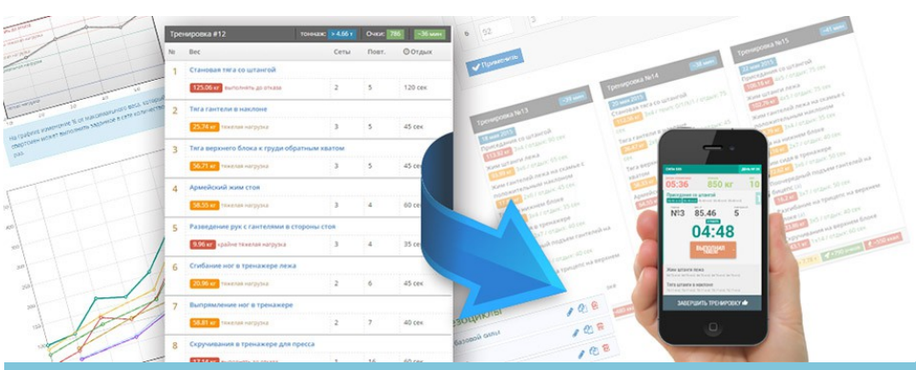
Apply the principle of the reverse pyramid and advance in pull-ups to 20 repetitions in 15 weeks

Beginner | 84 days | 84 workouts | ~16 minutes

The number of pull-ups does not want to increase? Take a bar with an attack! All you need is a working method with a daily schedule and a special scheme of "pyramidal" sets.

https://atletiq.com/en/programms/547



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 «1 неделя»

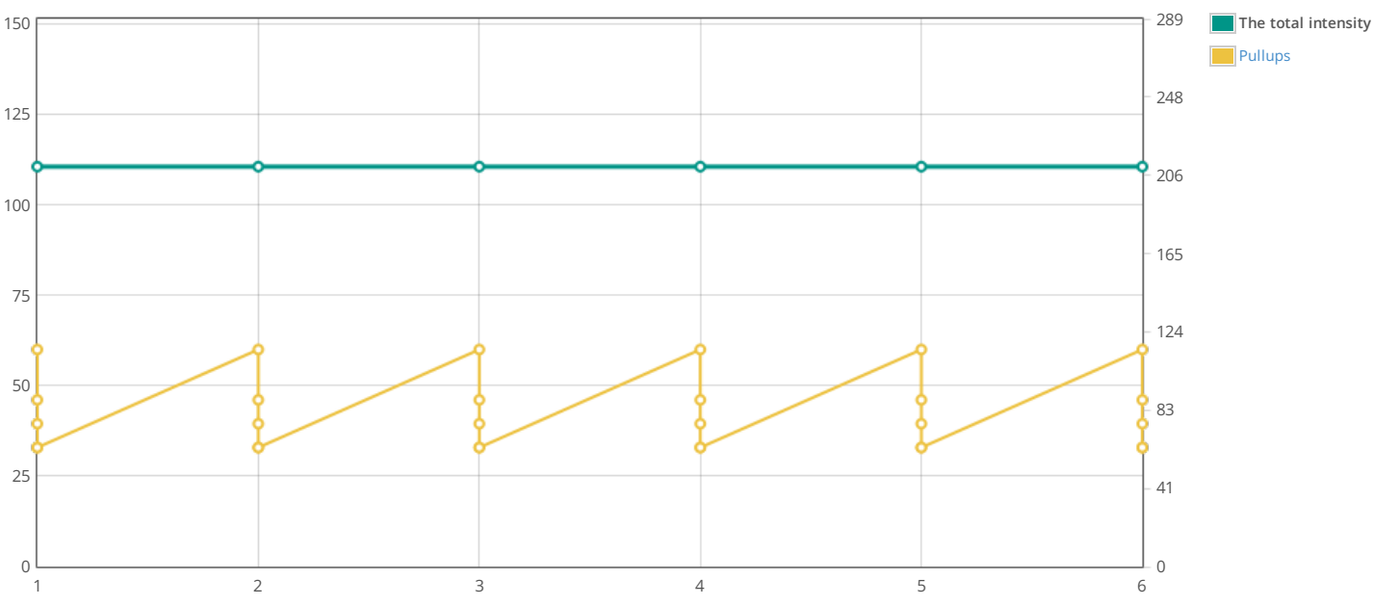
Duration in days: 6 | Amount of training days: 6 | Rest days: 0

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	Pullups	5	5-9 (+max)	120 sec
			2 day	
1	Pullups	5	5-9 (+max)	120 sec
			3 day	
1	Pullups	5	5-9 (+max)	120 sec
			4 day	
1	Pullups	5	5-9 (+max)	120 sec
			5 day	
1	Pullups	5	5-9 (+max)	120 sec
			6 day	
1	Pullups	5	5-9 (+max)	120 sec
			7 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 — 15 min

Workout #2 — 15 min

Workout #3 — 15 min

Pullups
1×9 max Rest: 120 sec to failure
1×7 Rest: 120 sec heavy
1×6 Rest: 120 sec heavy
2×5 Rest: 120 sec moderate
211 scores

Pullups
1×9 max Rest: 120 sec to failure
1×7 Rest: 120 sec heavy
1×6 Rest: 120 sec heavy
2×5 Rest: 120 sec moderate
211 scores

Pullups
1×9 max Rest: 120 sec to failure
1×7 Rest: 120 sec heavy
1×6 Rest: 120 sec heavy
2×5 Rest: 120 sec moderate
211 scores

Workout #4 15 min

Pullups
1×9 max Rest: 120 sec to failure
1×7 Rest: 120 sec heavy
1×6 Rest: 120 sec heavy
2×5 Rest: 120 sec moderate
211 scores

Workout #5 15 min

Pullups
1×9 max Rest: 120 sec to failure
1×7 Rest: 120 sec heavy
1×6 Rest: 120 sec heavy
2×5 Rest: 120 sec moderate
211 scores

Workout #6 15 min

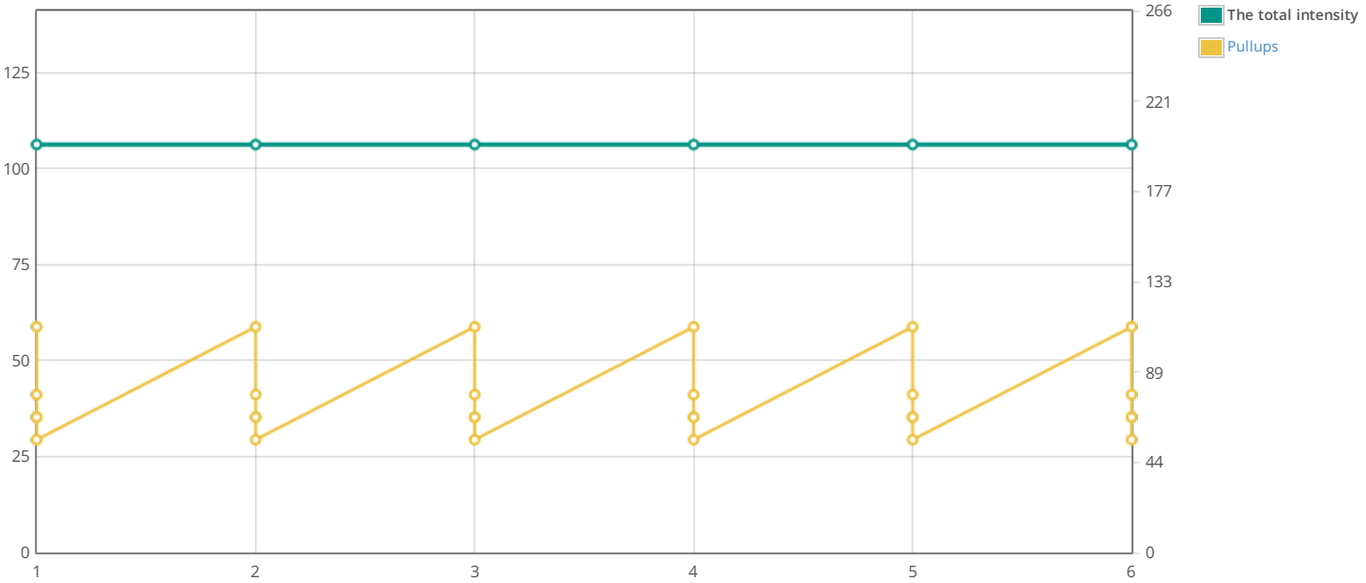
Pullups
1×9 max Rest: 120 sec to failure
1×7 Rest: 120 sec heavy
1×6 Rest: 120 sec heavy
2×5 Rest: 120 sec moderate
211 scores

