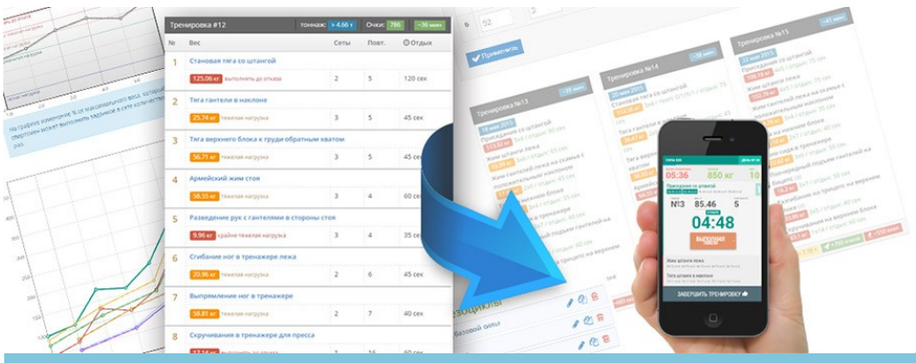
Curb physiology - use a periodical training program tailored for the menstrual cycle

Intermediate | 24 days | 13 workouts | ~52 minutes

Concept of "cycling" training has a special meaning for the women. Here it is - a rational program of training in the gym for women, adapted for the monthly hormonal fluctuations in their body.

https://atletiq.com/en/programms/588



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 «1-3 неделя»

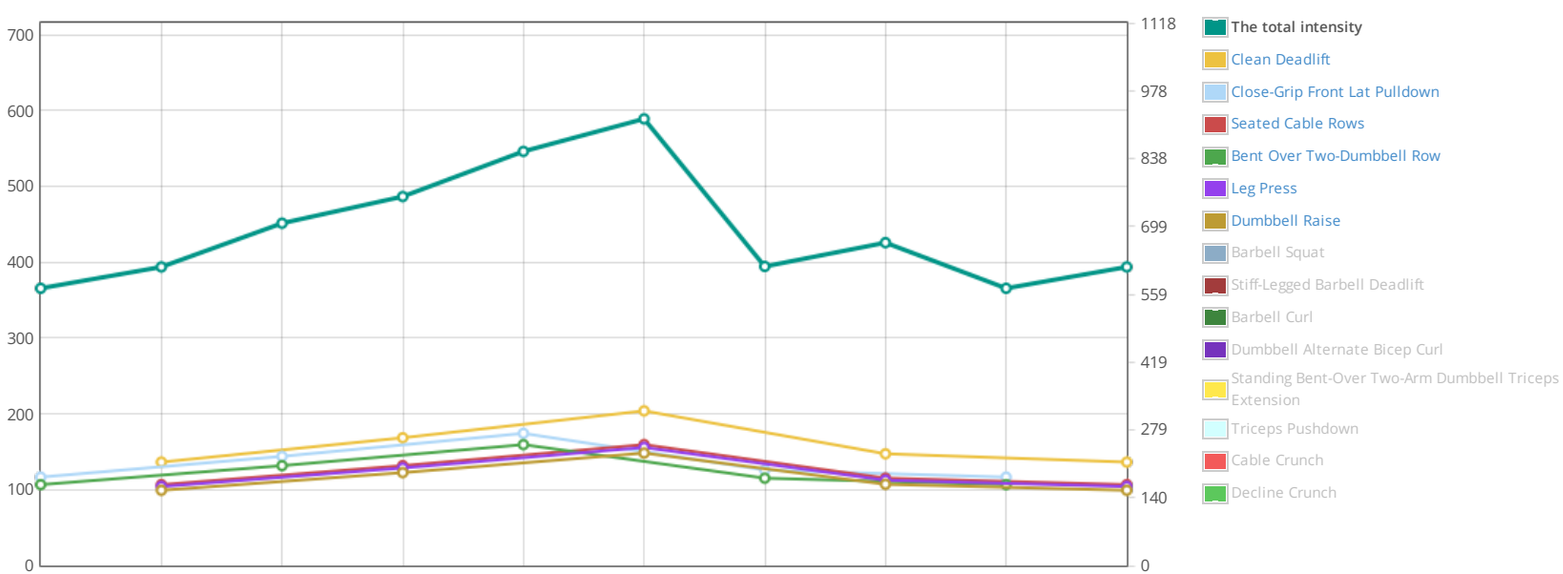
Duration in days: 19 | Amount of training days: 10 | Rest days: 9

