

Workout #1

**3×10** Rest: **②** 70 sec

**5×8** Rest: **②** 70 sec

**5×8** Rest: **②** 70 sec

**4×8** Rest: **②** 70 sec

4×8 Rest: **②** 70 sec

**4×8** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

Workout #4

**3×12** Rest: **②** 70 sec

**5×10** Rest: **○** 80 sec

**5×10** Rest: **②** 80 sec

**Incline Dumbbell Press** 

Wide-Grip Rear Pull-Up

**Bent Over Barbell Row** 

**4×10** Rest: **②** 70 sec

**3×12** Rest: **○** 70 sec

Workout #7

**3×15** Rest: **○** 80 sec

**5×6** Rest: **②** 80 sec

**5×6** Rest: **②** 80 sec

**Incline Dumbbell Press** 

Wide-Grip Rear Pull-Up

**4×12** Rest: **○** 80 sec

**Bent Over Barbell Row** 

**4×12** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

Workout #10

**3×10** Rest: **⊙** 70 sec

**5×8** Rest: **②** 70 sec

**5×8** Rest: **②** 70 sec

**Incline Dumbbell Press** 

Wide-Grip Rear Pull-Up

**4×10** Rest: **②** 70 sec

**Bent Over Barbell Row** 

**4×10** Rest: **②** 70 sec

**3×10** Rest: **⊙** 70 sec

Workout #13

**3×10** Rest: **②** 70 sec

**5×10** Rest: **@** 80 sec

**5×10** Rest: **②** 80 sec

**Incline Dumbbell Press** 

Wide-Grip Rear Pull-Up

**Bent Over Barbell Row** 

**4×8** Rest: **②** 70 sec

4×8 Rest: **②** 70 sec

**4×8** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

of each set.

break.

the the planned.

Find program

Advanced search

Beginner

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!

2 add-ons

Fitnes Goal

Complexity

-- Show all

Workout place

-- Show all --

Active Recovery

-- Show all --

these are not all application features.

> 7.9 T **₹** 1118 scores **₹** 800 kcal

Clean Deadlift

Hyperextensions (Back Extensions)

Barbell Bench Press - Medium Grip

**4×10** Rest: **②** 70 sec

Clean Deadlift

Hyperextensions (Back Extensions)

Barbell Bench Press - Medium Grip

> 6.82 T **₹** 1158 scores **₹** 830 kcal

**4×12** Rest: **②** 80 sec

Clean Deadlift

> 8.31 T **₹** 1074 scores **₹** 770 kcal

Hyperextensions (Back Extensions)

Barbell Bench Press - Medium Grip

**4×10** Rest: **②** 70 sec

**4×10** Rest: **⊙** 70 sec

Clean Deadlift

**Hyperextensions (Back Extensions)** 

Barbell Bench Press - Medium Grip

**Incline Dumbbell Press** 

Wide-Grip Rear Pull-Up

**Bent Over Barbell Row** 

Clean Deadlift

**Hyperextensions (Back Extensions)** 

Barbell Bench Press - Medium Grip

**②** 57 min

heavy

heavy

heavy

heavy

heavy

heavy

**②** 59 min

heavy

very hard

very hard

heavy

heavy

heavy

heavy

**②** 62 min

very hard

heavy

heavy

very hard

very hard

very hard

**②** 57 min

very hard

heavy

heavy

very hard

very hard

very hard

very hard

**②** 58 min

heavy

very hard

very hard

heavy

heavy

heavy

heavy

General recommendations on training with AtletIQ

application which is an interactive smart timer.

Workout #2

Chin-Up

**Dips - Triceps Version** 

**5×8** Rest: **②** 70 sec

**4×8** Rest: **②** 70 sec

**5×8** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

4×8 Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

Dips - Triceps Version

**5×10** Rest: **②** 80 sec

**4×10** Rest: **②** 70 sec

**5×10** Rest: **②** 80 sec

**3×12** Rest: **②** 70 sec

**4×10** Rest: **②** 70 sec

**3×12** Rest: **②** 70 sec

**3×12** Rest: **②** 70 sec

**3×12** Rest: **②** 70 sec

Dips - Triceps Version

**4×12** Rest: **②** 80 sec

**5×6** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

**4×12** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

Dips - Triceps Version

**5×8** Rest: **②** 70 sec

**4×10** Rest: **②** 70 sec

**5×8** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**4×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

Dips - Triceps Version

**5×10** Rest: **②** 80 sec

**4×8** Rest: **②** 70 sec

**5×10** Rest: **②** 80 sec

**3×10** Rest: **②** 70 sec

4×8 Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**Barbell Curl** 

**Hammer Curls** 

**Close-Grip Barbell Bench Press** 

**Standing Dumbbell Triceps Extension** 

Palms-Up Barbell Wrist Curl Over A Bench

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** 

SKIP

Parhall Shoulder Dress

TONNAGE

2.39 T

**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 -

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.

<u>Affiliate program for coaches</u> © 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.