2 «2 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	5-10 (+max)	120 sec
			2 day	
1	Pullups	5	5-10 (+max)	120 sec
			3 day	
1	Pullups	5	5-10 (+max)	120 sec
			4 day	
1	Pullups	5	5-10 (+max)	120 sec
			5 day	
1	Pullups	5	5-10 (+max)	120 sec
			6 day	
1	Pullups	5	5-10 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 15 min

Pullups

- 1×10 max — Rest: 120 sec — to failure
- 1×7 — Rest: 120 sec — heavy
- 2×6 — Rest: 120 sec — moderate
- 1×5 — Rest: 120 sec — moderate

200 scores

Workout #2 — 15 min

Pullups

- 1×10 max — Rest: 120 sec — to failure
- 1×7 — Rest: 120 sec — heavy
- 2×6 — Rest: 120 sec — moderate
- 1×5 — Rest: 120 sec — moderate

200 scores

Workout #3 — 15 min

Pullups

- 1×10 max — Rest: 120 sec — to failure
- 1×7 — Rest: 120 sec — heavy
- 2×6 — Rest: 120 sec — moderate
- 1×5 — Rest: 120 sec — moderate

200 scores

Workout #4 — 15 min

Pullups

- 1×10 max — Rest: 120 sec — to failure
- 1×7 — Rest: 120 sec — heavy
- 2×6 — Rest: 120 sec — moderate
- 1×5 — Rest: 120 sec — moderate

200 scores

Workout #5 — 15 min

Pullups

- 1×10 max — Rest: 120 sec — to failure
- 1×7 — Rest: 120 sec — heavy
- 2×6 — Rest: 120 sec — moderate
- 1×5 — Rest: 120 sec — moderate

200 scores

Workout #6 — 15 min

Pullups

- 1×10 max — Rest: 120 sec — to failure
- 1×7 — Rest: 120 sec — heavy
- 2×6 — Rest: 120 sec — moderate
- 1×5 — Rest: 120 sec — moderate

200 scores

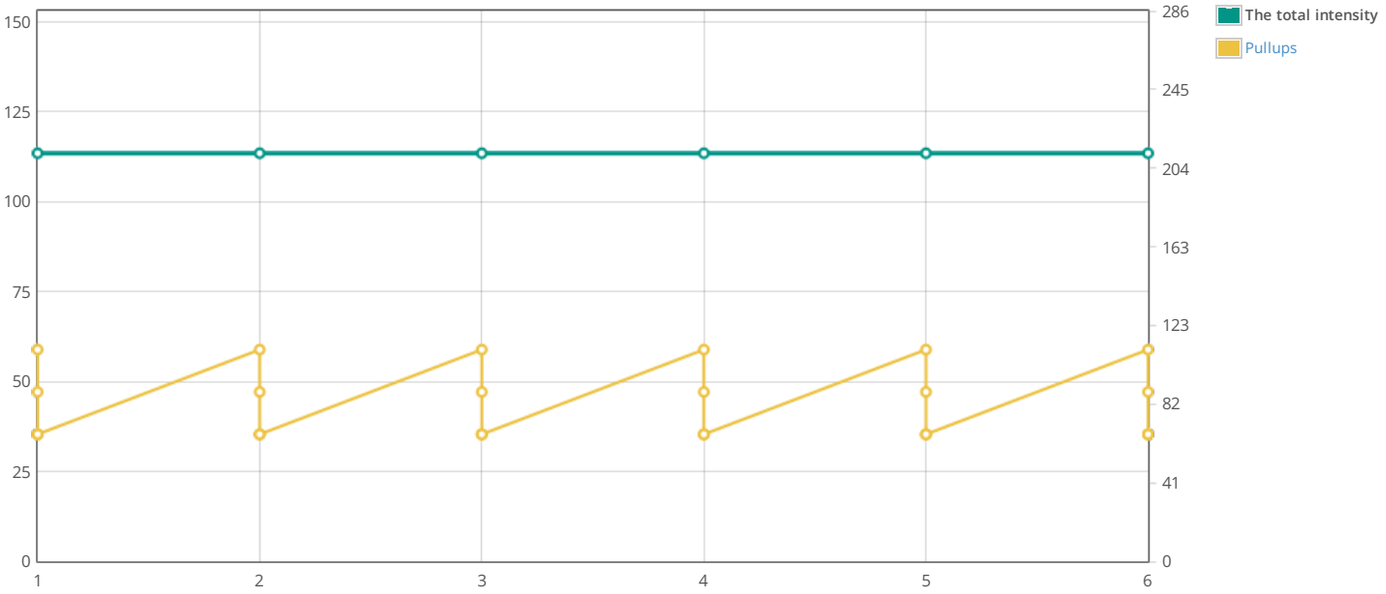
3 «3 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	6-10 (+max)	120 sec
			2 day	
1	Pullups	5	6-10 (+max)	120 sec
			3 day	
1	Pullups	5	6-10 (+max)	120 sec
			4 day	
1	Pullups	5	6-10 (+max)	120 sec
			5 day	
1	Pullups	5	6-10 (+max)	120 sec
			6 day	

1	Pullups	5	6-10 (+max)	120 sec
7 day (rest)				

Training intensity for each exercise



Workout #1 — 15 min

Pullups
1×10 max Rest: 120 sec — to failure
1×8 Rest: 120 sec — very hard
3×6 Rest: 120 sec — moderate

212 scores

Workout #2 — 15 min

Pullups
1×10 max Rest: 120 sec — to failure
1×8 Rest: 120 sec — very hard
3×6 Rest: 120 sec — moderate

212 scores

Workout #3 — 15 min

Pullups
1×10 max Rest: 120 sec — to failure
1×8 Rest: 120 sec — very hard
3×6 Rest: 120 sec — moderate

212 scores

Workout #4 — 15 min

Pullups
1×10 max Rest: 120 sec — to failure
1×8 Rest: 120 sec — very hard
3×6 Rest: 120 sec — moderate

212 scores

Workout #5 — 15 min

Pullups
1×10 max Rest: 120 sec — to failure
1×8 Rest: 120 sec — very hard
3×6 Rest: 120 sec — moderate

212 scores

Workout #6 — 15 min

Pullups
1×10 max Rest: 120 sec — to failure
1×8 Rest: 120 sec — very hard
3×6 Rest: 120 sec — moderate

212 scores

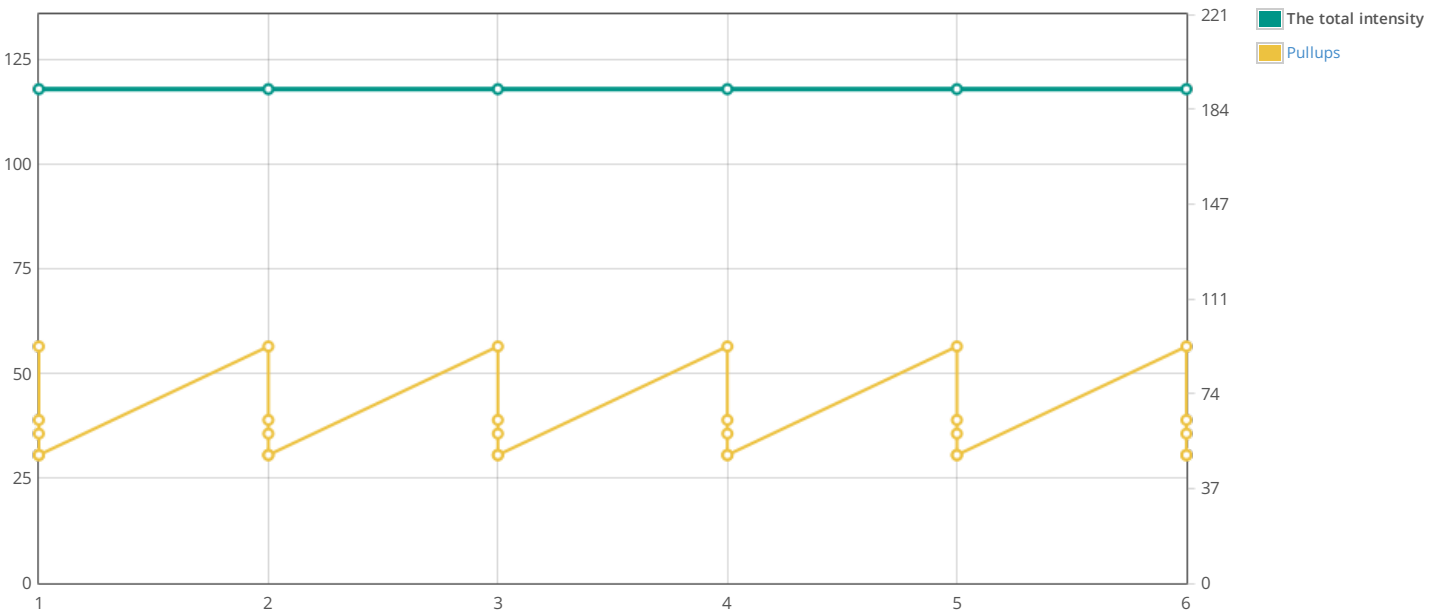
4 «4 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Pullups	5	6-11 (+max)	120 sec
2 day				
1	Pullups	5	6-11 (+max)	120 sec
3 day				
1	Pullups	5	6-11 (+max)	120 sec
4 day				