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	Cable Crunch	3-4	10-15	60-90 sec
2	Barbell Squat	3-4	10-15	60-90 sec
3	Stiff-Legged Barbell Deadlift	3-4	10-15	60-90 sec
4	Close-Grip Front Lat Pulldown	3-4	10-15	60-90 sec
5	Bent Over Two-Dumbbell Row	3-4	10-15	60-90 sec
6	Barbell Curl	3-4	10-15	60-90 sec
7	Triceps Pushdown	3-4	10-15	60-90 sec
	2 day (rest)			
	3 day			
1	Decline Crunch	3-4	10-15	60-90 sec
2	Clean Deadlift	3-4	10-15	60-90 sec
3	Leg Press	3-4	10-15	60-90 sec
4	Seated Cable Rows	3-4	10-15	60-90 sec
5	Dumbbell Raise	3-4	10-15	60-90 sec
6	Dumbbell Alternate Bicep Curl	3-4	10-15	60-90 sec
7	Standing Bent-Over Two-Arm Dumbbell Triceps Extension	3-4	10-15	60-90 sec
	4 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.



1 2 3 4 5 6 7 8 9 10

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

- Cable Crunch — 3×10 — Rest: 60 sec — heavy
- Barbell Squat — 3×10 — Rest: 60 sec — heavy
- Stiff-Legged Barbell Deadlift — 3×10 — Rest: 60 sec — heavy
- Close-Grip Front Lat Pulldown — 3×10 — Rest: 60 sec — heavy
- Bent Over Two-Dumbbell Row — 3×10 — Rest: 60 sec — heavy
- Barbell Curl — 3×10 — Rest: 60 sec — heavy
- Triceps Pushdown — 3×10 — Rest: 60 sec — heavy

571 scores

Workout #2 — 45 min

- Decline Crunch — 3×10 — Rest: 60 sec — heavy
- Clean Deadlift — 3×10 — Rest: 60 sec — heavy
- Leg Press — 3×10 — Rest: 60 sec — heavy
- Seated Cable Rows — 3×10 — Rest: 60 sec — heavy
- Dumbbell Raise — 3×10 — Rest: 60 sec — heavy
- Dumbbell Alternate Bicep Curl — 3×10 — Rest: 60 sec — heavy
- Standing Bent-Over Two-Arm Dumbbell Triceps Extension — 3×10 — Rest: 60 sec — heavy

615 scores

Workout #3 — 56 min

- Cable Crunch — 3×15 — Rest: 90 sec — very hard
- Barbell Squat — 3×15 — Rest: 90 sec — very hard
- Stiff-Legged Barbell Deadlift — 3×15 — Rest: 90 sec — very hard
- Close-Grip Front Lat Pulldown — 3×15 — Rest: 90 sec — very hard
- Bent Over Two-Dumbbell Row — 3×15 — Rest: 90 sec — very hard
- Barbell Curl — 3×15 — Rest: 90 sec — very hard
- Triceps Pushdown — 3×15 — Rest: 90 sec — very hard

705 scores

Workout #4 — 56 min

- Decline Crunch — 3×15 — Rest: 90 sec — very hard
- Clean Deadlift — 3×15 — Rest: 90 sec — very hard
- Leg Press — 3×15 — Rest: 90 sec — very hard
- Seated Cable Rows — 3×15 — Rest: 90 sec — very hard
- Dumbbell Raise — 3×15 — Rest: 90 sec — very hard
- Dumbbell Alternate Bicep Curl — 3×15 — Rest: 90 sec — very hard
- Standing Bent-Over Two-Arm Dumbbell Triceps Extension — 3×15 — Rest: 90 sec — very hard

760 scores

Workout #5 — 61 min

- Cable Crunch — 4×10 — Rest: 80 sec — heavy
- Barbell Squat — 4×10 — Rest: 80 sec — heavy
- Stiff-Legged Barbell Deadlift — 4×10 — Rest: 80 sec — heavy
- Close-Grip Front Lat Pulldown — 4×10 — Rest: 80 sec — heavy
- Bent Over Two-Dumbbell Row — 4×10 — Rest: 80 sec — heavy
- Barbell Curl — 4×10 — Rest: 80 sec — heavy
- Triceps Pushdown — 4×10 — Rest: 80 sec — heavy

853 scores

Workout #6 — 61 min

- Decline Crunch — 4×10 — Rest: 80 sec — heavy
- Clean Deadlift — 4×10 — Rest: 80 sec — heavy
- Leg Press — 4×10 — Rest: 80 sec — heavy
- Seated Cable Rows — 4×10 — Rest: 80 sec — heavy
- Dumbbell Raise — 4×10 — Rest: 80 sec — heavy
- Dumbbell Alternate Bicep Curl — 4×10 — Rest: 80 sec — heavy
- Standing Bent-Over Two-Arm Dumbbell Triceps Extension — 4×10 — Rest: 80 sec — heavy

