

ТЕХНО ПОВЕРЬ

ДВУХДНЕВНЫЙ ТРЕНИРОВОЧНЫЙ ПЛАН В СТИЛЕ ФУЛЛ-БОДИ

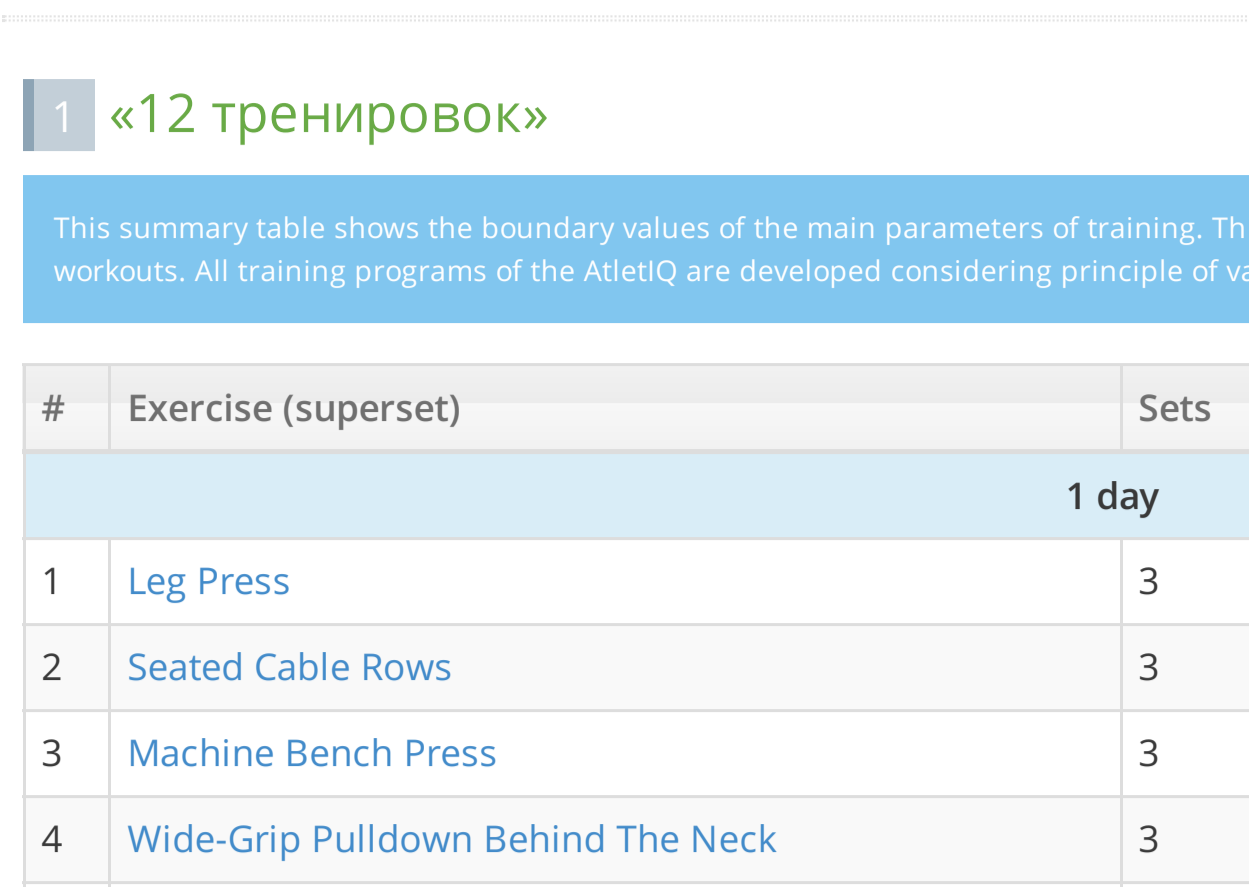
Beginner

23 days

12 workouts

~62 minutes

<https://atletiq.com/en/programms/1055>



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

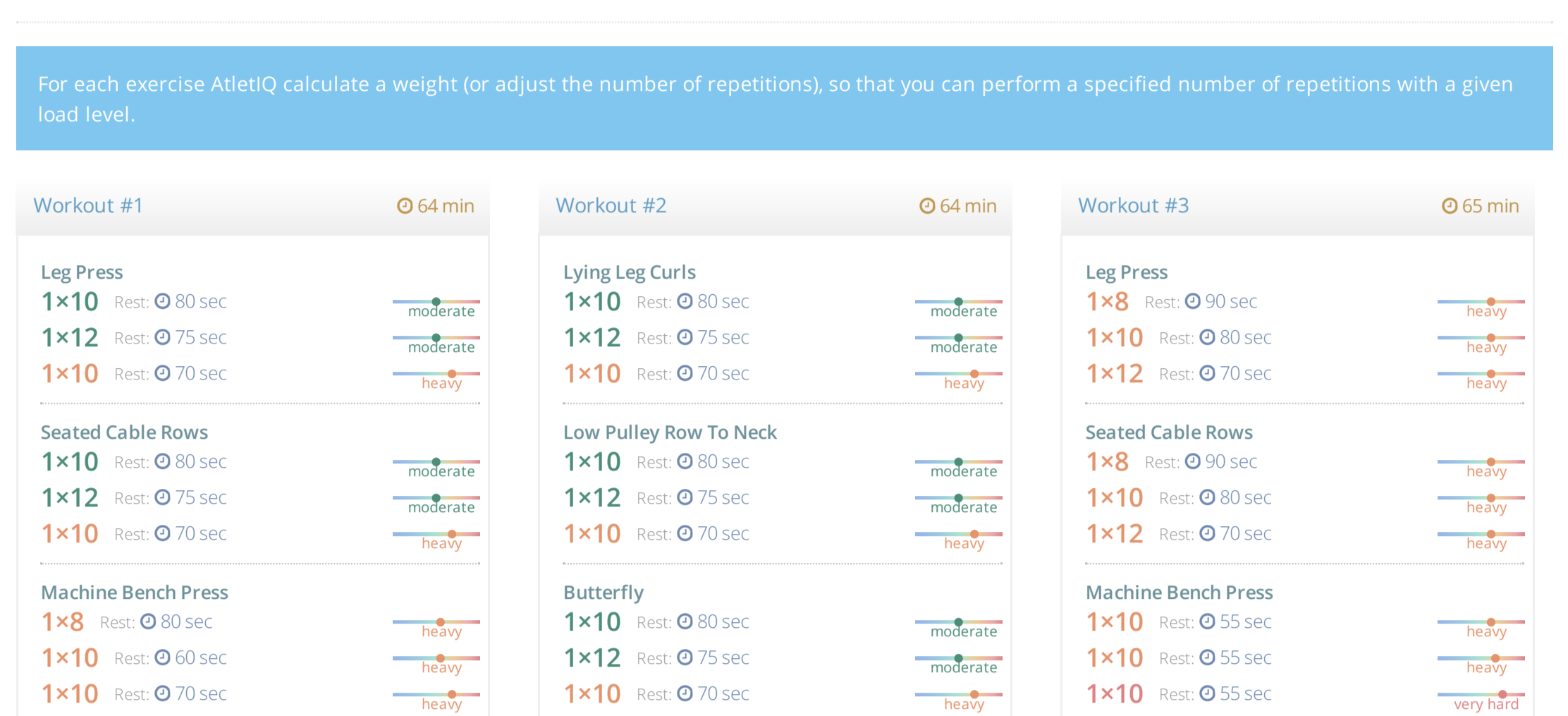
1 «12 тренировок» Duration in days: 23 Amount of training days: 12 Rest days: 11

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	Leg Press	3	6-15	50-90 sec
2	Seated Cable Rows	3	6-15	50-90 sec
3	Machine Bench Press	3	6-16 (+max)	50-90 sec
4	Wide-Grip Pulldown Behind The Neck	3	6-15	50-90 sec
5	Standing Biceps Cable Curl	3	6-15	50-90 sec
6	Triceps Pushdown	3	6-15	50-90 sec
7	Crunches	3	Max	50 sec
8	Hyperextensions (Back Extensions)	3	Max	50 sec
9	Seated Calf Raise	3	Max	50 sec
2 day (rest)				
3 day				
1	Lying Leg Curls	3	6-15	50-90 sec
2	Low Pulley Row To Neck	3	6-15	50-90 sec
3	Butterfly	3	6-15	50-90 sec
4	Machine Shoulder (Military) Press	3	6-16 (+max)	50-90 sec
5	Standing One-Arm Cable Curl	3	6-15	50-90 sec
6	Triceps Pushdown	3	6-15	50-90 sec
7	Ab Crunch Machine	3	Max	50 sec
8	Hyperextensions (Back Extensions)	3	Max	50 sec
9	Seated Calf Raise	3	Max	50 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 64 min

Leg Press
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Seated Cable Rows
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Machine Bench Press
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec moderate
 1x10 Rest: 70 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x12 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Standing Biceps Cable Curl
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Triceps Pushdown
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Crunches
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 12.51 T 762 scores 550 kcal

Workout #2 64 min

Lying Leg Curls
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Low Pulley Row To Neck
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Butterfly
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Machine Shoulder (Military) Press
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec moderate
 1x10 Rest: 70 sec heavy

Standing One-Arm Cable Curl
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Triceps Pushdown
 1x10 Rest: 90 sec moderate
 1x12 Rest: 75 sec moderate
 1x10 Rest: 70 sec heavy