1	Pullups	5	6-11 (+max)	120 sec
5 day				
1	Pullups	5	6-11 (+max)	120 sec
6 day				
1	Pullups	5	6-11 (+max)	120 sec
7 day (rest)				

Training intensity for each exercise



Workout #1 — 15 min

Pullups

- 1×11 max — Rest: 120 sec — to failure
- 1×8 — Rest: 120 sec — heavy
- 1×7 — Rest: 120 sec — moderate
- 2×6 — Rest: 120 sec — moderate

192 scores

Workout #2 — 15 min

Pullups

- 1×11 max — Rest: 120 sec — to failure
- 1×8 — Rest: 120 sec — heavy
- 1×7 — Rest: 120 sec — moderate
- 2×6 — Rest: 120 sec — moderate

192 scores

Workout #3 — 15 min

Pullups

- 1×11 max — Rest: 120 sec — to failure
- 1×8 — Rest: 120 sec — heavy
- 1×7 — Rest: 120 sec — moderate
- 2×6 — Rest: 120 sec — moderate

192 scores

Workout #4 — 15 min

Pullups

- 1×11 max — Rest: 120 sec — to failure
- 1×8 — Rest: 120 sec — heavy
- 1×7 — Rest: 120 sec — moderate
- 2×6 — Rest: 120 sec — moderate

192 scores

Workout #5 — 15 min

Pullups

- 1×11 max — Rest: 120 sec — to failure
- 1×8 — Rest: 120 sec — heavy
- 1×7 — Rest: 120 sec — moderate
- 2×6 — Rest: 120 sec — moderate

192 scores

Workout #6 — 15 min

Pullups

- 1×11 max — Rest: 120 sec — to failure
- 1×8 — Rest: 120 sec — heavy
- 1×7 — Rest: 120 sec — moderate
- 2×6 — Rest: 120 sec — moderate

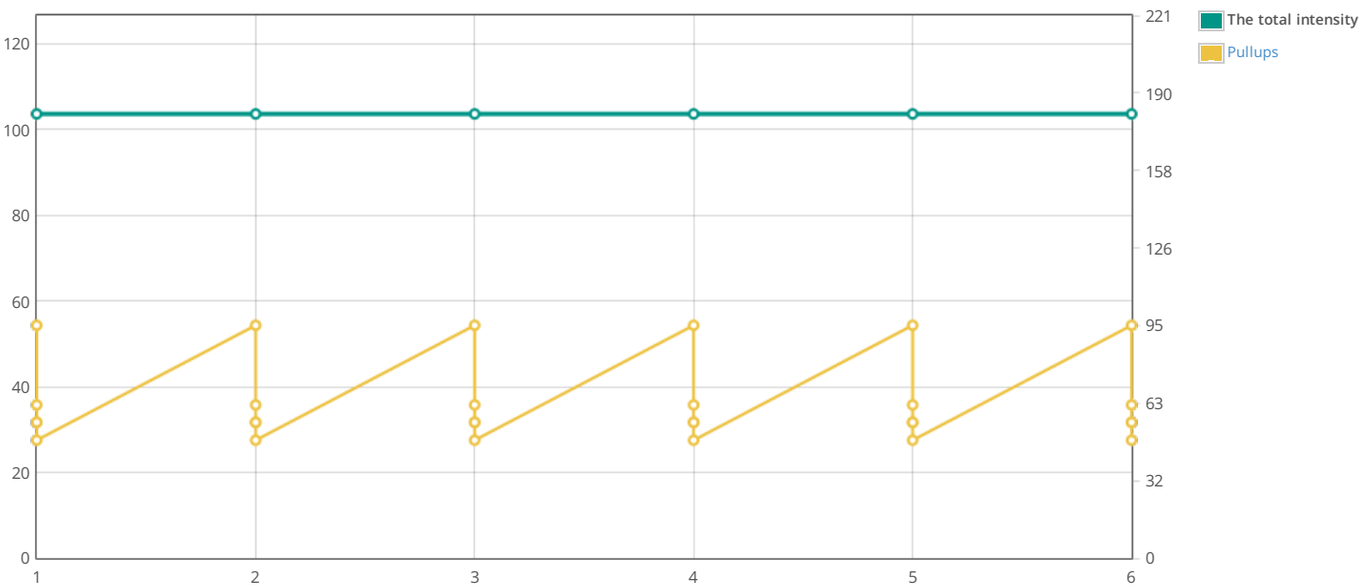
192 scores

5 «5 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	6-12 (+max)	120 sec
			2 day	
1	Pullups	5	6-12 (+max)	120 sec
			3 day	
1	Pullups	5	6-12 (+max)	120 sec
			4 day	
1	Pullups	5	6-12 (+max)	120 sec
			5 day	
1	Pullups	5	6-12 (+max)	120 sec
			6 day	
1	Pullups	5	6-12 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 15 min

Pullups
1×12 max Rest: 120 sec to failure
1×8 Rest: 120 sec heavy
2×7 Rest: 120 sec moderate
1×6 Rest: 120 sec moderate

181 scores

Workout #2 15 min

Pullups
1×12 max Rest: 120 sec to failure
1×8 Rest: 120 sec heavy
2×7 Rest: 120 sec moderate
1×6 Rest: 120 sec moderate

181 scores

Workout #3 15 min

Pullups
1×12 max Rest: 120 sec to failure
1×8 Rest: 120 sec heavy
2×7 Rest: 120 sec moderate
1×6 Rest: 120 sec moderate

181 scores

Workout #4 15 min

Pullups
1×12 max Rest: 120 sec to failure
1×8 Rest: 120 sec heavy
2×7 Rest: 120 sec moderate
1×6 Rest: 120 sec moderate

Workout #5 15 min

Pullups
1×12 max Rest: 120 sec to failure
1×8 Rest: 120 sec heavy
2×7 Rest: 120 sec moderate
1×6 Rest: 120 sec moderate

Workout #6 15 min

Pullups
1×12 max Rest: 120 sec to failure
1×8 Rest: 120 sec heavy
2×7 Rest: 120 sec moderate
1×6 Rest: 120 sec moderate