920 scores

Workout #7 — 52 min

- Cable Crunch — 3×12 — Rest: 80 sec — heavy
- Barbell Squat — 3×12 — Rest: 80 sec — heavy
- Stiff-Legged Barbell Deadlift — 3×12 — Rest: 80 sec — heavy
- Close-Grip Front Lat Pulldown

Workout #8 — 52 min

- Decline Crunch — 3×12 — Rest: 80 sec — heavy
- Clean Deadlift — 3×12 — Rest: 80 sec — heavy
- Leg Press — 3×12 — Rest: 80 sec — heavy
- Seated Cable Rows

Workout #9 — 52 min

- Cable Crunch — 3×10 — Rest: 80 sec — heavy
- Barbell Squat — 3×10 — Rest: 80 sec — heavy
- Stiff-Legged Barbell Deadlift — 3×10 — Rest: 80 sec — heavy
- Close-Grip Front Lat Pulldown

3×12 Rest: 80 sec heavy

Bent Over Two-Dumbbell Row
3×12 Rest: 80 sec heavy

Barbell Curl
3×12 Rest: 80 sec heavy

Triceps Pushdown
3×12 Rest: 80 sec heavy

616 scores

3×12 Rest: 80 sec heavy

Dumbbell Raise
3×12 Rest: 80 sec heavy

Dumbbell Alternate Bicep Curl
3×12 Rest: 80 sec heavy

Standing Bent-Over Two-Arm Dumbbell Triceps Extension
3×12 Rest: 80 sec heavy

665 scores

3×10 Rest: 80 sec heavy

Bent Over Two-Dumbbell Row
3×10 Rest: 80 sec heavy

Barbell Curl
3×10 Rest: 80 sec heavy

Triceps Pushdown
3×10 Rest: 80 sec heavy

571 scores

Workout #10 52 min

Decline Crunch
3×10 Rest: 80 sec heavy

Clean Deadlift
3×10 Rest: 80 sec heavy

Leg Press
3×10 Rest: 80 sec heavy

Seated Cable Rows
3×10 Rest: 80 sec heavy

Dumbbell Raise
3×10 Rest: 80 sec heavy

Dumbbell Alternate Bicep Curl
3×10 Rest: 80 sec heavy

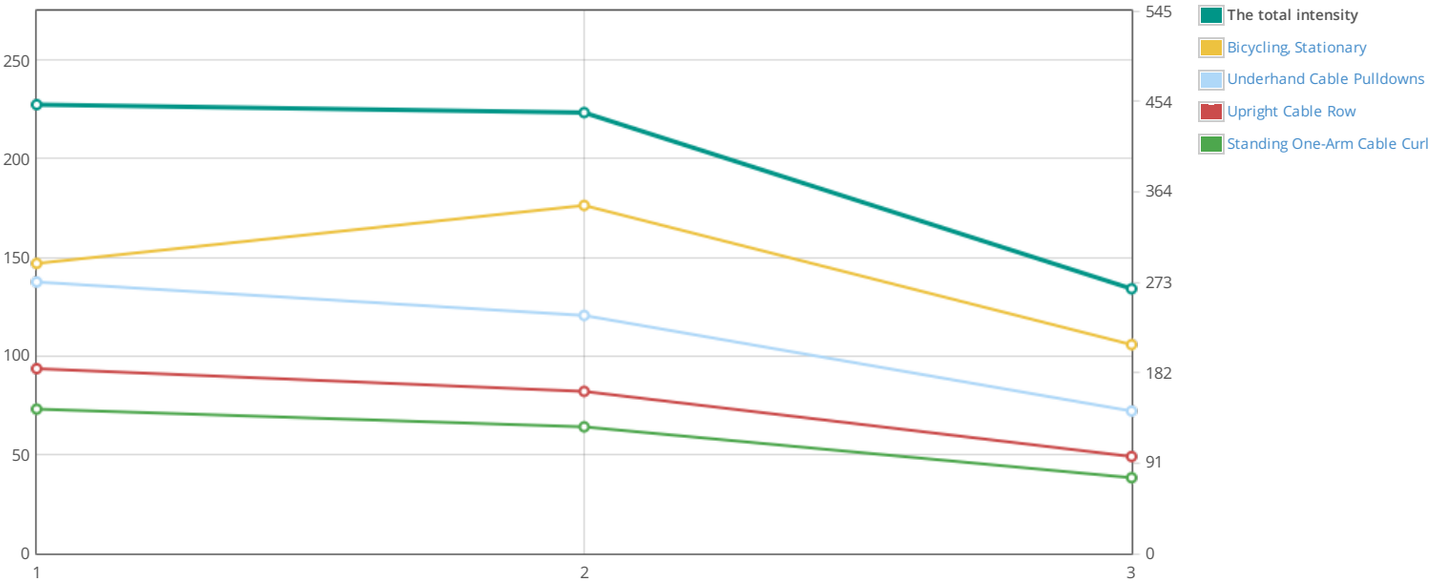
Standing Bent-Over Two-Arm Dumbbell Triceps Extension
3×10 Rest: 80 sec heavy

