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

Beginner

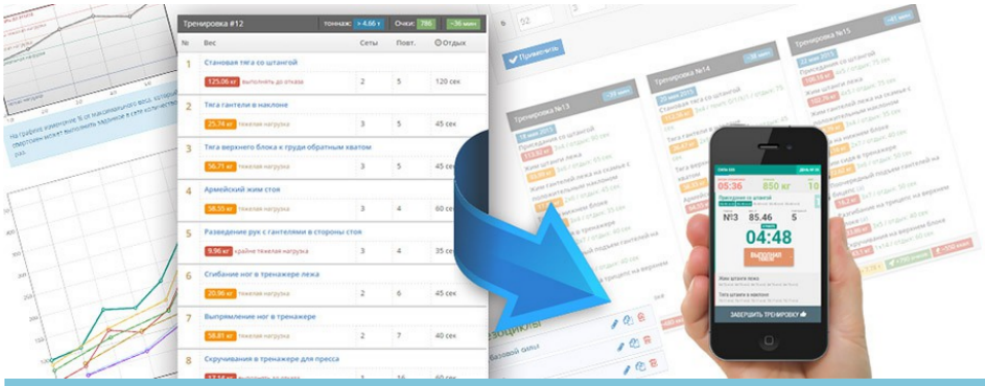
47 days

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»

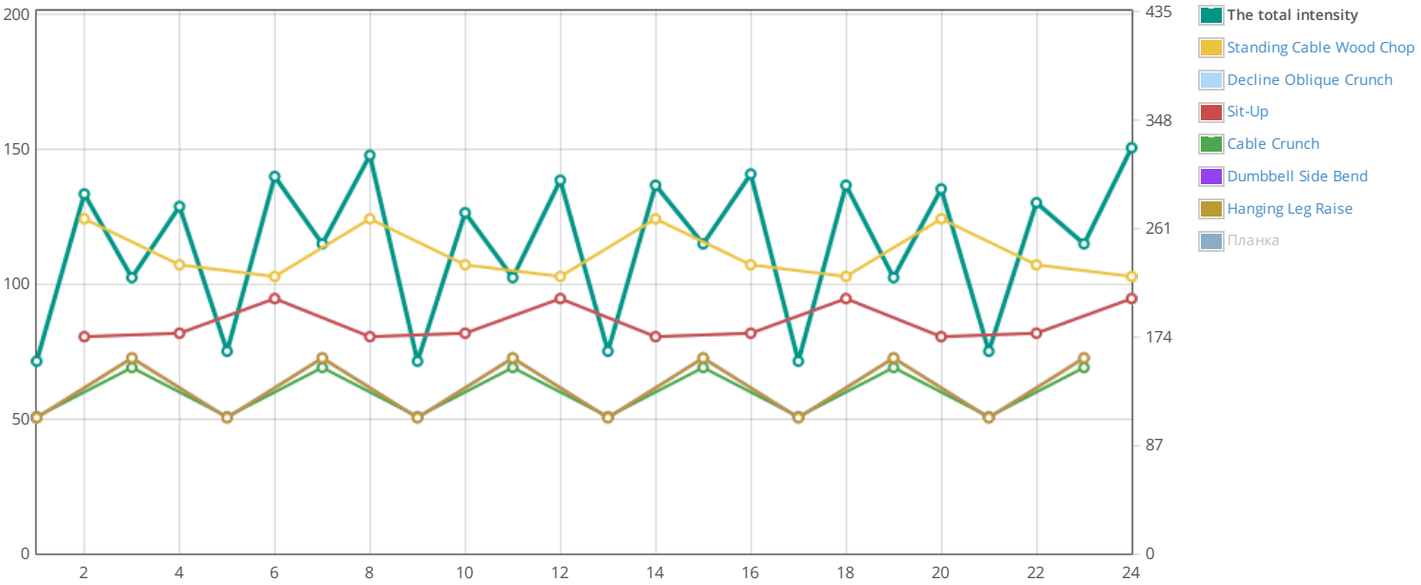
Duration in days: 47 | Amount of training days: 24 | Rest days: 23

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
1 day				
1	Cable Crunch	2-3	15-20 (+max)	60 sec
2	Планка	2-3	30 sec-60 sec	60 sec
3	Hanging Leg Raise	2-3	10-15 (+max)	60 sec
4	Dumbbell Side Bend	2-3	10-15 (+max)	60 sec
2 day (rest)				
3 day				
1	Decline Oblique Crunch	3-4	20-30 (+max)	60 sec
2	Планка	2-3	30 sec-60 sec	60 sec
3	Sit-Up	3-4	20-30 (+max)	60 sec
4	Standing Cable Wood Chop	3-4	10-20 (+max)	60 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.



