

300

200

100

Workout #1

Lying Leg Curls

Leg Extensions

3×8 Rest: ② 75 sec

3×8 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

1×20 Rest: **②** 75 sec

Barbell Full Squat

3×8 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Dumbbell Rear Lunge

3×8 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Wide-Grip Lat Pulldown

3×8 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

3×8 Rest: **○** 75 sec

3×8 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

3×7 Rest: @ 75 sec

1×20 Rest: **②** 75 sec

3×8 Rest: **○** 75 sec

1×20 Rest: **②** 75 sec

Barbell Shrug

Workout #7

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: @ 75 sec

1×20 Rest: **②** 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Triceps Pushdown

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: @ 75 sec

1×20 Rest: **○** 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: @ 75 sec

1×20 Rest: **②** 75 sec

Workout #10

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: @ 75 sec

1×20 Rest: @ 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: @ 75 sec

1×20 Rest: **②** 75 sec

Incline Dumbbell Press

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: @ 75 sec

1×20 Rest: @ 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Cable Crossover 1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Dumbbell Shoulder Press

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

Front Dumbbell Raise

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

of each set.

break.

the the planned.

these are not all application features.

Find program

Advanced search

REDUCE THE RECOVERY TIME OF PHYSICAL

FROM A POWER TRAINING PROGRAM

CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK

Back in operation with 4 workouts!

Fitnes Goal

Complexity
-- Show all

Workout place

-- Show all -

Active Recovery

-- Show all -

Bent Over Dumbbell Rear Delt Raise With Head

> 2 T **₹** 521 scores **₹** 370 kcal

Power Partials

On Bench

Workout #13

> 6.81 T **₹** 817 scores **₹** 590 kcal

Straight-Arm Pulldown

> 2.53 T **₹** 381 scores **£** 270 kcal

Barbell Incline Bench Press Medium-Grip

Barbell Bench Press - Medium Grip

Hammer Curls

Machine Preacher Curls

Dumbbell Alternate Bicep Curl

1×20 Rest: **②** 75 sec

One-Arm Dumbbell Row

Подтягивания широким хватом к груди

> 6.15 T **₹** 662 scores **₹** 480 kcal

Workout #4

Pull Through

> 6.76 T **₹** 540 scores **₹** 390 kcal

Front Dumbbell Raise

Head On Bench

Power Partials

Dumbbell Shoulder Press

One-Arm Dumbbell Row

Straight-Arm Pulldown
Leg Extensions
Pull Through

Dumbbell Alternate Bicep Curl

Bent Over Dumbbell Rear Delt Raise With

② 36 min

very hard

heavy

very hard

very hard

heavy

very hard

② 38 min

heavy

heavy

heavy

very hard

② 47 min

heavy

heavy

heavy

very hard

heavy

heavy

heavy

very hard

heavy

heavy

very hard

heavy

heavy

heavy

very hard

heavy

heavy

heavy

very hard

② 32 min

heavy

40 min

heavy

P 😯 🗏 😃 🗓

Advanced 4

Advanced 1

Amateur 6

Amateur 3

YOUR FRIENDS

АРТЕМ ЖЕВЛАКОВ

71532 scores Last Activity: Mar 14

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14

Вадим_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

Last Activity: Feb 10

Enter the name or ID

392

261

131

Workout #3

Dumbbell Shoulder Press

3×8 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Front Dumbbell Raise

3×8 Rest: **②** 75 sec

Power Partials

On Bench

Workout #6

Lying Leg Curls

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Barbell Full Squat

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Dumbbell Rear Lunge 1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **○** 75 sec

Wide-Grip Lat Pulldown

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Dumbbell Alternate Bicep Curl

1×12 Rest: **0** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **⊙** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **0** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

> 3.15 T **₹** 343 scores **₹** 250 kcal

Barbell Incline Bench Press Medium-Grip

Barbell Bench Press - Medium Grip

Hammer Curls

Workout #15

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

Incline Dumbbell Press

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

Straight-Arm Pulldown

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

> 8.39 T **₹** 734 scores **₹** 530 kcal

Cable Crossover

Triceps Pushdown

Machine Preacher Curls

Barbell Shrug

Workout #12

Подтягивания широким хватом к груди

> 6.03 T **₹** 677 scores **₹** 490 kcal

One-Arm Dumbbell Row

Pull Through

Workout #9

> 6.64 T **₹** 553 scores **₹** 400 kcal

Leg Extensions

1×20 Rest: **②** 75 sec

3×8 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

3×8 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Bent Over Dumbbell Rear Delt Raise With Head

