

04:48

101

Install App «Mobile Fitness Assistant AtletIQ»: <u>https://atletiq.com/app</u>

The content of of the program

«12 тренировок»

Duration in days: 23 Amount of training days: 12 Rest days: 11

fulfill the tasks set by coach

	summary table shows the boundary values of the main parameters of kouts. All training programs of the AtletlQ are developed considering pr			
#	Exercise (superset)	Sets	Reps	O Rest between sets
	1	day		
1	Barbell Bench Press - Medium Grip	8	2-12 (+max)	❷ 45-150 sec
2	Bent Over Barbell Row	6	4-15	❷ 60-140 sec
3	Crunches	3	Max	❷ 60 sec
	2 da	y (rest)		
	3	day		
1	Clean Deadlift	8	2-12 (+max)	④ 45-150 sec
2	Barbell Curl	6	4-15	❷ 60-140 sec
3	Standing Military Press	4	4-15	❷ 60-140 sec
	4 da	y (rest)		
	5	day		
1	Barbell Full Squat	8	2-12 (+max)	④ 45-150 sec
2	Seated Calf Raise	4	6-20	④ 45-120 sec
3	Pullups	3	Max	② 60 sec
	6 da	y (rest)		

Training intensity for each exercise

932 600 The total intensity Pullups Crunches 799 500 Clean Deadlift Barbell Bench Press - Medium Grip 666 Barbell Full Squat 400 Standing Military Press Bent Over Barbell Row 533 Barbell Curl 300 Seated Calf Raise 399 200 266 100 133 0 0 7 3 4 5 6 9 10 11 2 8 12 1

Workout #1	🖸 37 min
Barbell Bench Press - Medium Grip 1×10 Rest: ● 60 sec 1×8 Rest: ● 60 sec 1×4 Rest: ● 90 sec 1×2 Rest: ● 120 sec 1×2 Rest: ● 120 sec 1×4 Rest: ● 120 sec 1×2 Rest: ● 120 sec 1×4 Rest: ● 120 sec 1×2 Rest: ● 120 sec 1×4 Rest: ● 90 sec 1×4 Rest: ● 90 sec 1×4 Rest: ● 90 sec	heavy heavy heavy very hard very hard heavy
1×10 Rest: ② 80 sec	heavy
Bent Over Barbell Row 1×15 Rest: ● 60 sec 1×10 Rest: ● 80 sec 1×8 Rest: ● 90 sec 1×6 Rest: ● 140 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 70 sec	heavy heavy heavy very hard heavy heavy
Crunches 3×15 max Rest: ⁽²⁾ 60 sec	to failure