Palms-Down Wrist Curl Over A Bench

Workout #14

Chin-Up

Barbell Curl

**Hammer Curls** 

Close-Grip Barbell Bench Press

**Standing Dumbbell Triceps Extension** 

Palms-Up Barbell Wrist Curl Over A Bench

> 4.57 T **₹** 849 scores **₹** 610 kcal

Palms-Down Wrist Curl Over A Bench

Workout #11

Chin-Up

**Barbell Curl** 

**Hammer Curls** 

Close-Grip Barbell Bench Press

**Standing Dumbbell Triceps Extension** 

Palms-Up Barbell Wrist Curl Over A Bench

>5 T **₹** 877 scores **₹** 630 kcal

Palms-Down Wrist Curl Over A Bench

**5×6** Rest: **②** 80 sec

Workout #8

Chin-Up

Barbell Curl

**Hammer Curls** 

Close-Grip Barbell Bench Press

Standing Dumbbell Triceps Extension

Palms-Up Barbell Wrist Curl Over A Bench

> 5.09 T **₹** 816 scores **₹** 590 kcal

Palms-Down Wrist Curl Over A Bench

Workout #5

Chin-Up

**Barbell Curl** 

**Hammer Curls** 

Close-Grip Barbell Bench Press

Standing Dumbbell Triceps Extension

Palms-Up Barbell Wrist Curl Over A Bench

> 4.36 T **₹** 841 scores **₹** 600 kcal

Palms-Down Wrist Curl Over A Bench

**②** 62 min

heavy

heavy

heavy

heavy

heavy

**②** 64 min

very hard

heavy

very hard

heavy

heavy

heavy

heavy

heavy

**②** 68 min

heavy

very hard

heavy

very hard

very hard

very hard

very hard

very hard

**②** 62 min

heavy

very hard

heavy

very hard

very hard

very hard

very hard

very hard

**②** 64 min

very hard

very hard

heavy

heavy

heavy

heavy

Workout #3

**Barbell Full Squat** 

**5×8** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**4×8** Rest: **②** 70 sec

**Upright Barbell Row** 

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**Power Partials** 

Decline Crunch

Workout #6

**Barbell Full Squat** 

**Barbell Lunge** 

**5×10** Rest: **@** 80 sec

**3×12** Rest: **○** 70 sec

**3×12** Rest: **②** 70 sec

**4×10** Rest: **⊙** 70 sec

**Upright Barbell Row** 

**3×12** Rest: **②** 70 sec

**3×12** Rest: **②** 70 sec

**3×12** Rest: **②** 70 sec

**Power Partials** 

**Decline Crunch** 

Workout #9

**Barbell Full Squat** 

5×6 Rest: **②** 80 sec

**3×15** Rest: **○** 80 sec

**3×15** Rest: **○** 80 sec

**4×12** Rest: **○** 80 sec

**Upright Barbell Row** 

**3×15** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

**3×15** Rest: **②** 80 sec

**Power Partials** 

**Decline Crunch** 

Workout #12

**Barbell Full Squat** 

**5×8** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**4×10** Rest: **②** 70 sec

**Upright Barbell Row** 

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**Power Partials** 

**Decline Crunch** 

Workout #15

**Barbell Full Squat** 

**Barbell Lunge** 

**5×10** Rest: **②** 80 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**4×8** Rest: **②** 70 sec

**Upright Barbell Row** 

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**3×10** Rest: **②** 70 sec

**Power Partials** 

**Decline Crunch** 

**Dumbbell Shoulder Press** 

Standing Barbell Press Behind Neck

> 6.61 T **₹** 871 scores **£** 630 kcal

**YOUR FRIENDS** 

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

71532 scores Last Activity: Mar 14

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14 REMOVE FROM FRIENDS

Вадим\_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Last Activity: Feb 10

REMOVE FROM FRIENDS

Advanced 4

Advanced 1

Amateur 6

Amateur 3

Enter the name or ID

**Dumbbell Shoulder Press** 

**Standing Barbell Press Behind Neck** 

> 6.37 T **₹** 906 scores **₹** 650 kcal

**Barbell Lunge** 

**Dumbbell Shoulder Press** 

Standing Barbell Press Behind Neck

> 6.87 T **₹** 935 scores **₹** 670 kcal

**Barbell Lunge** 

**Dumbbell Shoulder Press** 

Standing Barbell Press Behind Neck

> 7.15 T 🚀 873 scores 👱 630 kcal

**Dumbbell Shoulder Press** 

Standing Barbell Press Behind Neck

> 6.11 T **₹** 875 scores **₹** 630 kcal

**Barbell Lunge** 

**②** 52 min

heavy

heavy

heavy

heavy

heavy

heavy

**②** 53 min

very hard

heavy

heavy

heavy

heavy

heavy

heavy

**②** 57 min

heavy

very hard

very hard

very hard

very hard

very hard

very hard

**②** 52 min

heavy

very hard

very hard

very hard

very hard

very hard

very hard

**②** 53 min

very hard

heavy

heavy

heavy

heavy

heavy