> 1.65 T **₹** 566 scores **₹** 410 kcal

14

10

Workout #2

Dumbbell Alternate Bicep Curl

3×8 Rest: **②** 75 sec

3×8 Rest: **②** 75 sec

Triceps Pushdown

3×8 Rest: **②** 75 sec

3×8 Rest: **○** 75 sec

1×20 Rest: @ 75 sec

> 2.59 T **₹** 372 scores **₹** 270 kcal

Barbell Incline Bench Press Medium-Grip

Barbell Bench Press - Medium Grip

Hammer Curls

Workout #5

3x8 Rest: **②** 75 sec

3×8 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Incline Dumbbell Press

3×8 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Straight-Arm Pulldown

3×8 Rest: **②** 75 sec

Cable Crossover

Workout #8

Dumbbell Shoulder Press

1×6 Rest: **②** 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

Front Dumbbell Raise

1×6 Rest: @ 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

1×6 Rest: @ 75 sec

1×8 Rest: **②** 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

1×6 Rest: **②** 75 sec

1×8 Rest: @ 75 sec

1×10 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

On Bench

Workout #11

Lying Leg Curls

Leg Extensions

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

Dumbbell Rear Lunge

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

Workout #14

Wide-Grip Lat Pulldown

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **0** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

1×12 Rest: **②** 55 sec

1×15 Rest: **②** 45 sec

2×18 Rest: **②** 45 sec

Barbell Shrug

Подтягивания широким хватом к груди

> 7.5 T **₹** 608 scores **₹** 440 kcal

Directory of the exercises

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile

• The load in the programs is calculated relative to the maximum weight with which you can do the exercise for

• The application will compare your score with the planned load and adjust the level of your performance in the

is transferred after a workout to your personal account and are considered in the following training.

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

• Try to set the weights as close to the calculated considering the capabilities of your gym

☐ ACTUAL WORKOUT #1

«NUCLEAR ARMS»

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

weight, **kg** / lbs

PERFORMED

Rarhall Shoulder Dress

2.39 т

WORKOUT TIME

#1

01:00

Dumbbell Bench Press

• This application requires access to the Internet. There is also the opportunity to train on the special training Form, data

• During training, you will carry out step by step application and assess the level of load obtained after the completion

• If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the

• Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match

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 -

REPS

54

Barbell Incline Bench Press

Medium-Grip

How to do?

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
© 2018 — AtletIQ.com

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back should be arched, and your shoulder blades

2. Lay on the bench with your feet flat on the

1 repetition. This indicator is also calculated and adjusted automatically in the future.

One-Arm Dumbbell Row

Pull Through

Barbell Full Squat

Bent Over Dumbbell Rear Delt Raise With Head

> 1.6 T **₹** 580 scores **₹** 420 kcal

Power Partials

3×8 Rest: **②** 75 sec

1×20 Rest: **②** 75 sec

> 6.85 T **₹** 798 scores **₹** 570 kcal

1×20 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

1×20 Rest: @ 75 sec

1×20 Rest: **②** 75 sec

1×20 Rest: @ 75 sec

Machine Preacher Curls

② 36 min

very hard

heavy

very hard

heavy

very hard

very hard

② 45 min

heavy

very hard

② 38 min

heavy

heavy

heavy

very hard

heavy

heavy

heavy

very hard

heavy

heavy

very hard

heavy

heavy

heavy

very hard

47 min

heavy

heavy

heavy

very hard

② 32 min

heavy

General recommendations on training with AtletIQ

application which is an interactive smart timer.

12

② 36 min

very hard

heavy

very hard

very hard

very hard

② 45 min

heavy

very hard

② 38 min

heavy

heavy

heavy

very hard

heavy

heavy

heavy

very hard

heavy

heavy

very hard

heavy

heavy

heavy

very hard

② 32 min

heavy

40 min

heavy

heavy