

Follow the instructions of the 8-week training program from AtletIQ and get your 6 packs!



Beginner

47

days

24

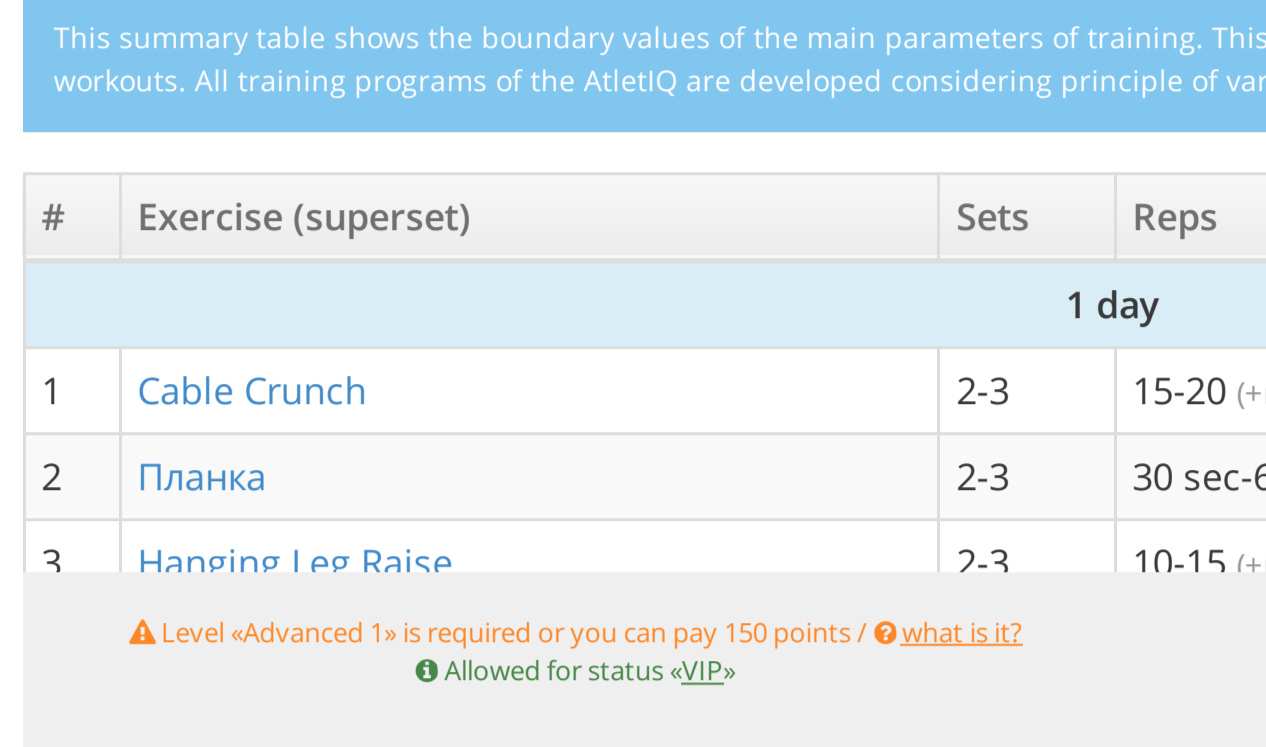
workouts

~25

minutes

The only thing that your look lacks in order to become the standard of femininity is a neat and taut stomach? Athletic will teach you how to make your stomach flat! Just add to your basic training program an 8-week complex for the muscles of the abs and your stomach from the problem zone will turn into an object of special pride.

