


Step into the sport together with AtletIQ - pass the first power exam for 1 month

 Beginner

39 days

12 workouts

~44 minutes

Debutant! Do you know that our sport is many-sided and all-powerful? With whatever goals you have addressed to him, they will be achieved. You just need to stick to the chosen strategy and you have it - a well thought-out FULLBODY-complex for 1 month of training will prepare you for real power test

<https://atletiq.com/en/programma/fulbodi-dlya-novichkov-m-zh.html>

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

The content of of the program

1 «1 месяц»

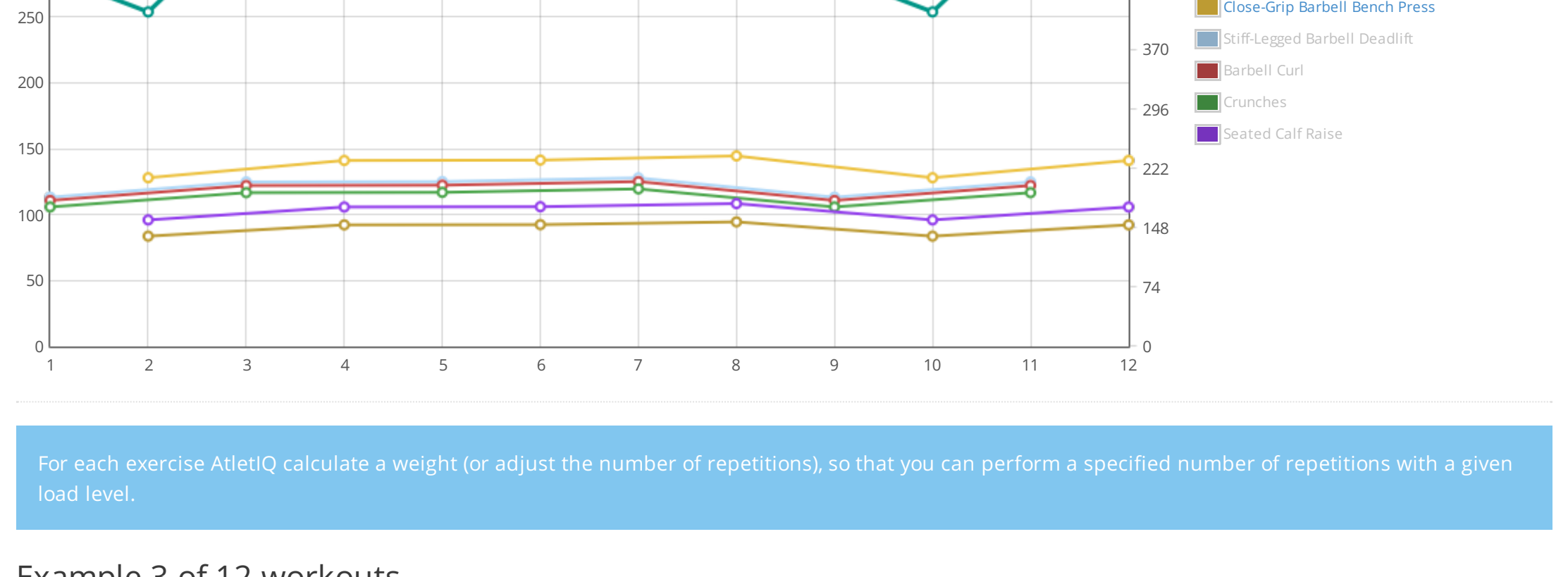
Duration in days: 39

Amount of training days: 12

Rest days: 27

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Barbell Full Squat	3	6-10	⌚ 80-140 sec
2	Barbell Bench Press - Medium Grip	3	6-10	⌚ 80-140 sec
3	Bent Over Barbell Row	3	6-10	⌚ 80-140 sec

Training intensity for each exercise



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 12 workouts

Workout #1 ⌚ 38 min

Barbell Full Squat 3x6 Rest: ⌚ 80 sec moderate

Barbell Bench Press - Medium Grip 3x6 Rest: ⌚ 80 sec moderate

Bent Over Barbell Row 3x6 Rest: ⌚ 80 sec moderate

Stiff-Legged Barbell Deadlift 3x10 Rest: ⌚ 90 sec moderate

Crunches 3x15 Rest: ⌚ 80 sec heavy

464 scores

Workout #2 ⌚ 37 min

Snatch Deadlift 3x6 Rest: ⌚ 80 sec moderate

Smith Machine Overhead Shoulder Press 3x6 Rest: ⌚ 80 sec moderate

Close-Grip Barbell Bench Press 3x6 Rest: ⌚ 80 sec moderate

Barbell Curl 3x6 Rest: ⌚ 80 sec moderate

Seated Calf Raise 3x15 Rest: ⌚ 80 sec heavy

417 scores

Workout #3 ⌚ 48 min

Barbell Full Squat 3x8 Rest: ⌚ 120 sec heavy

Barbell Bench Press - Medium Grip 3x8 Rest: ⌚ 120 sec heavy

Bent Over Barbell Row 3x8 Rest: ⌚ 120 sec heavy

Stiff-Legged Barbell Deadlift 3x14 Rest: ⌚ 120 sec heavy

Crunches 3x20 max Rest: ⌚ 120 sec to failure

534 scores

Directory of the exercises

Stiff-Legged Barbell Deadlift

Barbell Bench Press - Medium Grip

Barbell Curl

Barbell Full Squat

Bent Over Barbell Row

Close-Grip Barbell Bench Press

Sign up or login to get access to the full version

[Sign Up](#)

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 follow the weights as close to the calculated considering the capabilities of your gym
- Precisely to set 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.

Find program

Active Recovery Beginner 4

Back in operation with 4 workouts!

ACTUAL WORKOUT #1

WORKOUT TIME 01:00

WORKOUT PLAN

WORKOUT #1

PERFORMED HEAVY

Barbell Incline Bench Press Medium-Grip

How to do?

1. Load the bar to an appropriate weight for your training.

2. Lay on the bench with your feet flat on the ground, driving through to your tips. Your back should be arched, and your shoulder blades retracted.

YOUR FRIENDS

Enter the name or ID

АТЕМ ЖЕВЛАКОВ Advanced 4

ПавелK Advanced 1

Константин Amateur 6

Вадим,67 Amateur 3

Владислав

[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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