181 scores

181 scores

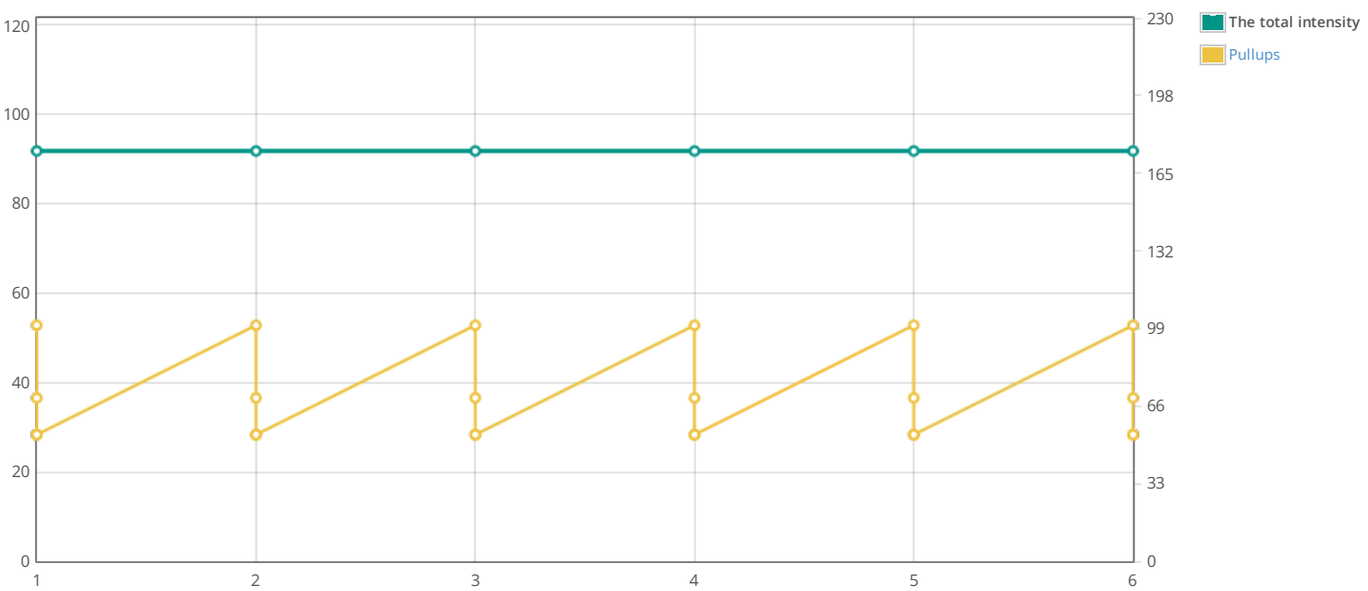
181 scores

6 «6 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	7-13 (+max)	120 sec
			2 day	
1	Pullups	5	7-13 (+max)	120 sec
			3 day	
1	Pullups	5	7-13 (+max)	120 sec
			4 day	
1	Pullups	5	7-13 (+max)	120 sec
			5 day	
1	Pullups	5	7-13 (+max)	120 sec
			6 day	
1	Pullups	5	7-13 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×13 max Rest: 120 sec — to failure
1×9 Rest: 120 sec — heavy
3×7 Rest: 120 sec — moderate

174 scores

Workout #2 — 16 min

Pullups
1×13 max Rest: 120 sec — to failure
1×9 Rest: 120 sec — heavy
3×7 Rest: 120 sec — moderate

174 scores

Workout #3 — 16 min

Pullups
1×13 max Rest: 120 sec — to failure
1×9 Rest: 120 sec — heavy
3×7 Rest: 120 sec — moderate

174 scores

Workout #4 16 min

Pullups
1×13 max Rest: 120 sec to failure
1×9 Rest: 120 sec heavy
3×7 Rest: 120 sec moderate

174 scores

Workout #5 16 min

Pullups
1×13 max Rest: 120 sec to failure
1×9 Rest: 120 sec heavy
3×7 Rest: 120 sec moderate

174 scores

Workout #6 16 min

Pullups
1×13 max Rest: 120 sec to failure
1×9 Rest: 120 sec heavy
3×7 Rest: 120 sec moderate

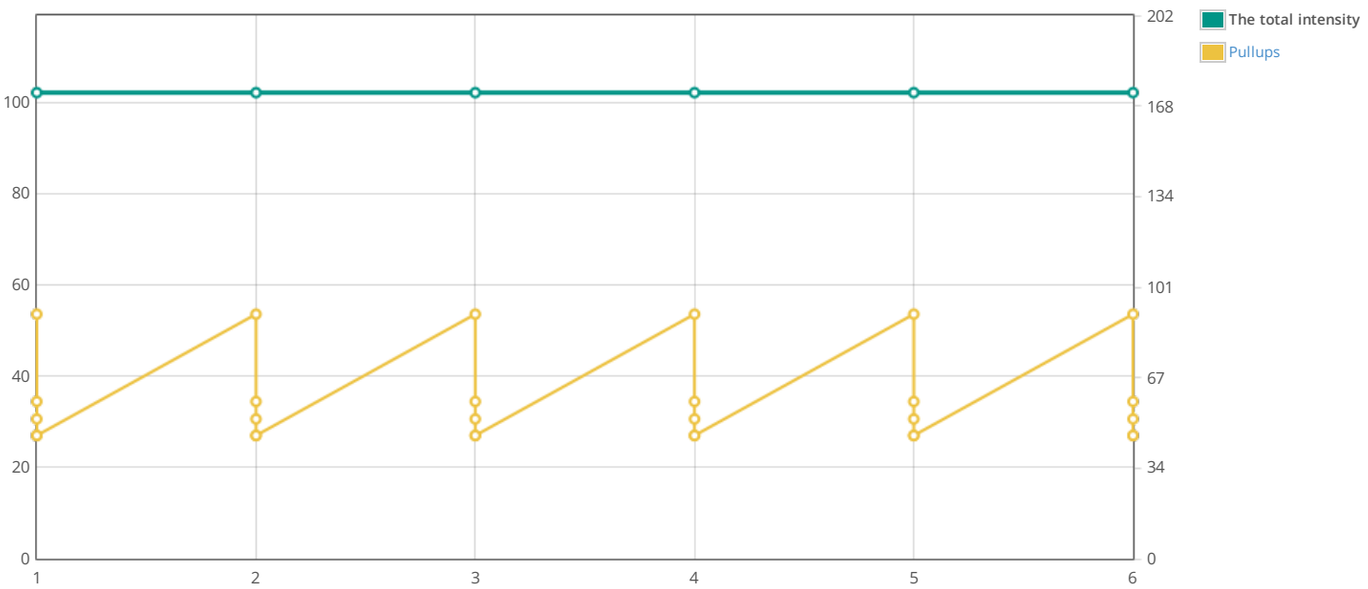
174 scores

7 «7 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	7-14 (+max)	120 sec
			2 day	
1	Pullups	5	7-14 (+max)	120 sec
			3 day	
1	Pullups	5	7-14 (+max)	120 sec
			4 day	
1	Pullups	5	7-14 (+max)	120 sec
			5 day	
1	Pullups	5	7-14 (+max)	120 sec
			6 day	
1	Pullups	5	7-14 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 16 min

Pullups
1×14 max Rest: 120 sec to failure

Workout #2 16 min

Pullups
1×14 max Rest: 120 sec to failure

Workout #3 16 min

Pullups
1×14 max Rest: 120 sec to failure

1×9 Rest: 120 sec moderate
1×8 Rest: 120 sec moderate
2×7 Rest: 120 sec moderate

173 scores

1×9 Rest: 120 sec moderate
1×8 Rest: 120 sec moderate
2×7 Rest: 120 sec moderate

173 scores

1×9 Rest: 120 sec moderate
1×8 Rest: 120 sec moderate
2×7 Rest: 120 sec moderate

173 scores

Workout #4 16 min

Pullups
1×14 max Rest: 120 sec to failure
1×9 Rest: 120 sec moderate
1×8 Rest: 120 sec moderate
2×7 Rest: 120 sec moderate

173 scores

Workout #5 16 min

Pullups
1×14 max Rest: 120 sec to failure
1×9 Rest: 120 sec moderate
1×8 Rest: 120 sec moderate
2×7 Rest: 120 sec moderate

173 scores

Workout #6 16 min

Pullups
1×14 max Rest: 120 sec to failure
1×9 Rest: 120 sec moderate
1×8 Rest: 120 sec moderate
2×7 Rest: 120 sec moderate