<https://atletiq.com/en/programms/699>



### 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»

Duration in days: 47 Amount of training days: 24 Rest days: 23

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
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1 day

1	Cable Crunch	2-3	15-20 (+max)	⌚ 60 sec
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2	Планка	2-3	30 sec-60 sec	⌚ 60 sec
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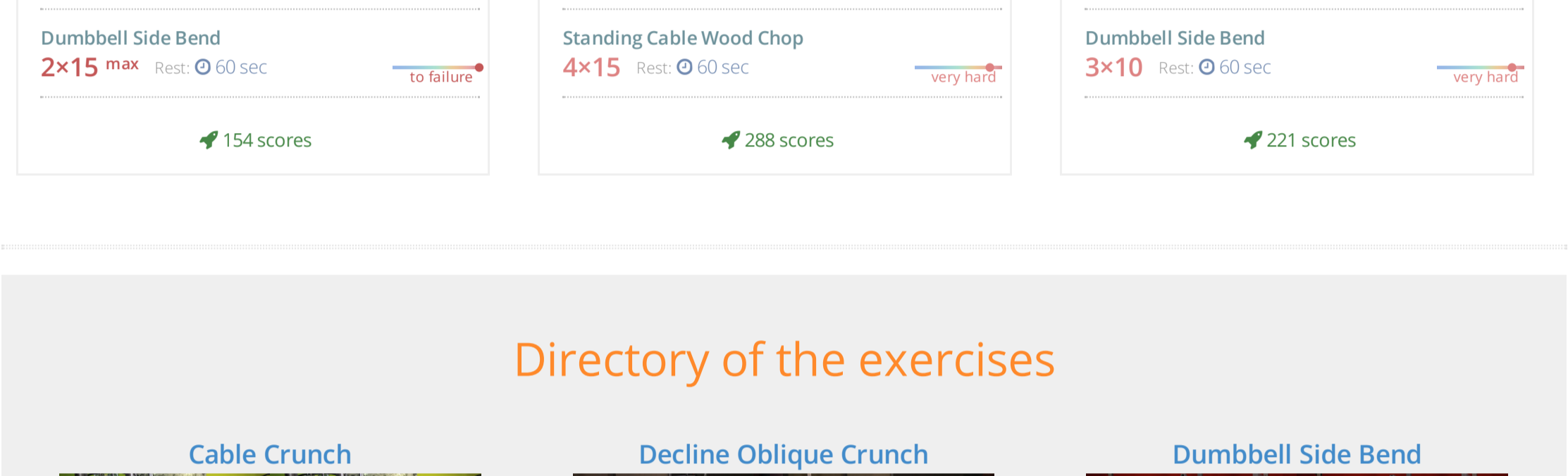
3	Hanging Leg Raise	2-3	10-15 (+max)	⌚ 60 sec
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⚠ Level «Advanced 1» is required or you can pay 150 points / ⚠ what is it?

🟢 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 24 workouts

Workout #1 ⌚ 21 min

Cable Crunch  
2x20 max Rest: ⌚ 60 sec to failure

Планка  
2x30 sec Rest: ⌚ 60 sec moderate

Hanging Leg Raise  
2x15 max Rest: ⌚ 60 sec to failure

Dumbbell Side Bend  
2x15 max Rest: ⌚ 60 sec to failure

154 scores

Workout #2 ⌚ 25 min

Decline Oblique Crunch  
3x30 max Rest: ⌚ 60 sec to failure

Планка  
2x30 sec Rest: ⌚ 60 sec moderate

Sit-Up  
3x30 max Rest: ⌚ 60 sec to failure

Standing Cable Wood Chop  
4x15 Rest: ⌚ 60 sec very hard

288 scores

Workout #3 ⌚ 25 min

Cable Crunch  
3x15 Rest: ⌚ 60 sec very hard

Планка  
3x40 sec Rest: ⌚ 60 sec heavy

Hanging Leg Raise  
3x10 Rest: ⌚ 60 sec very hard

Dumbbell Side Bend  
3x10 Rest: ⌚ 60 sec very hard

221 scores

## Directory of the exercises

Cable Crunch

Decline Oblique Crunch

Dumbbell Side Bend

Hanging Leg Raise

Sit-Up

Standing Cable Wood Chop

The price of the full version 7.5 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 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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