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 — 21 min

Cable Crunch	2×20 max	Rest: 60 sec	to failure
Планка	2×30 sec	Rest: 60 sec	moderate
Hanging Leg Raise	2×15 max	Rest: 60 sec	to failure
Dumbbell Side Bend	2×15 max	Rest: 60 sec	to failure

154 scores

Workout #2 — 25 min

Decline Oblique Crunch	3×30 max	Rest: 60 sec	to failure
Планка	2×30 sec	Rest: 60 sec	moderate
Sit-Up	3×30 max	Rest: 60 sec	to failure
Standing Cable Wood Chop	4×15	Rest: 60 sec	very hard

288 scores

Workout #3 — 25 min

Cable Crunch	3×15	Rest: 60 sec	very hard
Планка	3×40 sec	Rest: 60 sec	heavy
Hanging Leg Raise	3×10	Rest: 60 sec	very hard
Dumbbell Side Bend	3×10	Rest: 60 sec	very hard

221 scores

Workout #4 — 29 min

Decline Oblique Crunch	4×20	Rest: 60 sec	very hard
Планка	3×40 sec	Rest: 60 sec	heavy
Sit-Up	4×20	Rest: 60 sec	very hard
Standing Cable Wood Chop	4×10	Rest: 60 sec	very hard

278 scores

Workout #5 — 21 min

Cable Crunch	2×20 max	Rest: 60 sec	to failure
Планка	2×50 sec	Rest: 60 sec	very hard
Hanging Leg Raise	2×15 max	Rest: 60 sec	to failure
Dumbbell Side Bend	2×15 max	Rest: 60 sec	to failure

162 scores

Workout #6 — 27 min

Decline Oblique Crunch	4×25	Rest: 60 sec	very hard
Планка	2×50 sec	Rest: 60 sec	very hard
Sit-Up	4×25	Rest: 60 sec	very hard
Standing Cable Wood Chop	3×20 max	Rest: 60 sec	to failure

302 scores

Workout #7 — 26 min

Cable Crunch	3×15	Rest: 60 sec	very hard
Планка	3×60 sec	Rest: 60 sec	very hard
Hanging Leg Raise	3×10	Rest: 60 sec	very hard
Dumbbell Side Bend	3×10	Rest: 60 sec	very hard

Workout #8 — 28 min

Decline Oblique Crunch	3×30 max	Rest: 60 sec	to failure
Планка	3×60 sec	Rest: 60 sec	very hard
Sit-Up	3×30 max	Rest: 60 sec	to failure
Standing Cable Wood Chop	4×15	Rest: 60 sec	very hard

Workout #9 — 21 min

Cable Crunch	2×20 max	Rest: 60 sec	to failure
Планка	2×30 sec	Rest: 60 sec	moderate
Hanging Leg Raise	2×15 max	Rest: 60 sec	to failure
Dumbbell Side Bend	2×15 max	Rest: 60 sec	to failure

248 scores

319 scores

154 scores

Workout #10 — 27 min

- Decline Oblique Crunch — 4×20 — Rest: 60 sec — very hard
- Планка — 2×30 sec — Rest: 60 sec — moderate
- Sit-Up — 4×20 — Rest: 60 sec — very hard
- Standing Cable Wood Chop — 4×10 — Rest: 60 sec — very hard

273 scores

Workout #11 — 25 min

- Cable Crunch — 3×15 — Rest: 60 sec — very hard
- Планка — 3×40 sec — Rest: 60 sec — heavy
- Hanging Leg Raise — 3×10 — Rest: 60 sec — very hard
- Dumbbell Side Bend — 3×10 — Rest: 60 sec — very hard

221 scores

Workout #12 — 28 min

- Decline Oblique Crunch — 4×25 — Rest: 60 sec — very hard
- Планка — 3×40 sec — Rest: 60 sec — heavy
- Sit-Up — 4×25 — Rest: 60 sec — very hard
- Standing Cable Wood Chop — 3×20 max — Rest: 60 sec — to failure

299 scores

Workout #13 — 21 min

- Cable Crunch — 2×20 max — Rest: 60 sec — to failure
- Планка — 2×50 sec — Rest: 60 sec — very hard
- Hanging Leg Raise — 2×15 max — Rest: 60 sec — to failure
- Dumbbell Side Bend — 2×15 max — Rest: 60 sec — to failure

