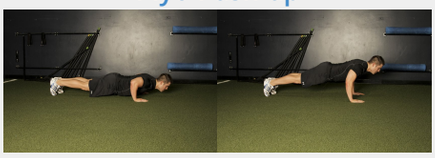
Dips - Triceps Version



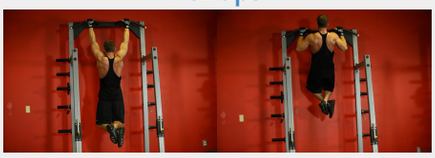
Hanging Pike



Plyo Push-up

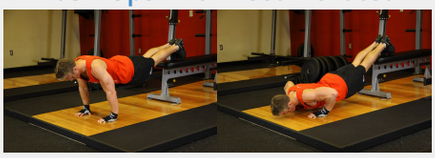


Pullups

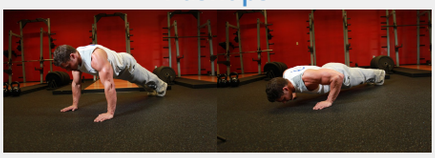


Push-Up Wide

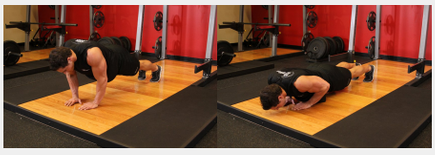
Push-Ups With Feet Elevated



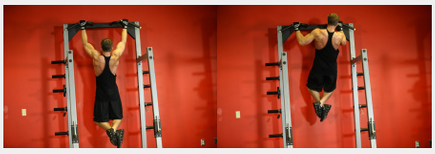
Pushups



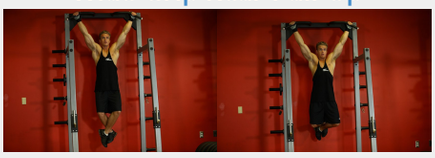
Pushups (Close and Wide Hand Positions)



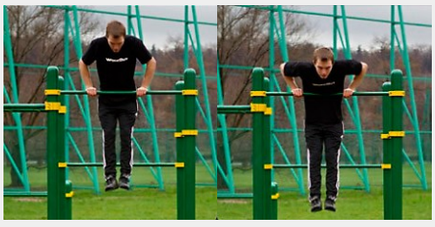
Side To Side Chins



Wide-Grip Rear Pull-Up



Отжимания на перекладине обычным хватом



General recommendations on training with AtletIQ

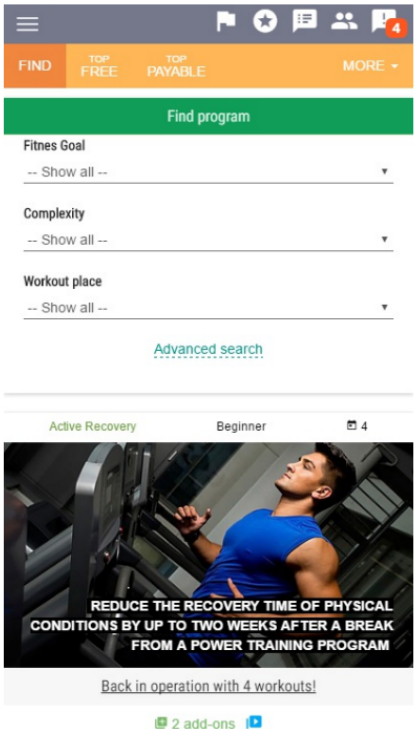
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

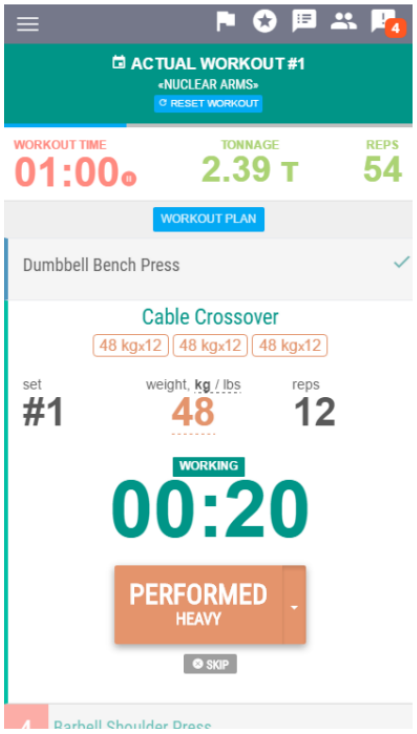
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

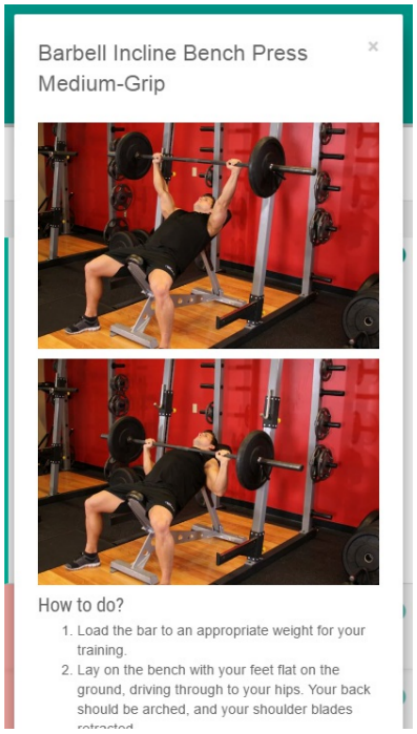
How to use mobile assistant?

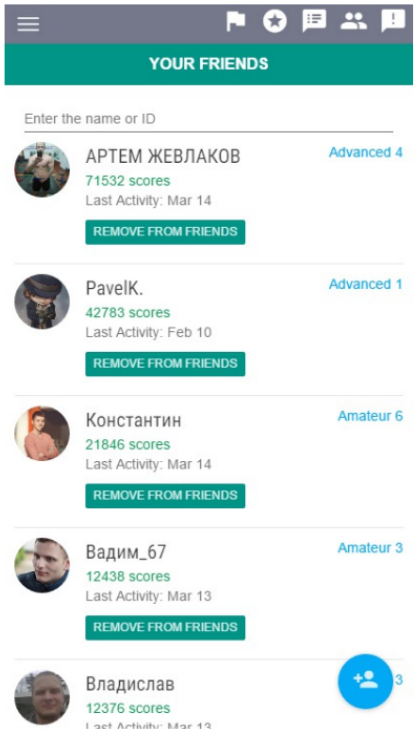
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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