

Open the month of fitness in the style of "femine": give the figure a feminine sportiness.

Intermediate

23 days

12 workouts

~66 minutes

The tonus of the muscles is what should really concern you. And not only in the season of short skirts and open T-shirts, but day and night. Just for these purposes, fitness inventors of Athletic created a universal corrective program, which in a short time will return the muscles nice to the eye and men's hands "lean look" and resilience.

<https://atletiq.com/en/programms/695>

#### 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

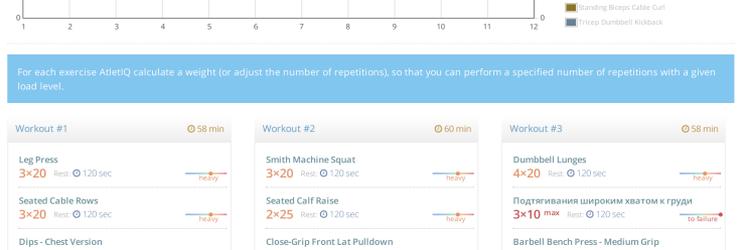
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

### The content of of the program

#	Exercise (superset)	Sets	Reps	Rest between sets
<b>1 day</b>				
1	Leg Press	3	16-20	120-180 sec
2	Seated Cable Rows	3	16-20	120-180 sec
3	Dips - Chest Version	2	16-20	120-180 sec
4	Smith Machine Overhead Shoulder Press	2	16-20	120-180 sec
5	Standing Biceps Cable Curl	2	16-20	120-180 sec
6	Triceps Pushdown	2	16-20	120-180 sec
7	Планка	3	60 sec-90 sec	90-120 sec
<b>2 day (rest)</b>				
<b>3 day</b>				
1	Smith Machine Squat	3	16-20	120-180 sec
2	Seated Calf Raise	2	20-25	120-180 sec
3	Close-Grip Front Lat Pulldown	3	16-20	120-180 sec
4	Dumbbell Flies	3	16-20	120-180 sec
5	Tricep Dumbbell Kickback	2	16-20	120-180 sec
6	Dumbbell Bicep Curl	2	16-20	120-180 sec
7	Decline Crunch	2	Max	120 sec
<b>4 day (rest)</b>				
<b>5 day</b>				
1	Dumbbell Lunges	4	16-20	120-180 sec
2	Подтягивания широким хватом к груди	3	Max	120 sec
3	Barbell Bench Press - Medium Grip	3	16-20	120-180 sec
4	Barbell Curl	3	16-20	120-180 sec
5	Bench Dips	3	12-15	120-180 sec
6	Knee/Hip Raise On Parallel Bars	2	Max	120 sec
<b>6 day (rest)</b>				

### 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** 58 min

- Leg Press 3x20 Rest: 120 sec
- Seated Cable Rows 3x20 Rest: 120 sec
- Dips - Chest Version 2x20 Rest: 120 sec
- Smith Machine Overhead Shoulder Press 2x20 Rest: 120 sec
- Standing Biceps Cable Curl 2x20 Rest: 120 sec
- Triceps Pushdown 2x20 Rest: 120 sec
- Планка 3x60 sec Rest: 90 sec

488 scores

**Workout #2** 60 min

- Smith Machine Squat 3x20 Rest: 120 sec
- Seated Calf Raise 2x25 Rest: 120 sec
- Close-Grip Front Lat Pulldown 3x20 Rest: 120 sec
- Dumbbell Flies 3x20 Rest: 120 sec
- Tricep Dumbbell Kickback 2x20 Rest: 120 sec
- Dumbbell Bicep Curl 2x20 Rest: 120 sec
- Decline Crunch 2x30 max Rest: 120 sec

525 scores

**Workout #3** 58 min

- Dumbbell Lunges 4x20 Rest: 120 sec
- Подтягивания широким хватом к груди 3x10 max Rest: 120 sec
- Barbell Bench Press - Medium Grip 3x20 Rest: 120 sec
- Barbell Curl 3x20 Rest: 120 sec
- Bench Dips 3x15 Rest: 120 sec
- Knee/Hip Raise On Parallel Bars 2x30 max Rest: 120 sec

700 scores

**Workout #4** 74 min

- Leg Press 3x16 Rest: 180 sec
- Seated Cable Rows 3x16 Rest: 180 sec
- Dips - Chest Version 2x16 Rest: 180 sec
- Smith Machine Overhead Shoulder Press 2x16 Rest: 180 sec
- Standing Biceps Cable Curl 2x16 Rest: 180 sec
- Triceps Pushdown 2x16 Rest: 180 sec
- Планка 3x90 sec Rest: 120 sec

448 scores

**Workout #5** 75 min

- Smith Machine Squat 3x16 Rest: 180 sec
- Seated Calf Raise 2x20 Rest: 180 sec
- Close-Grip Front Lat Pulldown 3x16 Rest: 180 sec
- Dumbbell Flies 3x16 Rest: 180 sec
- Tricep Dumbbell Kickback 2x16 Rest: 180 sec
- Dumbbell Bicep Curl 2x16 Rest: 180 sec
- Decline Crunch 2x30 max Rest: 120 sec