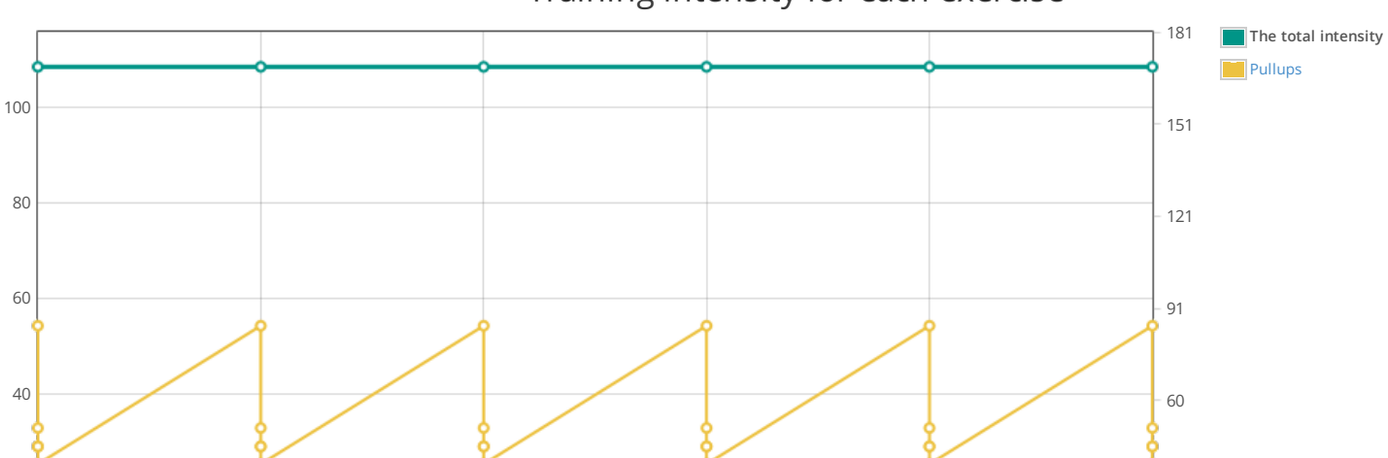
173 scores

8 «8 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	7-15 (+max)	120 sec
			2 day	
1	Pullups	5	7-15 (+max)	120 sec
			3 day	
1	Pullups	5	7-15 (+max)	120 sec
			4 day	
1	Pullups	5	7-15 (+max)	120 sec
			5 day	
1	Pullups	5	7-15 (+max)	120 sec
			6 day	
1	Pullups	5	7-15 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 16 min

Pullups
- 1×15 max — Rest: 120 sec — to failure
- 1×9 — Rest: 120 sec — moderate
- 2×8 — Rest: 120 sec — moderate
- 1×7 — Rest: 120 sec — easy

170 scores

Workout #2 — 16 min

Pullups
- 1×15 max — Rest: 120 sec — to failure
- 1×9 — Rest: 120 sec — moderate
- 2×8 — Rest: 120 sec — moderate
- 1×7 — Rest: 120 sec — easy

170 scores

Workout #3 — 16 min

Pullups
- 1×15 max — Rest: 120 sec — to failure
- 1×9 — Rest: 120 sec — moderate
- 2×8 — Rest: 120 sec — moderate
- 1×7 — Rest: 120 sec — easy

170 scores

Workout #4 — 16 min

Pullups
- 1×15 max — Rest: 120 sec — to failure
- 1×9 — Rest: 120 sec — moderate
- 2×8 — Rest: 120 sec — moderate
- 1×7 — Rest: 120 sec — easy

170 scores

Workout #5 — 16 min

Pullups
- 1×15 max — Rest: 120 sec — to failure
- 1×9 — Rest: 120 sec — moderate
- 2×8 — Rest: 120 sec — moderate
- 1×7 — Rest: 120 sec — easy

170 scores

Workout #6 — 16 min

Pullups
- 1×15 max — Rest: 120 sec — to failure
- 1×9 — Rest: 120 sec — moderate
- 2×8 — Rest: 120 sec — moderate
- 1×7 — Rest: 120 sec — easy

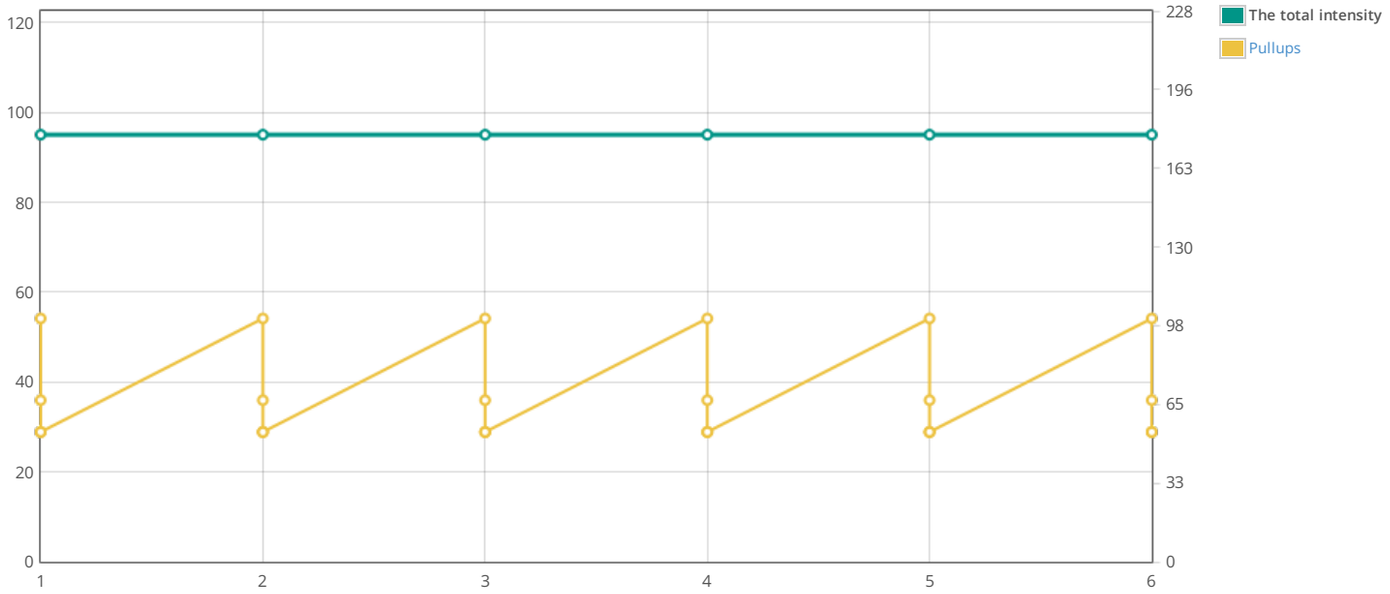
170 scores

9 «9 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	8-15 (+max)	120 sec
			2 day	
1	Pullups	5	8-15 (+max)	120 sec
			3 day	
1	Pullups	5	8-15 (+max)	120 sec
			4 day	
1	Pullups	5	8-15 (+max)	120 sec
			5 day	
1	Pullups	5	8-15 (+max)	120 sec
			6 day	
1	Pullups	5	8-15 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×15 max — Rest: 120 sec — to failure
1×10 — Rest: 120 sec — heavy
3×8 — Rest: 120 sec — moderate

177 scores

Workout #2 — 16 min

Pullups
1×15 max — Rest: 120 sec — to failure
1×10 — Rest: 120 sec — heavy
3×8 — Rest: 120 sec — moderate

177 scores

Workout #3 — 16 min

Pullups
1×15 max — Rest: 120 sec — to failure
1×10 — Rest: 120 sec — heavy
3×8 — Rest: 120 sec — moderate

177 scores

Workout #4 — 16 min

Pullups
1×15 max — Rest: 120 sec — to failure
1×10 — Rest: 120 sec — heavy
3×8 — Rest: 120 sec — moderate

177 scores

Workout #5 — 16 min

Pullups
1×15 max — Rest: 120 sec — to failure
1×10 — Rest: 120 sec — heavy
3×8 — Rest: 120 sec — moderate

177 scores

Workout #6 — 16 min

Pullups
1×15 max — Rest: 120 sec — to failure
1×10 — Rest: 120 sec — heavy
3×8 — Rest: 120 sec — moderate