162 scores

Workout #14 — 26 min

- Decline Oblique Crunch — 3×30 max — Rest: 60 sec — to failure
- Планка — 2×50 sec — Rest: 60 sec — very hard
- Sit-Up — 3×30 max — Rest: 60 sec — to failure
- Standing Cable Wood Chop — 4×15 — Rest: 60 sec — very hard

295 scores

Workout #15 — 26 min

- Cable Crunch — 3×15 — Rest: 60 sec — very hard
- Планка — 3×60 sec — Rest: 60 sec — very hard
- Hanging Leg Raise — 3×10 — Rest: 60 sec — very hard
- Dumbbell Side Bend — 3×10 — Rest: 60 sec — very hard

248 scores

Workout #16 — 30 min

- Decline Oblique Crunch — 4×20 — Rest: 60 sec — very hard
- Планка — 3×60 sec — Rest: 60 sec — very hard
- Sit-Up — 4×20 — Rest: 60 sec — very hard
- Standing Cable Wood Chop — 4×10 — Rest: 60 sec — very hard

304 scores

Workout #17 — 21 min

- Cable Crunch — 2×20 max — Rest: 60 sec — to failure
- Планка — 2×30 sec — Rest: 60 sec — moderate
- Hanging Leg Raise — 2×15 max — Rest: 60 sec — to failure
- Dumbbell Side Bend — 2×15 max — Rest: 60 sec — to failure

154 scores

Workout #18 — 26 min

- Decline Oblique Crunch — 4×25 — Rest: 60 sec — very hard
- Планка — 2×30 sec — Rest: 60 sec — moderate
- Sit-Up — 4×25 — Rest: 60 sec — very hard
- Standing Cable Wood Chop — 3×20 max — Rest: 60 sec — to failure

295 scores

Workout #19 — 25 min

- Cable Crunch — 3×15 — Rest: 60 sec — very hard
- Планка — 3×40 sec — Rest: 60 sec — heavy
- Hanging Leg Raise — 3×10 — Rest: 60 sec — very hard
- Dumbbell Side Bend — 3×10 — Rest: 60 sec — very hard

221 scores

Workout #20 — 27 min

- Decline Oblique Crunch — 3×30 max — Rest: 60 sec — to failure
- Планка — 3×40 sec — Rest: 60 sec — heavy
- Sit-Up — 3×30 max — Rest: 60 sec — to failure
- Standing Cable Wood Chop — 4×15 — Rest: 60 sec — very hard

292 scores

Workout #21 — 21 min

- Cable Crunch — 2×20 max — Rest: 60 sec — to failure
- Планка — 2×50 sec — Rest: 60 sec — very hard
- Hanging Leg Raise — 2×15 max — Rest: 60 sec — to failure
- Dumbbell Side Bend — 2×15 max — Rest: 60 sec — to failure