475 scores

**Workout #6** 71 min

- Dumbbell Lunges 4x16 Rest: 180 sec
- Подтягивания широким хватом к груди 3x10 max Rest: 120 sec
- Barbell Bench Press - Medium Grip 3x16 Rest: 180 sec
- Barbell Curl 3x16 Rest: 180 sec
- Bench Dips 3x12 Rest: 180 sec
- Knee/Hip Raise On Parallel Bars 2x30 max Rest: 120 sec

654 scores

**Workout #7** 65 min

- Leg Press 3x20 Rest: 150 sec
- Seated Cable Rows 3x20 Rest: 150 sec
- Dips - Chest Version 2x20 Rest: 150 sec
- Smith Machine Overhead Shoulder Press 2x20 Rest: 150 sec
- Standing Biceps Cable Curl 2x20 Rest: 150 sec
- Triceps Pushdown 2x20 Rest: 150 sec
- Планка 3x60 sec Rest: 90 sec

478 scores

**Workout #8** 67 min

- Smith Machine Squat 3x20 Rest: 150 sec
- Seated Calf Raise 2x25 Rest: 150 sec
- Close-Grip Front Lat Pulldown 3x20 Rest: 150 sec
- Dumbbell Flies 3x20 Rest: 150 sec
- Tricep Dumbbell Kickback 2x20 Rest: 150 sec
- Dumbbell Bicep Curl 2x20 Rest: 150 sec
- Decline Crunch 2x30 max Rest: 120 sec

516 scores

**Workout #9** 63 min

- Dumbbell Lunges 4x20 Rest: 150 sec
- Подтягивания широким хватом к груди 3x10 max Rest: 120 sec
- Barbell Bench Press - Medium Grip 3x20 Rest: 150 sec
- Barbell Curl 3x20 Rest: 150 sec
- Bench Dips 3x15 Rest: 120 sec
- Knee/Hip Raise On Parallel Bars 2x30 max Rest: 120 sec

693 scores

**Workout #10** 68 min

- Leg Press 3x18 Rest: 150 sec
- Seated Cable Rows 3x18 Rest: 150 sec
- Dips - Chest Version 2x18 Rest: 150 sec
- Smith Machine Overhead Shoulder Press 2x18 Rest: 150 sec
- Standing Biceps Cable Curl 2x18 Rest: 150 sec
- Triceps Pushdown 2x18 Rest: 150 sec
- Планка 3x90 sec Rest: 120 sec

477 scores

**Workout #11** 68 min

- Smith Machine Squat 3x18 Rest: 150 sec
- Seated Calf Raise 2x20 Rest: 150 sec
- Close-Grip Front Lat Pulldown 3x18 Rest: 150 sec
- Dumbbell Flies 3x18 Rest: 150 sec
- Tricep Dumbbell Kickback 2x18 Rest: 150 sec
- Dumbbell Bicep Curl 2x18 Rest: 150 sec
- Decline Crunch 2x30 max Rest: 120 sec

501 scores

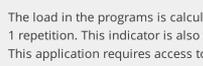
**Workout #12** 66 min

- Dumbbell Lunges 4x18 Rest: 150 sec
- Подтягивания широким хватом к груди 3x10 max Rest: 120 sec
- Barbell Bench Press - Medium Grip 3x18 Rest: 150 sec
- Barbell Curl 3x18 Rest: 150 sec
- Bench Dips 3x12 Rest: 180 sec
- Knee/Hip Raise On Parallel Bars 2x30 max Rest: 120 sec

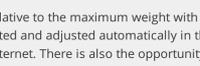
676 scores

### Directory of the exercises

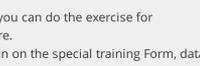
#### Barbell Bench Press - Medium Grip



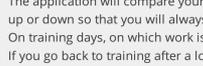
#### Barbell Curl



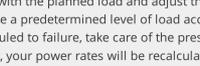
#### Bench Dips



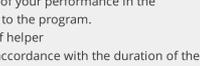
#### Close-Grip Front Lat Pulldown



#### Decline Crunch



#### Dips - Chest Version



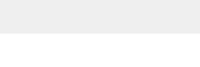
#### Dumbbell Bicep Curl



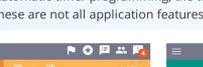
#### Dumbbell Flies



#### Dumbbell Lunges



#### Knee/Hip Raise On Parallel Bars



#### Leg Press



#### Seated Cable Rows



#### Seated Calf Raise



#### Smith Machine Overhead Shoulder Press



#### Smith Machine Squat



#### Standing Biceps Cable Curl



#### Tricep Dumbbell Kickback



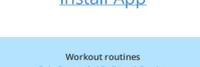
#### Triceps Pushdown



#### Планка



#### Подтягивания широким хватом к груди



### 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 adherence
- 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 / Building / 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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