177 scores

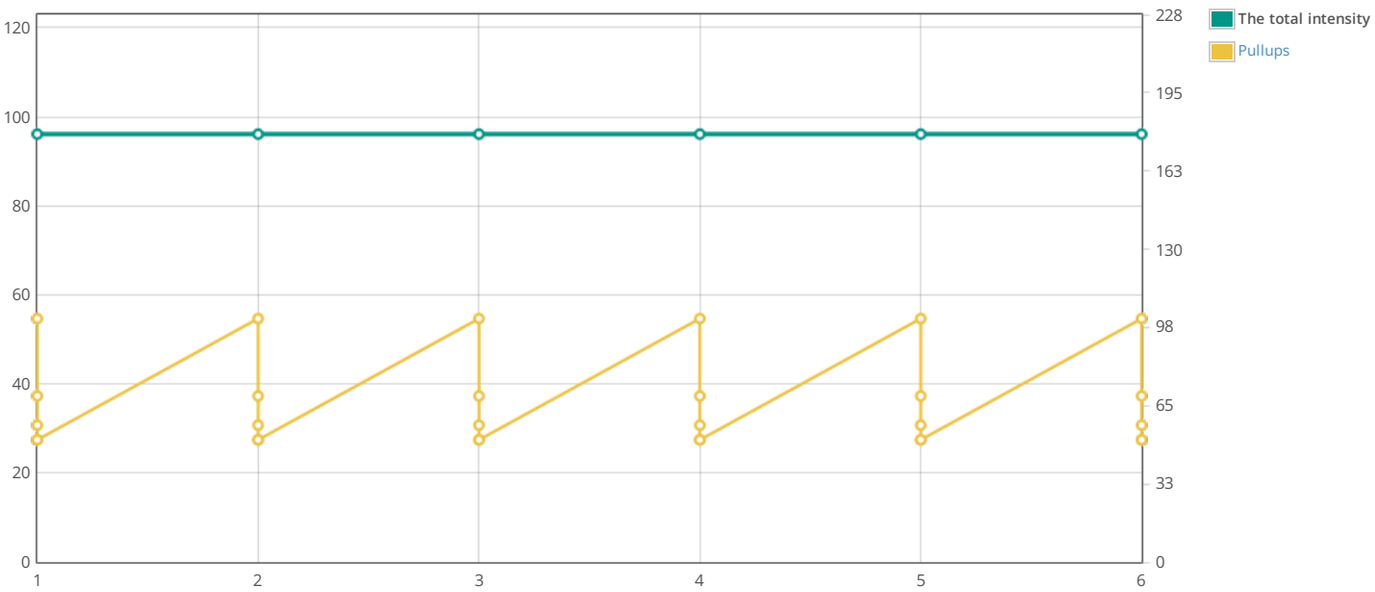
10 «10 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	8-16 (+max)	120 sec
			2 day	
1	Pullups	5	8-16 (+max)	120 sec
			3 day	
1	Pullups	5	8-16 (+max)	120 sec
			4 day	
1	Pullups	5	8-16 (+max)	120 sec
			5 day	
1	Pullups	5	8-16 (+max)	120 sec
			6 day	

1	Pullups	5	8-16 (+max)	120 sec
7 day (rest)				

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×16 max Rest: 120 sec — to failure
1×11 Rest: 120 sec — heavy
1×9 Rest: 120 sec — moderate
2×8 Rest: 120 sec — moderate

178 scores

Workout #2 — 16 min

Pullups
1×16 max Rest: 120 sec — to failure
1×11 Rest: 120 sec — heavy
1×9 Rest: 120 sec — moderate
2×8 Rest: 120 sec — moderate

178 scores

Workout #3 — 16 min

Pullups
1×16 max Rest: 120 sec — to failure
1×11 Rest: 120 sec — heavy
1×9 Rest: 120 sec — moderate
2×8 Rest: 120 sec — moderate

178 scores

Workout #4 — 16 min

Pullups
1×16 max Rest: 120 sec — to failure
1×11 Rest: 120 sec — heavy
1×9 Rest: 120 sec — moderate
2×8 Rest: 120 sec — moderate

178 scores

Workout #5 — 16 min

Pullups
1×16 max Rest: 120 sec — to failure
1×11 Rest: 120 sec — heavy
1×9 Rest: 120 sec — moderate
2×8 Rest: 120 sec — moderate

178 scores

Workout #6 — 16 min

Pullups
1×16 max Rest: 120 sec — to failure
1×11 Rest: 120 sec — heavy
1×9 Rest: 120 sec — moderate
2×8 Rest: 120 sec — moderate

178 scores

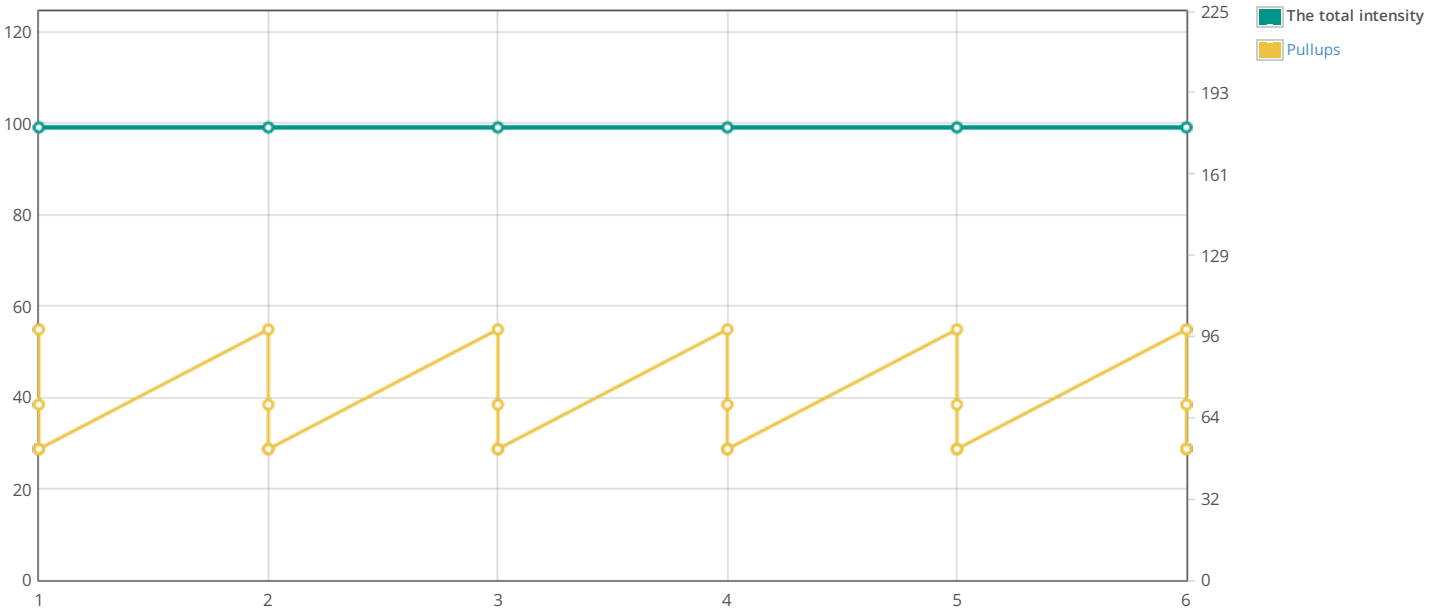
11 «11 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Pullups	5	9-17 (+max)	120 sec
2 day				
1	Pullups	5	9-17 (+max)	120 sec
3 day				
1	Pullups	5	9-17 (+max)	120 sec

4 day				
1	Pullups	5	9-17 (+max)	120 sec
5 day				
1	Pullups	5	9-17 (+max)	120 sec
6 day				
1	Pullups	5	9-17 (+max)	120 sec
7 day (rest)				

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×17 max — Rest: 120 sec — to failure
1×12 — Rest: 120 sec — heavy
3×9 — Rest: 120 sec — moderate

179 scores

Workout #2 — 16 min

Pullups
1×17 max — Rest: 120 sec — to failure
1×12 — Rest: 120 sec — heavy
3×9 — Rest: 120 sec — moderate

179 scores

Workout #3 — 16 min

Pullups
1×17 max — Rest: 120 sec — to failure
1×12 — Rest: 120 sec — heavy
3×9 — Rest: 120 sec — moderate

179 scores

Workout #4 — 16 min

Pullups
1×17 max — Rest: 120 sec — to failure
1×12 — Rest: 120 sec — heavy
3×9 — Rest: 120 sec — moderate

179 scores

Workout #5 — 16 min

Pullups
1×17 max — Rest: 120 sec — to failure
1×12 — Rest: 120 sec — heavy
3×9 — Rest: 120 sec — moderate