> 5.48 T 🛛 631 scores 👲 450 kcal

Workout #4	@ 36 min
Barbell Bench Press - Medium Grip	
1×12 Rest: ② 65 sec	banar
1×9 Rest: 0 65 sec	heavy
1×5 Rest: ② 80 sec	heavy
1×3 Rest: (2) 110 sec	heavy
1×3 Rest: (2) 110 sec	very hard
1×4 Rest: @ 80 sec	very hard
1×10 Rest: ❷ 80 sec	heavy
1×12 Rest: 2 80 sec	heavy
-	heavy
Bent Over Barbell Row	
1×14 Rest: ④ 70 sec	heavy
1×9 Rest: ④ 70 sec	heavy
1×7 Rest: 2 80 sec	heavy
1×5 Rest: ② 120 sec	very hard
1×9 Rest: ② 80 sec	heavy
1×15 Rest: ⊙ 70 sec	very hard
Crunches	
	to failure
3×15 max Rest: ④ 60 sec	
> 5.67 T ₹ 658 scores ₹ 470	kcal
> 5.67 T ◀ 658 scores ₹ 470	
	kcal Ø 37 min
> 5.67 T ◀ 658 scores ₹ 470	
> 5.67 T ₹ 658 scores ₹ 470 Workout # 7	
 > 5.67 T ✓ 658 scores Workout #7 Barbell Bench Press - Medium Grip	④ 37 min
 > 5.67 T ✓ 658 scores ▲ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 	37 min
 > 5.67 T ✓ 658 scores ▲ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 	O 37 min heavy heavy heavy
 > 5.67 T ✓ ✓<!--</td--><td>O 37 min heavy heavy heavy very hard</td>	O 37 min heavy heavy heavy very hard
 > 5.67 T ✓ 658 scores ▲ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 90 sec 1×4 Rest: ④ 100 sec 	O 37 min heavy heavy heavy very hard
 > 5.67 T ✓ 658 scores ▲ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 90 sec 1×4 Rest: ④ 100 sec 1×3 Rest: ④ 110 sec 	•eavy heavy heavy very hard very hard
> 5.67 T ✓ 658 scores ✓ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 100 sec 1×3 Rest: ④ 110 sec 1×5 Rest: ④ 100 sec	•eavy heavy heavy very hard very hard
 > 5.67 T ✓ 658 scores ▲ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 90 sec 1×4 Rest: ④ 100 sec 1×3 Rest: ④ 110 sec 1×5 Rest: ④ 100 sec 1×5 Rest: ④ 100 sec 1×10 Rest: ④ 75 sec 1×12 Rest: ④ 80 sec 	O 37 min heavy heavy very hard very hard moderate heavy
 > 5.67 T ✓ 658 scores ▲ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 90 sec 1×4 Rest: ④ 100 sec 1×3 Rest: ④ 110 sec 1×5 Rest: ④ 100 sec 1×5 Rest: ④ 100 sec 1×5 Rest: ④ 100 sec 	•eavy heavy heavy very hard very hard woderate heavy heavy
> 5.67 T 658 scores 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ② 70 sec 1×8 Rest: ② 65 sec 1×5 Rest: ② 100 sec 1×4 Rest: ② 100 sec 1×3 Rest: ② 100 sec 1×5 Rest: ② 100 sec 1×10 Rest: ② 75 sec 1×12 Rest: ③ 80 sec	O 37 min heavy heavy very hard very hard woderate heavy heavy
> 5.67 T 658 scores 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ① 70 sec 1×8 Rest: ② 65 sec 1×5 Rest: ② 100 sec 1×3 Rest: ② 100 sec 1×5 Rest: ② 100 sec 1×10 Rest: ② 75 sec 1×12 Rest: ③ 80 sec	O 37 min heavy heavy very hard very hard woderate heavy heavy
> 5.67 T 658 scores 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 1×11 Rest: ① 70 sec 1×8 Rest: ② 65 sec 1×5 Rest: ② 90 sec 1×4 Rest: ② 100 sec 1×3 Rest: ② 100 sec 1×5 Rest: ② 100 sec 1×10 Rest: ③ 75 sec 1×12 Rest: ④ 80 sec Bent Over Barbell Row 1×12 Rest: ④ 60 sec 1×8 Rest: ④ 80 sec 1×8 Rest: ④ 80 sec	O 37 min heavy heavy very hard very hard very hard moderate heavy heavy heavy
> 5.67 T 658 scores 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ② 70 sec 1×8 Rest: ② 65 sec 1×5 Rest: ② 90 sec 1×4 Rest: ② 100 sec 1×3 Rest: ② 100 sec 1×5 Rest: ② 100 sec 1×10 Rest: ② 75 sec 1×12 Rest: ③ 80 sec 1×12 Rest: ④ 60 sec 1×8 Rest: ④ 80 sec 1×6 Rest: ④ 90 sec 1×4 Rest: ④ 140 sec	O 37 min heavy heavy heavy heavy very hard very hard moderate heavy heavy
> 5.67 T 658 scores 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 1×11 Rest: ② 70 sec 1×8 Rest: ② 65 sec 1×5 Rest: ② 90 sec 1×4 Rest: ② 100 sec 1×3 Rest: ② 100 sec 1×5 Rest: ③ 100 sec 1×10 Rest: ③ 100 sec 1×12 Rest: ④ 75 sec 1×12 Rest: ④ 80 sec Bent Over Barbell Row 1×12 1×12 Rest: ④ 60 sec 1×8 Rest: ④ 80 sec 1×6 Rest: ④ 90 sec	O 37 min heavy heavy heavy very hard woderate heavy heavy heavy heavy
> 5.67 T ✓ 658 scores ✓ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ② 70 sec 1×8 Rest: ② 65 sec 1×5 Rest: ② 90 sec 1×4 Rest: ② 100 sec 1×3 Rest: ③ 100 sec 1×4 Rest: ③ 100 sec 1×5 Rest: ④ 100 sec 1×10 Rest: ④ 100 sec 1×12 Rest: ④ 80 sec 1×6 Rest: ④ 90 sec 1×4 Rest: ④ 140 sec 1×8 Rest: ④ 80 sec 1×8 Rest: ④ 80 sec 1×12 Rest: ④ 70 sec	O 37 min heavy heavy heavy heavy very hard very hard moderate heavy heavy
> 5.67 T ✓ 658 scores ✓ 470 Workout #7 Barbell Bench Press - Medium Grip 1×11 Rest: ② 70 sec 1×8 Rest: ③ 65 sec 1×5 Rest: ④ 90 sec 1×4 Rest: ④ 100 sec 1×3 Rest: ④ 100 sec 1×3 Rest: ④ 100 sec 1×5 Rest: ④ 100 sec 1×10 Rest: ④ 100 sec 1×12 Rest: ④ 75 sec 1×12 Rest: ④ 80 sec 1×8 Rest: ④ 80 sec 1×8 Rest: ④ 90 sec 1×4 Rest: ④ 140 sec 1×8 Rest: ④ 80 sec 1×8 Rest: ④ 140 sec 1×8 Rest: ④ 80 sec	O 37 min heavy heavy very hard very hard moderate heavy heavy heavy very hard