Ab Crunch Machine
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 9.99 T 708 scores 510 kcal

Workout #3 65 min

Leg Press
 1x10 Rest: 90 sec heavy
 1x12 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Seated Cable Rows
 1x10 Rest: 90 sec heavy
 1x12 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Machine Bench Press
 1x10 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x10 Rest: 70 sec very hard

Wide-Grip Pulldown Behind The Neck
 1x10 Rest: 90 sec heavy
 1x12 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Standing Biceps Cable Curl
 1x10 Rest: 90 sec heavy
 1x12 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Triceps Pushdown
 1x10 Rest: 90 sec heavy
 1x12 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Crunches
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 12.46 T 811 scores 580 kcal

Workout #4 65 min

Lying Leg Curls
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Low Pulley Row To Neck
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Butterfly
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Machine Shoulder (Military) Press
 1x10 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x10 Rest: 70 sec very hard

Standing One-Arm Cable Curl
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Triceps Pushdown
 1x8 Rest: 90 sec heavy
 1x10 Rest: 80 sec heavy
 1x12 Rest: 70 sec heavy

Ab Crunch Machine
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 9.97 T 751 scores 540 kcal

Workout #5 62 min

Leg Press
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Seated Cable Rows
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Machine Bench Press
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Standing Biceps Cable Curl
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Triceps Pushdown
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Crunches
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 13.9 T 800 scores 580 kcal

Workout #6 62 min

Lying Leg Curls
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Low Pulley Row To Neck
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Butterfly
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Machine Shoulder (Military) Press
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Standing One-Arm Cable Curl
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Triceps Pushdown
 1x10 Rest: 85 sec heavy
 1x13 Rest: 50 sec heavy
 1x15 Rest: 50 sec heavy

Ab Crunch Machine
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 10.68 T 742 scores 530 kcal

Workout #7 61 min

Leg Press
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Seated Cable Rows
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Machine Bench Press
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Standing Biceps Cable Curl
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Triceps Pushdown
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Crunches
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 11.45 T 806 scores 580 kcal

Workout #8 61 min

Lying Leg Curls
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Low Pulley Row To Neck
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Butterfly
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Machine Shoulder (Military) Press
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Standing One-Arm Cable Curl
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Triceps Pushdown
 1x6 Rest: 90 sec heavy
 2x10 Rest: 55 sec heavy

Ab Crunch Machine
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 9.49 T 747 scores 540 kcal

Workout #9 60 min

Leg Press
 1x8 Rest: 60 sec heavy
 1x10 Rest: 55 sec moderate
 1x12 Rest: 55 sec heavy

Seated Cable Rows
 1x8 Rest: 60 sec heavy
 1x10 Rest: 55 sec moderate
 1x12 Rest: 55 sec heavy

Machine Bench Press
 1x6 Rest: 90 sec heavy
 2x8 Rest: 80 sec heavy

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: 60 sec heavy
 1x10 Rest: 55 sec moderate
 1x12 Rest: 55 sec heavy

Standing Biceps Cable Curl
 1x8 Rest: 60 sec heavy
 1x10 Rest: 55 sec moderate
 1x12 Rest: 55 sec heavy

Triceps Pushdown
 1x8 Rest: 60 sec heavy
 1x10 Rest: 55 sec moderate
 1x12 Rest: 55 sec heavy

Crunches
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 11.97 T 772 scores 550 kcal

Workout #10 60 min

Lying Leg Curls
 1x8 Rest: 60 sec moderate
 1x10 Rest: 55 sec heavy
 1x12 Rest: 55 sec heavy

Low Pulley Row To Neck
 1x8 Rest: 60 sec moderate
 1x10 Rest: 55 sec heavy
 1x12 Rest: 55 sec heavy

Butterfly
 1x8 Rest: 60 sec moderate
 1x10 Rest: 55 sec heavy
 1x12 Rest: 55 sec heavy

Machine Shoulder (Military) Press
 1x6 Rest: 75 sec heavy
 2x8 Rest: 80 sec heavy

Standing One-Arm Cable Curl
 1x8 Rest: 60 sec moderate
 1x10 Rest: 55 sec heavy
 1x12 Rest: 55 sec heavy

Triceps Pushdown
 1x8 Rest: 60 sec moderate
 1x10 Rest: 55 sec heavy
 1x12 Rest: 55 sec heavy

Ab Crunch Machine
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 9.71 T 716 scores 510 kcal

Workout #11 60 min

Leg Press
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Seated Cable Rows
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Machine Bench Press
 2x10 Rest: 85 sec heavy
 1x16 max Rest: 55 sec to failure

Wide-Grip Pulldown Behind The Neck
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Standing Biceps Cable Curl
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Triceps Pushdown
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Crunches
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 11.84 T 850 scores 610 kcal