179 scores

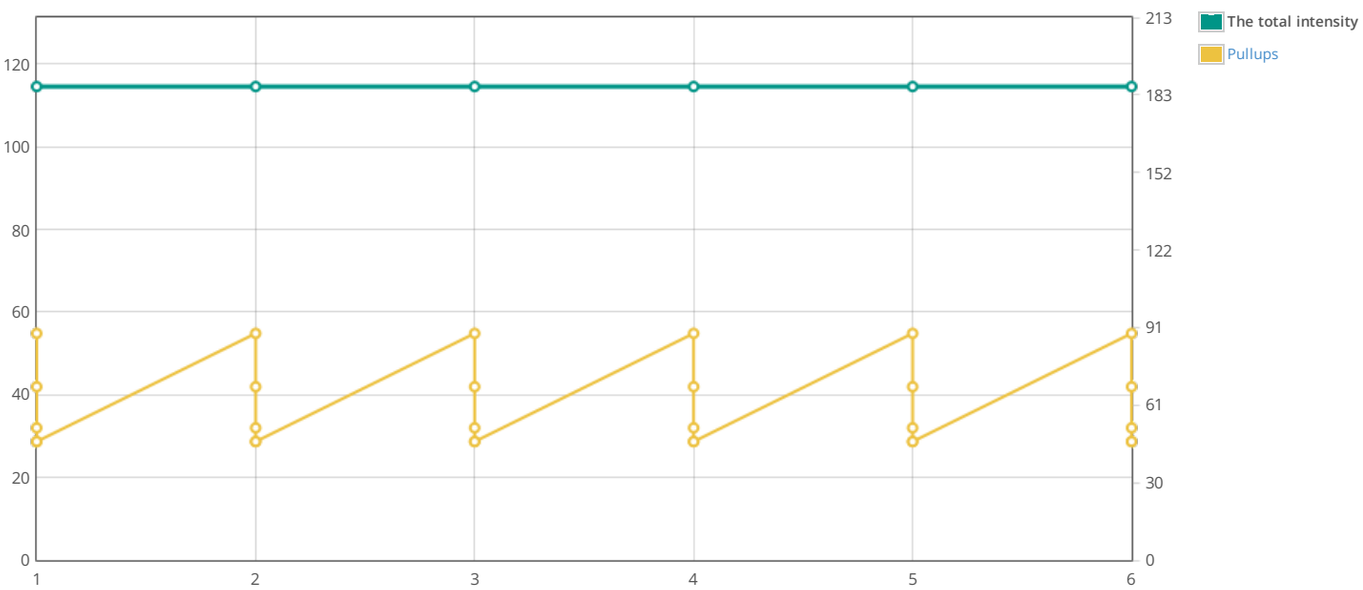
Workout #6 — 16 min

Pullups
1×17 max — Rest: 120 sec — to failure
1×12 — Rest: 120 sec — heavy
3×9 — Rest: 120 sec — moderate

179 scores

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	9-17 (+max)	120 sec
			2 day	
1	Pullups	5	9-17 (+max)	120 sec
			3 day	
1	Pullups	5	9-17 (+max)	120 sec
			4 day	
1	Pullups	5	9-17 (+max)	120 sec
			5 day	
1	Pullups	5	9-17 (+max)	120 sec
			6 day	
1	Pullups	5	9-17 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×17 max Rest: 120 sec — to failure
1×13 Rest: 120 sec — heavy
1×10 Rest: 120 sec — moderate
2×9 Rest: 120 sec — moderate

186 scores

Workout #2 — 16 min

Pullups
1×17 max Rest: 120 sec — to failure
1×13 Rest: 120 sec — heavy
1×10 Rest: 120 sec — moderate
2×9 Rest: 120 sec — moderate

186 scores

Workout #3 — 16 min

Pullups
1×17 max Rest: 120 sec — to failure
1×13 Rest: 120 sec — heavy
1×10 Rest: 120 sec — moderate
2×9 Rest: 120 sec — moderate

186 scores

Workout #4 — 16 min

Pullups
1×17 max Rest: 120 sec — to failure
1×13 Rest: 120 sec — heavy
1×10 Rest: 120 sec — moderate
2×9 Rest: 120 sec — moderate

Workout #5 — 16 min

Pullups
1×17 max Rest: 120 sec — to failure
1×13 Rest: 120 sec — heavy
1×10 Rest: 120 sec — moderate
2×9 Rest: 120 sec — moderate

Workout #6 — 16 min

Pullups
1×17 max Rest: 120 sec — to failure
1×13 Rest: 120 sec — heavy
1×10 Rest: 120 sec — moderate
2×9 Rest: 120 sec — moderate

186 scores

186 scores

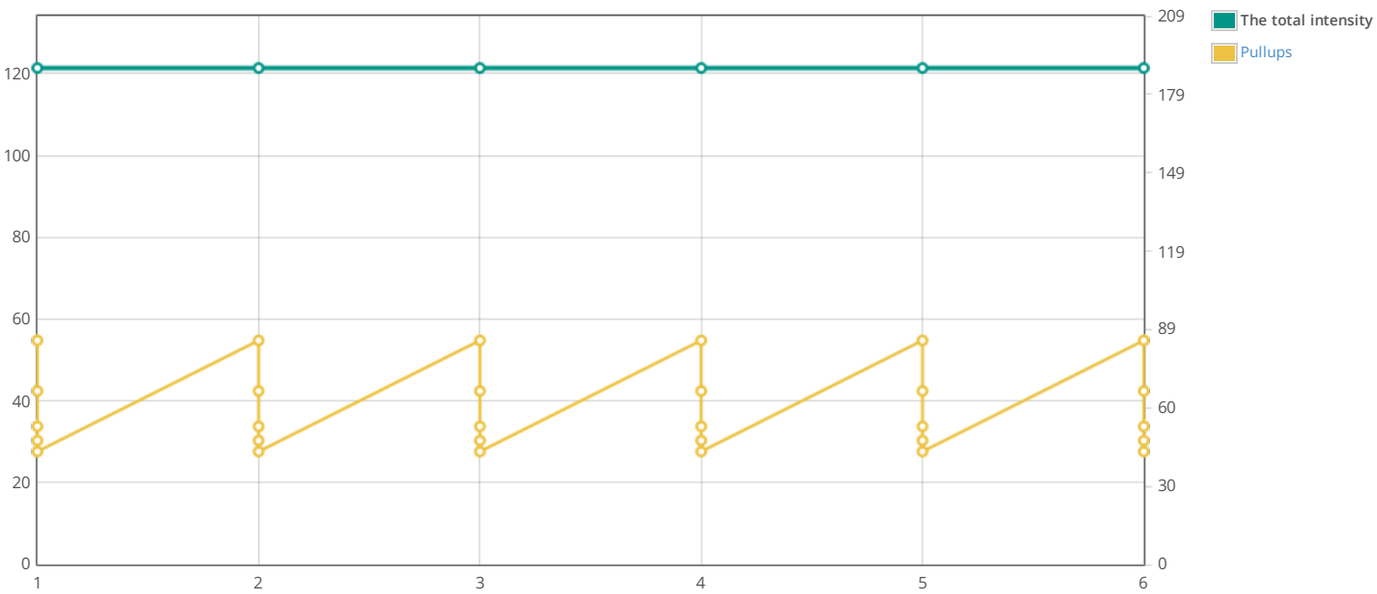
186 scores

13 «13 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	9-18 (+max)	120 sec
			2 day	
1	Pullups	5	9-18 (+max)	120 sec
			3 day	
1	Pullups	5	9-18 (+max)	120 sec
			4 day	
1	Pullups	5	9-18 (+max)	120 sec
			5 day	
1	Pullups	5	9-18 (+max)	120 sec
			6 day	
1	Pullups	5	9-18 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×18 max Rest: 120 sec — to failure
1×14 Rest: 120 sec — heavy
1×11 Rest: 120 sec — moderate
1×10 Rest: 120 sec — moderate
1×9 Rest: 120 sec — moderate

Workout #2 — 16 min

Pullups
1×18 max Rest: 120 sec — to failure
1×14 Rest: 120 sec — heavy
1×11 Rest: 120 sec — moderate
1×10 Rest: 120 sec — moderate
1×9 Rest: 120 sec — moderate

Workout #3 — 16 min

Pullups
1×18 max Rest: 120 sec — to failure
1×14 Rest: 120 sec — heavy
1×11 Rest: 120 sec — moderate
1×10 Rest: 120 sec — moderate
1×9 Rest: 120 sec — moderate

189 scores

189 scores

189 scores

Workout #4 — 16 min

Pullups
1×18 max — Rest: 120 sec — to failure
1×14 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
1×10 — Rest: 120 sec — moderate
1×9 — Rest: 120 sec — moderate

189 scores

Workout #5 — 16 min

Pullups
1×18 max — Rest: 120 sec — to failure
1×14 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
1×10 — Rest: 120 sec — moderate
1×9 — Rest: 120 sec — moderate