Workout #2	2 40 min
Clean Deadlift	
1×10 Rest: 2 60 sec	heavy
1×8 Rest: ④ 60 sec	heavy
1×4 Rest: ④ 90 sec	heavy
1×2 Rest: (2) 120 sec	very hard
1×2 Rest: ④ 120 sec	very hard
1×4 Rest: ④ 90 sec	heavy
1×10 Rest: ④ 80 sec	heavy
1×10 Rest: 2 80 sec	heavy
Barbell Curl	
1×15 Rest: ② 60 sec	heavy
1×10 Rest: ② 80 sec	heavy
1×8 Rest: ④ 90 sec	heavy
1×6 Rest: ④ 140 sec	very hard
1×10 Rest: ② 80 sec	heavy
1×15 Rest: 2 70 sec	heavy
Standing Military Press	
1×15 Rest: ② 60 sec	heavy
1×10 Rest: ④ 70 sec	heavy
1×8 Rest: 2 120 sec	very hard
1×10 Rest: 2 70 sec	very hard
> 5.71 T 🛷 710 scores 👱 510 kg	cal

Workout #5	
WORKOUL #5	2 39 min
Clean Deadlift	
1×12 Rest: ④ 65 sec	heavy
1×9 Rest: ◎ 65 sec	heavy
1×5 Rest: 2 80 sec	heavy
1×3 Rest: 2 110 sec	very hard
1×3 Rest: 2 110 sec	very hard
1×4 Rest: ④ 80 sec	heavy
1×10 Rest: 2 80 sec	heavy
1×12 Rest: 2 80 sec	heavy
Barbell Curl	
1×14 Rest: ② 70 sec	heavy
1×9 Rest: 0 70 sec	
1×7 Rest: ④ 80 sec	heavy
1×5 Rest: ① 120 sec	heavy very hard
1×9 Rest: ⊙ 80 sec	heavy
1×15 Rest: 0 70 sec	very hard
	very hard
Standing Military Press	
1×12 Rest: (2 60 sec	heavy
1×8 Rest: ② 90 sec	
	very hard
1×6 Rest: 1 20 sec	
 1×6 Rest: ⁽²⁾ 120 sec 1×8 Rest: ⁽²⁾ 60 sec > 5.89 T √ 743 scores 	very hard heavy
1×8 Rest: ⁽²⁾ 60 sec > 5.89 T <i>₹</i> 743 scores <i>₹</i>	very hard heavy
1×8 Rest: ⁽²⁾ 60 sec > 5.89 T <i>₹</i> 743 scores <i>₹</i>	very hard heavy
1×8 Rest: ⁽²⁾ 60 sec > 5.89 T <i>₹</i> 743 scores <i>₹</i>	very hard heavy
1×8 Rest:	very hard heavy
1×8 Rest: [●] 60 sec > 5.89 T ₹ 743 scores ₹ Workout #8 Clean Deadlift	530 kcal • 40 min
1×8 Rest: ⁽²⁾ 60 sec > 5.89 T √ 743 scores Workout #8 Clean Deadlift 1×11 Rest: ⁽²⁾ 70 sec	2 530 kcal 2 40 min
1×8 Rest: ● 60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec	530 kcal 0 40 min heavy heavy heavy heavy
1×8 Rest: <a>O 60 sec > 5.89 T ✓ 743 scores Workout #8 Clean Deadlift 1×11 Rest: <a>O 70 sec 1×8 Rest: <a>O 65 sec 1×5 Rest: <a>O 90 sec 1×4 Rest: <a>O 100 sec 1×3 Rest: <a>O 110 sec	530 kcal 0 40 min heavy heavy heavy very hard
1×8 Rest: ● 60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 90 sec 1×4 Rest: ● 100 sec	very hard heavy 530 kcal
1×8 Rest: <a>0 60 sec > 5.89 T 7743 scores ▲ Workout #8 Clean Deadlift 1×11 Rest: <a>70 sec 1×8 Rest: <a>65 sec 1×8 Rest: <a>90 sec 1×4 Rest: <a>100 sec 1×3 Rest: <a>110 sec	very hard heavy 530 kcal
1×8 Rest: ④ 60 sec > 5.89 T ₹ 743 scores Workout #8 Clean Deadlift 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 100 sec 1×3 Rest: ④ 110 sec 1×5 Rest: ④ 100 sec	very hard heavy 530 kcal
1×8 Rest: <a>0 60 sec > 5.89 T 743 scores ▲ Workout #8 Clean Deadlift 1×11 Rest: <a>70 sec 1×8 Rest: <a>0 65 sec 1×5 Rest: <a>90 sec 1×4 1×4 Rest: <a>100 sec 1×3 1×5 Rest: <a>100 sec 1×5 1×10 Rest: <a>75 sec 1×10	very hard heavy 530 kcal