615 scores

2 «4 неделя (легкая)»

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Underhand Cable Pulldowns	2-3	15-20	80 sec
2	Standing One-Arm Cable Curl	2-3	15-20	80 sec
3	Upright Cable Row	2-3	15-20	80 sec
4	Bicycling, Stationary	1	18 min-30 min	40 sec
2 day (rest)				

Training intensity for each exercise



Workout #1 — 50 min

Underhand Cable Pulldowns
3×20 Rest: 80 sec — heavy

Standing One-Arm Cable Curl
3×20 Rest: 80 sec — heavy

Upright Cable Row
3×20 Rest: 80 sec — heavy

Bicycling, Stationary
1×25 min Rest: 40 sec — moderate

451 scores

Workout #2 — 54 min

Underhand Cable Pulldowns
3×18 Rest: 80 sec — heavy

Standing One-Arm Cable Curl
3×18 Rest: 80 sec — heavy

Upright Cable Row
3×18 Rest: 80 sec — heavy

Bicycling, Stationary
1×30 min Rest: 40 sec — moderate

443 scores

Workout #3 — 38 min

Underhand Cable Pulldowns
2×15 Rest: 80 sec — moderate

Standing One-Arm Cable Curl
2×15 Rest: 80 sec — moderate

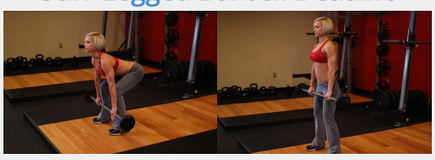
Upright Cable Row
2×15 Rest: 80 sec — moderate