189 scores

Workout #6 — 16 min

Pullups
1×18 max — Rest: 120 sec — to failure
1×14 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
1×10 — Rest: 120 sec — moderate
1×9 — Rest: 120 sec — moderate

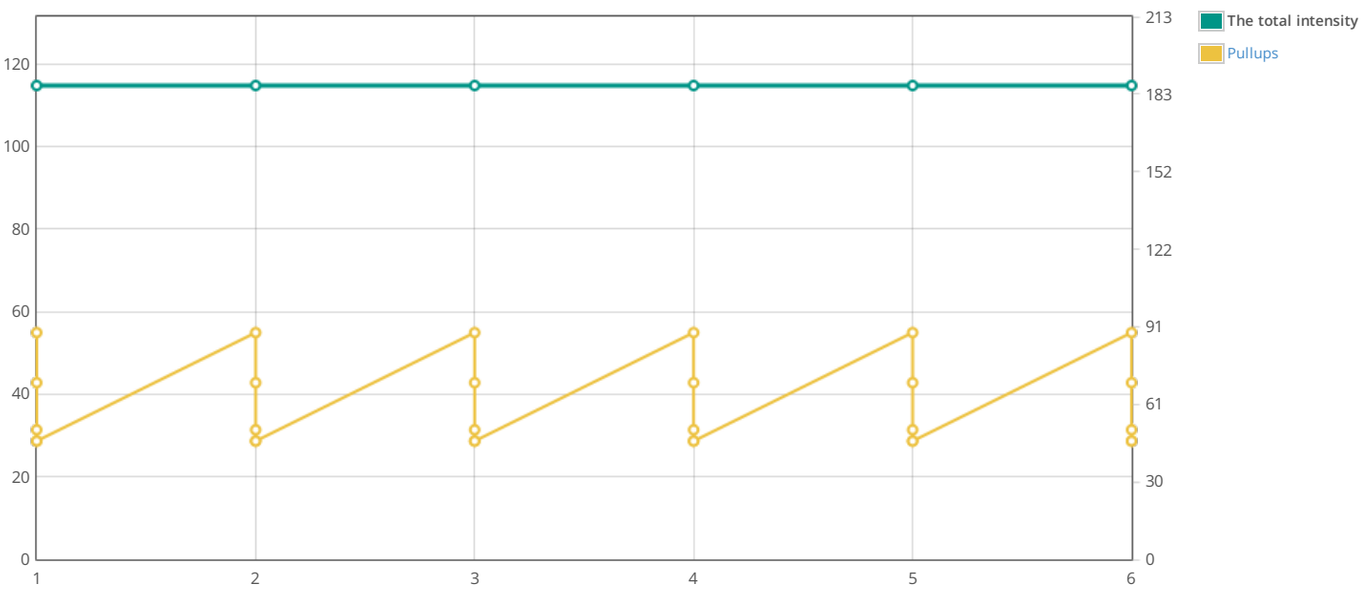
189 scores

14 «14 неделя»

Duration in days: 6 | Amount of training days: 6 | Rest days: 0

#	Exercise (superset)	Sets	Reps	Rest between sets
			1 day	
1	Pullups	5	10-19 (+max)	120 sec
			2 day	
1	Pullups	5	10-19 (+max)	120 sec
			3 day	
1	Pullups	5	10-19 (+max)	120 sec
			4 day	
1	Pullups	5	10-19 (+max)	120 sec
			5 day	
1	Pullups	5	10-19 (+max)	120 sec
			6 day	
1	Pullups	5	10-19 (+max)	120 sec
			7 day (rest)	

Training intensity for each exercise



Workout #1 — 16 min

Pullups
1×19 max — Rest: 120 sec — to failure
1×15 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
2×10 — Rest: 120 sec — moderate

186 scores

Workout #2 — 16 min

Pullups
1×19 max — Rest: 120 sec — to failure
1×15 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
2×10 — Rest: 120 sec — moderate

186 scores

Workout #3 — 16 min

Pullups
1×19 max — Rest: 120 sec — to failure
1×15 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
2×10 — Rest: 120 sec — moderate

186 scores

Workout #4 — 16 min

Pullups
1×19 max — Rest: 120 sec — to failure
1×15 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
2×10 — Rest: 120 sec — moderate

186 scores

Workout #5 — 16 min

Pullups
1×19 max — Rest: 120 sec — to failure
1×15 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
2×10 — Rest: 120 sec — moderate

186 scores

Workout #6 — 16 min

Pullups
1×19 max — Rest: 120 sec — to failure
1×15 — Rest: 120 sec — heavy
1×11 — Rest: 120 sec — moderate
2×10 — Rest: 120 sec — moderate

186 scores

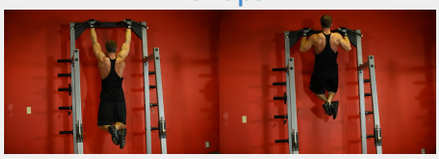
15 «15 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets

Training intensity for each exercise

Directory of the exercises

Pullups



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.

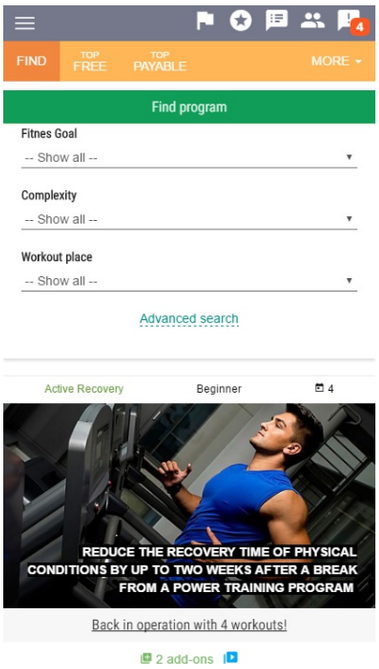
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

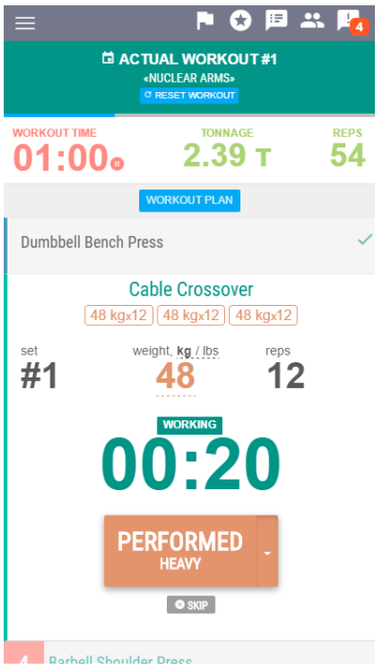
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

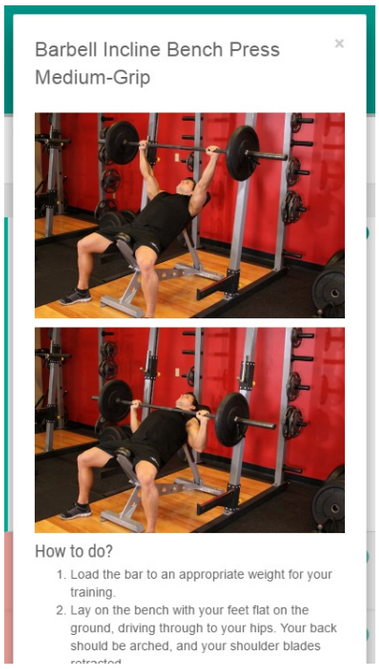
How to use mobile assistant?

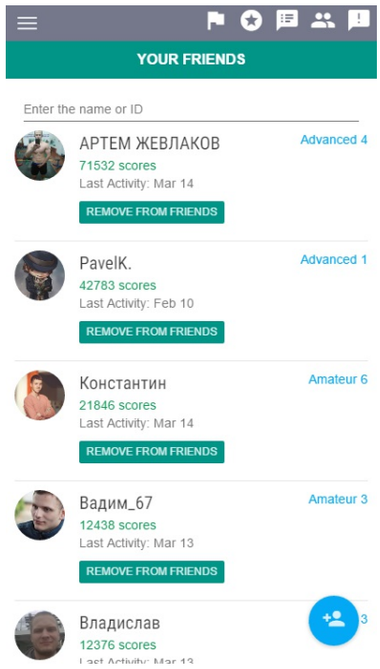
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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