1×8 Rest: <a>60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: <a>70 sec 1×8 Rest: <a>65 sec 1×5 Rest: <a>90 sec 1×4 Rest: <a>100 sec 1×3 Rest: <a>100 sec 1×5 Rest: <a>100 sec 1×10 Rest: <a>75 sec 1×12 Rest: <a>80 sec	very hard heavy 530 kcal 2 530 kcal 0 40 min heavy heavy very hard very hard very hard very hard woderate heavy heavy
1×8 Rest: ● 60 sec > 5.89 T 743 scores ✓ ✓ Workout #8 ✓ Clean Deadlift 1×11 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 100 sec 1×4 Rest: ● 100 sec 1×5 Rest: ● 100 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec	530 kcal 2 530 kcal 2 40 min heavy heavy heavy very hard very hard wery hard moderate heavy heavy heavy
1×8 Rest: ● 60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 65 sec 1×4 Rest: ● 100 sec 1×3 Rest: ● 110 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec	very hard heavy 530 kcal 0 40 min heavy heavy very hard very hard very hard woderate heavy heavy heavy
1×8 Rest: ● 60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 90 sec 1×4 Rest: ● 100 sec 1×3 Rest: ● 110 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec Barbell Curl 1×12 1×12 Rest: ● 60 sec 1×8 Rest: ● 80 sec	very hard heavy 530 kcal 2 530 kcal 0 40 min heavy heavy heavy very hard very hard very hard very hard heavy heavy heavy heavy heavy
1×8 Rest: ● 60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 90 sec 1×4 Rest: ● 100 sec 1×3 Rest: ● 110 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec 1×12 Rest: ● 60 sec 1×8 Rest: ● 80 sec 1×6 Rest: ● 90 sec	very hard heavy 530 kcal
1×8 Rest: ● 60 sec > 5.89 T 743 scores Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 90 sec 1×4 Rest: ● 100 sec 1×5 Rest: ● 100 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec 1×12 Rest: ● 60 sec 1×8 Rest: ● 80 sec 1×6 Rest: ● 90 sec 1×4 Rest: ● 140 sec	very hard heavy 530 kcal
1×8 Rest: ● 60 sec > 5.89 T 743 scores ✓ ✓ Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 90 sec 1×4 Rest: ● 100 sec 1×3 Rest: ● 110 sec 1×5 Rest: ● 100 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec 1×12 Rest: ● 140 sec 1×6 Rest: ● 140 sec 1×8 Rest: ● 140 sec 1×8 Rest: ● 140 sec 1×12 Rest: ● 140 sec 1×12 Rest: ● 70 sec	very hard heavy 530 kcal
1×8 Rest: ④ 60 sec > 5.89 T ✓ 743 scores Workout #8 Clean Deadlift 1×11 Rest: ④ 70 sec 1×8 Rest: ④ 65 sec 1×5 Rest: ④ 100 sec 1×4 Rest: ④ 100 sec 1×5 Rest: ④ 100 sec 1×5 Rest: ④ 100 sec 1×10 Rest: ④ 100 sec 1×10 Rest: ④ 100 sec 1×12 Rest: ④ 80 sec 1×4 Rest: ④ 140 sec 1×8 <tmest: 140="" sec<="" td="" ④=""> 1×8 <tmest: 70="" sec<="" td="" ④=""> 1×12 <tmest: 70="" sec<="" td="" ④=""> Standing Military Press</tmest:></tmest:></tmest:>	very hard heavy 530 kcal
1×8 Rest: ● 60 sec > 5.89 T 743 scores ✓ ✓ Workout #8 Clean Deadlift 1×11 Rest: ● 70 sec 1×8 Rest: ● 65 sec 1×5 Rest: ● 90 sec 1×4 Rest: ● 100 sec 1×3 Rest: ● 110 sec 1×5 Rest: ● 100 sec 1×5 Rest: ● 100 sec 1×10 Rest: ● 75 sec 1×12 Rest: ● 80 sec 1×12 Rest: ● 140 sec 1×6 Rest: ● 140 sec 1×8 Rest: ● 140 sec 1×8 Rest: ● 140 sec 1×12 Rest: ● 140 sec 1×12 Rest: ● 70 sec	very hard heavy 530 kcal