162 scores

Workout #22 — 27 min

Workout #23 — 26 min

Workout #24 — 29 min

Decline Oblique Crunch
4×20 Rest: 60 sec very hard

Планка
2×50 sec Rest: 60 sec very hard

Sit-Up
4×20 Rest: 60 sec very hard

Standing Cable Wood Chop
4×10 Rest: 60 sec very hard

281 scores

Cable Crunch
3×15 Rest: 60 sec very hard

Планка
3×60 sec Rest: 60 sec very hard

Hanging Leg Raise
3×10 Rest: 60 sec very hard

Dumbbell Side Bend
3×10 Rest: 60 sec very hard

248 scores

Decline Oblique Crunch
4×25 Rest: 60 sec very hard

Планка
3×60 sec Rest: 60 sec very hard

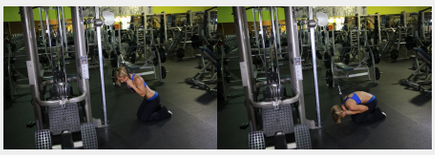
Sit-Up
4×25 Rest: 60 sec very hard

Standing Cable Wood Chop
3×20 max Rest: 60 sec to failure

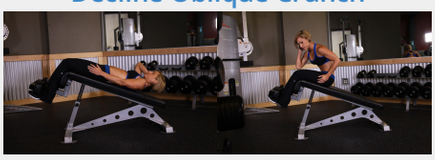
325 scores

Directory of the exercises

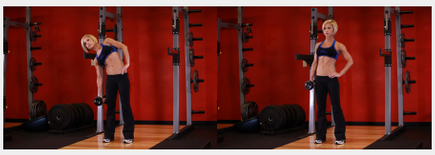
Cable Crunch



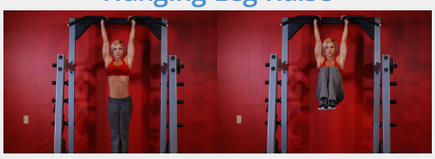
Decline Oblique Crunch



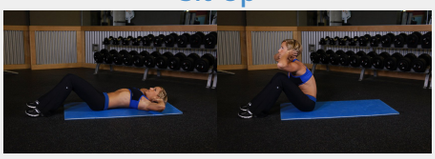
Dumbbell Side Bend



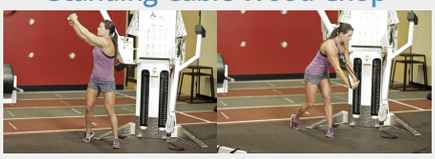
Hanging Leg Raise



Sit-Up



Standing Cable Wood Chop



Планка

General recommendations on training with AtletIQ

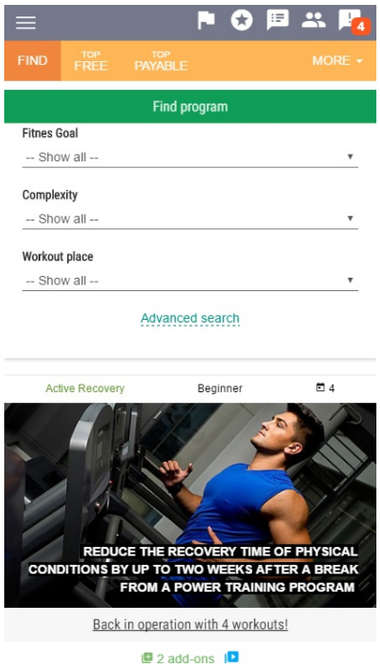
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

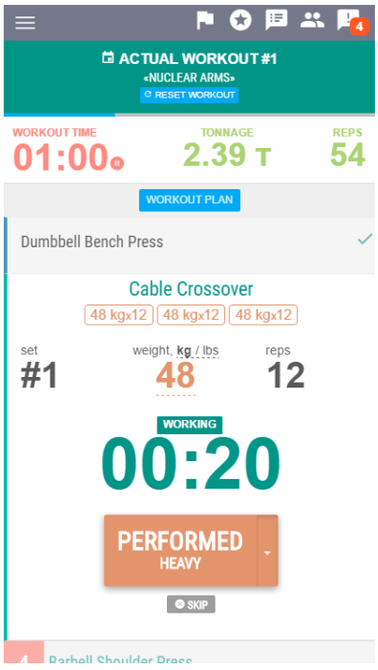
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special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

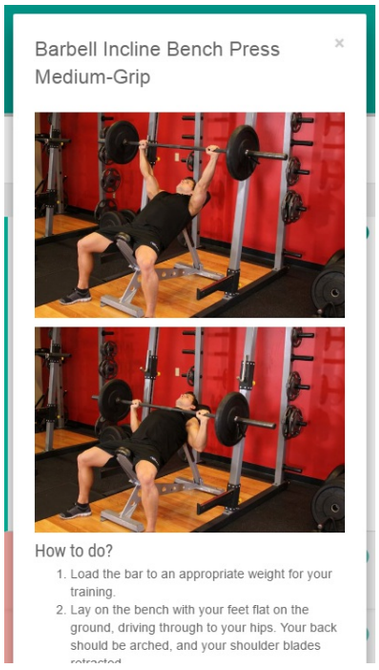
How to use mobile assistant?

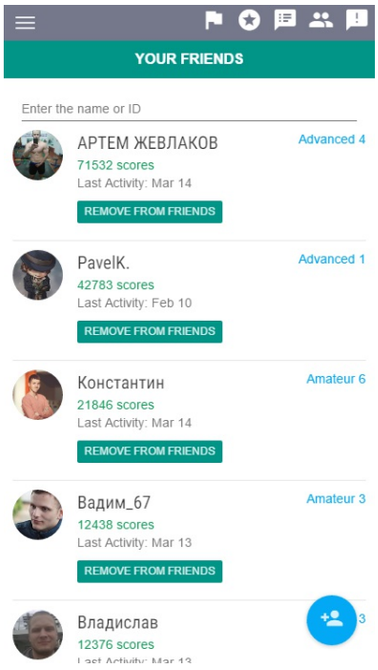
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> 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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