Workout #12 60 min

Lying Leg Curls
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Low Pulley Row To Neck
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Butterfly
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Machine Shoulder (Military) Press
 2x10 Rest: 85 sec heavy
 1x16 max Rest: 55 sec to failure

Standing One-Arm Cable Curl
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

Triceps Pushdown
 1x8 Rest: 65 sec heavy
 1x6 Rest: 90 sec heavy
 1x12 Rest: 55 sec heavy

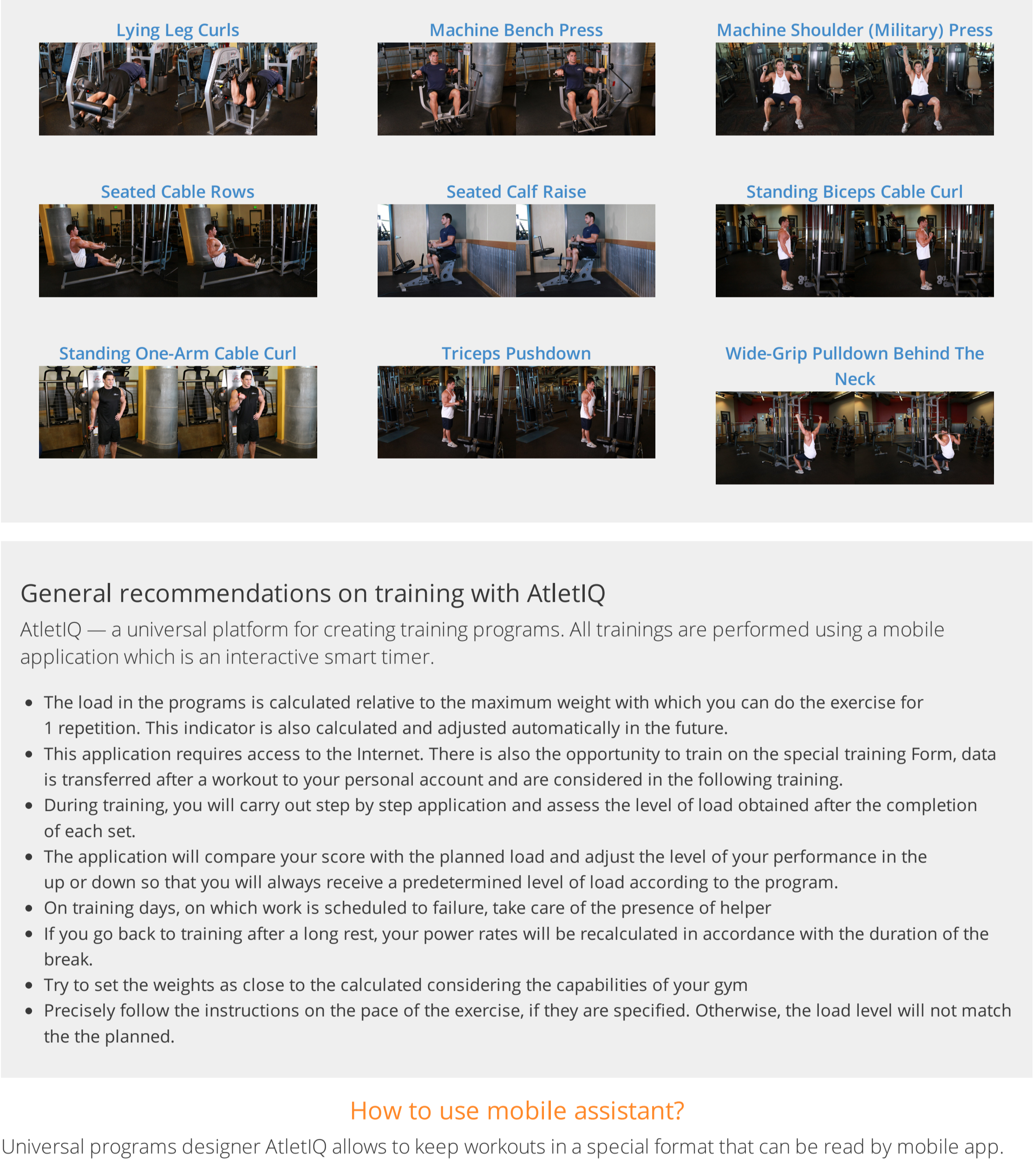
Ab Crunch Machine
 3x25 max Rest: 50 sec to failure

Hyperextensions (Back Extensions)
 3x25 max Rest: 50 sec to failure

Seated Calf Raise
 3x25 max Rest: 50 sec to failure

> 9.72 T 786 scores 570 kcal

Directory of the exercises



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 part 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 / 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.

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