Barbell Full Squat	
1×10 Rest: ◎ 60 sec	heavy
1×8 Rest: ④ 60 sec	heavy
1×4 Rest: ② 90 sec	heavy
1×2 Rest: (2) 120 sec	very har
1×2 Rest: ④ 120 sec	very har
1×4 Rest: ② 90 sec	heavy
1×10 Rest: ② 80 sec	heavy
1×10 Rest: ④ 80 sec	heavy
Seated Calf Raise	
1×15 Rest: ② 60 sec	heavy
1×10 Rest: 2 70 sec	heavy
1×10 Rest: ② 120 sec	very har
1×20 Rest:	heavy
Pullups	
3×15 max Rest: 2 60 sec	to failure

Workout #6 **2** 33 min **Barbell Full Squat 1×12** Rest: **2** 65 sec heavy **1×9** Rest: **2** 65 sec

heavy

Workout #10	2 37 min
Barbell Bench Press - Medium Grip1×10Rest: • 45 sec1×8Rest: • 70 sec	heavy
 1×6 Rest: ⁽²⁾ 90 sec 1×3 Rest: ⁽²⁾ 110 sec 	heavy very hard
 1×2 max Rest: (2) 150 sec 1×6 Rest: (2) 100 sec 1×8 Rest: (2) 80 sec 	to failure moderate
1×10 Rest: 2 70 sec	heavy heavy
Bent Over Barbell Row 1×15 Rest: 0 60 sec	
1×12 Rest: ② 70 sec	heavy heavy
1×8 Rest: ● 90 sec 1×4 Rest: ● 140 sec	heavy very hard
1×12 Rest: 0 70 sec	heavy

