



# Keep pace, turn on you endurance, practice supersaturation with interval training on the Tabata system

Intermediate      **35** days      **18** workouts      **~18** minutes

Does strength training in the gym cause psychological stress? Do you lack motivation or time to adequately train for many hours? No questionable innovative performance techniques, but what really works! Take the 4-minute Tabata training at home and feel the megaeffect of high-intensity sprint intervals.

<https://atletiq.com/en/programms/325>

**Author:**  
Олег Горемыкин

The preparation of a detailed training plan is the work of an experienced trainer. Entrust your body to professionals.

A positive athletic result is never accidental - it is always an intensified work on oneself. Without a doubt, the one who spares no effort and time will ultimately achieve the result. But which one and how soon? - the questions are more than interesting and relevant. Relying on luck or acting at random is not an entirely reasonable and even unreasonable decision for the athlete. Success in sports, as in any other professional sphere, is determined by the clarity of goals and the clarity of the plan. A working and effective plan can be made independently, but sometimes there is not enough experience, theoretical knowledge or time. Fortunately for you, I have a plan and I'm ready to share it!

**Stimulate fat loss, accelerate the metabolism and increases growth hormone levels**

Can brief training be effective? It can, if it is carried out using the Tabata method. High-speed rhythm workout, the athlete is subjected the maximum muscle tension and short-term respite in 4 minutes, but the acute stress reaction to that would active fat burning, a massive amount of hormones is released and athletic performance is increased.

Ready to take part in a mad race for getting a cut body, toned muscles and inexhaustible stamina? Then don't delay — get a pair of dumbbells and start.

**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

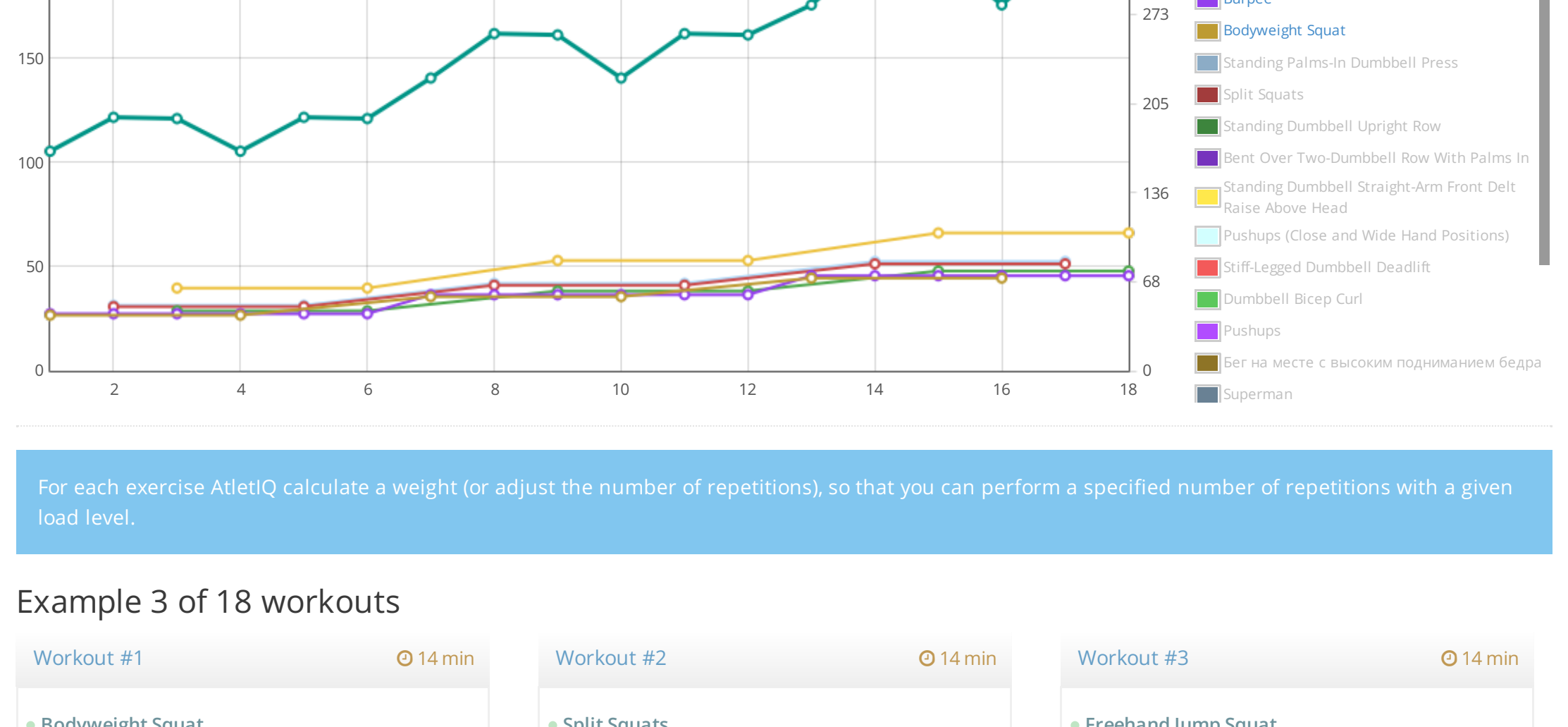
Install App «Mobile Fitness Assistant AtletiQ»: <https://atletiq.com/app>

## The content of of the program

1	«3 тренировки 1 неделя (легкий уровень)»	Duration in days: 35	Amount of training days: 18	Rest days: 17
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	Bodyweight Squat (a)	3-5	20 sec	⌚ 10 sec
2	Pushups (a)	3-5	20 sec	⌚ 10 sec
3	Sit-I In (a)	3-5	20 sec	⌚ 10 sec
⚠ Level «Advanced 1» is required or you can pay 220 points / ⚠ what is it?				
🟢 Allowed for status «VIP»				

### 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 18 workouts

Workout #1 ⌚ 14 min

- Bodyweight Squat 3×20 sec
- Pushups 3×20 sec
- Sit-Up 3×20 sec
- Burpee 3×20 sec
- Dumbbell Bicep Curl 3×20 sec
- Планка 3×20 sec
- Standing Palms-In Dumbbell Press 3×20 sec
- Stiff-Legged Dumbbell Deadlift 3×20 sec

168 scores

Workout #2 ⌚ 14 min

- Split Squats 3×20 sec
- Push-Ups With Feet Elevated 3×20 sec
- Бег на месте с высоким подниманием бедра 3×20 sec
- Standing Dumbbell Upright Row 3×20 sec
- Burpee 3×20 sec
- Stiff-Legged Dumbbell Deadlift 3×20 sec
- Dumbbell Squat 3×20 sec
- Reverse Crunch 3×20 sec

194 scores

Workout #3 ⌚ 14 min

- Freehand Jump Squat 3×20 sec
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 3×20 sec
- Pushups (Close and Wide Hand Positions) 3×20 sec
- Bicycle Crunches 3×20 sec
- Iron Cross 3×20 sec
- Burpee 3×20 sec
- Bent Over Two-Dumbbell Row With Palms In 3×20 sec
- Superman 3×20 sec

193 scores

## Directory of the exercises

**Bent Over Two-Dumbbell Row With Palms In**

**Bicycle Crunches**

**Bodyweight Squat**

**Burpee**

**Burpee**

**Dumbbell Bicep Curl**

The price of the full version 11 usd

[Why it is payable?](#)

[Register and find out details](#)

### 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](#)

© 2017 — AtletiQ.com