Bicycling, Stationary
1×18 min Rest: 40 sec — moderate

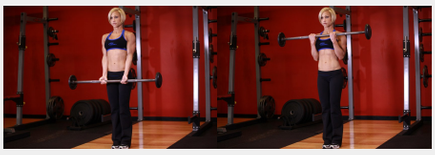
266 scores

Directory of the exercises

Stiff-Legged Barbell Deadlift



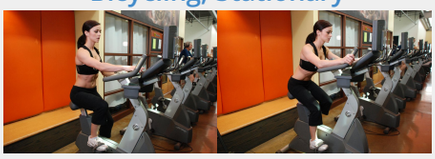
Barbell Curl



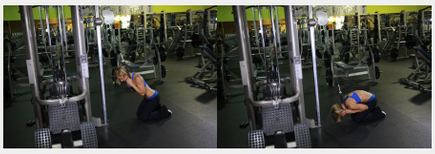
Barbell Squat

Bent Over Two-Dumbbell Row

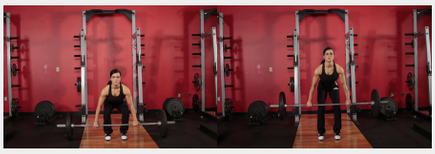
Bicycling, Stationary



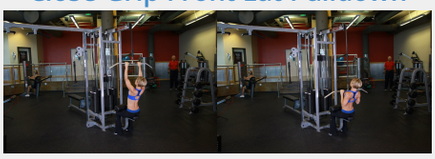
Cable Crunch



Clean Deadlift

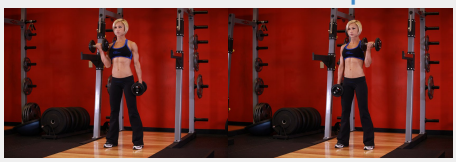


Close-Grip Front Lat Pulldown

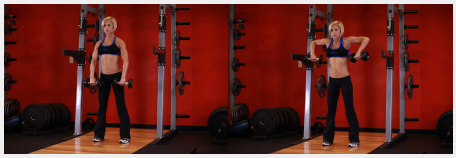


Decline Crunch

Dumbbell Alternate Bicep Curl



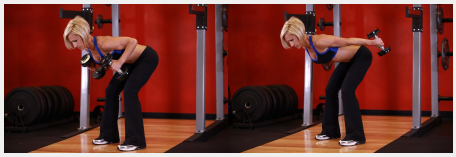
Dumbbell Raise



Leg Press

Seated Cable Rows

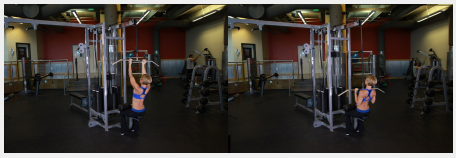
Standing Bent-Over Two-Arm Dumbbell Triceps Extension



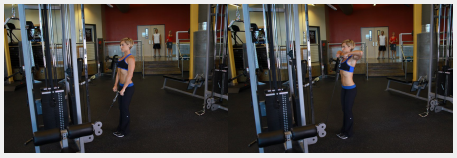
Standing One-Arm Cable Curl

Triceps Pushdown

Underhand Cable Pulldowns



Upright Cable Row



General recommendations on training with AtletIQ

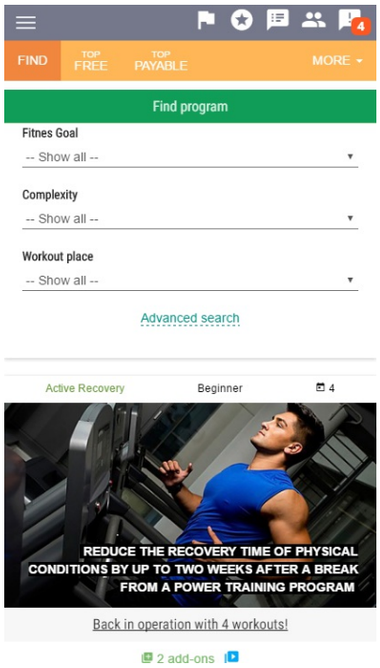
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

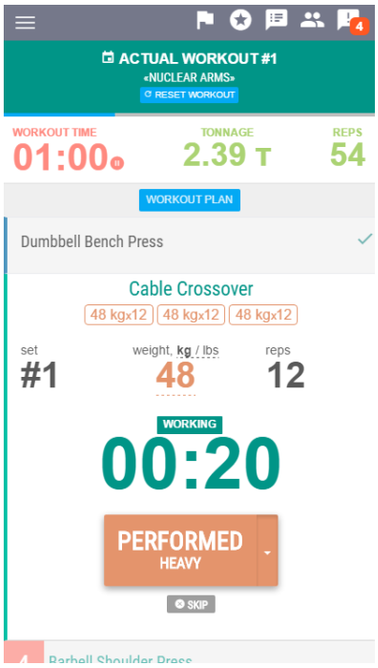
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

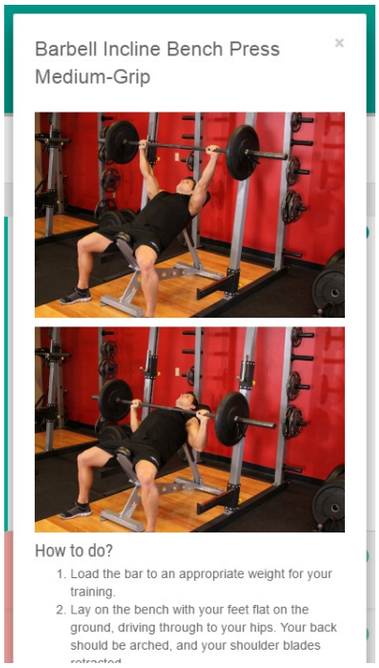
How to use mobile assistant?

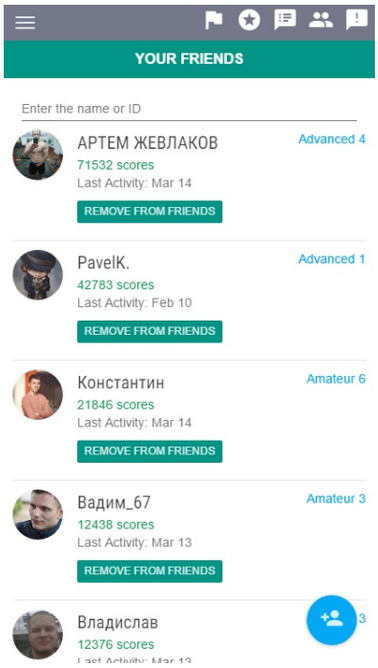
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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