> 5.66 T 🛛 666 scores ! 480 kcal

1×15 Rest: **②** 70 sec

3×15 max Rest: **2** 60 sec

Crunches

1×5 Rest: ④ 80 sec	heavy
1×3 Rest: 2 110 sec	very hard
1×3 Rest: ② 110 sec	very hard
1×4 Rest: ④ 80 sec	heavy
1×10 Rest: ④ 80 sec	heavy
1×12 Rest: 0 80 sec	heavy
Seated Calf Raise	
1×13 Rest: ❷ 60 sec	heavy
1×8 Rest: ④ 90 sec	very hard
1×8 Rest: ○ 120 sec	very hard
1×16 Rest: 0 80 sec	heavy
Pullups	
3×15 ^{max} Rest: ⊙ 60 sec	to failure
> 5.91 T 🛛 📌 545 scores 👲 390	kcal

Workout #9	2 34 mir
Barbell Full Squat	
1×11 Rest: 0 70 sec	heavy
1×8 Rest: ② 65 sec	heavy
1×5 Rest: ② 90 sec	heavy
1×4 Rest: ② 100 sec	very hard
1×3 Rest: ② 110 sec	very hard
1×5 Rest: ⊙ 100 sec	moderate
1×10 Rest: ◎ 75 sec	heavy
1×12 Rest: 2 80 sec	heavy
Seated Calf Raise	
1×15 Rest: 0 70 sec	heavy
1×8 Rest: (2) 110 sec	very hard
1×10 Rest: 0 90 sec	very hard
1×20 Rest: ② 80 sec	heavy
Pullups	
3×15 max Rest:	to failure
> 6.24 T 🛷 563 scores 👱 4	00 kcal

Barbell Full Squat 1×10 Rest: ② 45 sec 1×8 Rest: ③ 70 sec 1×6 Rest: ④ 90 sec 1×3 Rest: ④ 110 sec 1×2 max Rest: ④ 150 sec 1×6 Rest: ④ 100 sec 1×8 Rest: ④ 100 sec 1×8 Rest: ④ 80 sec 1×10 Rest: ④ 70 sec	heavy heavy very ha to failu modera heavy
 1×8 Rest: ⁽¹⁾ 70 sec 1×6 Rest: ⁽²⁾ 90 sec 1×3 Rest: ⁽²⁾ 110 sec 1×2 max Rest: ⁽²⁾ 150 sec 1×6 Rest: ⁽²⁾ 100 sec 1×8 Rest: ⁽²⁾ 80 sec 	heavy heavy very ha to failu modera heavy
 1×6 Rest: • 90 sec 1×3 Rest: • 110 sec 1×2 max Rest: • 150 sec 1×6 Rest: • 100 sec 1×8 Rest: • 80 sec 	heavy very ha to failu modera heavy
 1×3 Rest: 110 sec 1×2 max Rest: 150 sec 1×6 Rest: 100 sec 1×8 Rest: 80 sec 	very ha to failu modera heavy
1×2 max Rest: ● 150 sec 1×6 Rest: ● 100 sec 1×8 Rest: ● 80 sec	to failu modera heavy
1×6 Rest: ○ 100 sec 1×8 Rest: ○ 80 sec 	to failu modera heavy
1×8 Rest:	modera heavy
	heavy
1×10 Rest: 2 70 sec	
	heavy
Seated Calf Raise	
1×12 Rest: ④ 50 sec	heavy
1×6 Rest: ④ 90 sec	heavy
1×6 Rest: ① 120 sec	very ha
1×17 Rest: 0 45 sec	heavy
Pullups	
3×15 max Rest: 2 60 sec	to failu
> 5.51 T 🛷 557 scores 400	

1×15 Rest: **2** 60 sec heavy **1×12** Rest: **2** 70 sec heavy **1×8** Rest: **2** 90 sec heavy **1×4** Rest: **2** 140 sec very hard **1×12** Rest: **2** 70 sec heavy **1×15** Rest: **2** 70 sec heavy Standing Military Press **1×12** Rest: **2** 60 sec heavy **1×6** Rest: **2** 120 sec very hard **1×4** Rest: **2** 140 sec very hard **1×8** Rest: **2** 60 sec heavy > 5.7 T 🛛 763 scores 👱 550 kcal

1×10 Rest: **2** 90 sec

1×10 Rest: **2** 80 sec

Workout #11

Clean Deadlift

1×10 Rest: **2** 45 sec

1×8 Rest: **2** 70 sec

1×6 Rest: **2** 90 sec

1×3 Rest: **①** 110 sec

1×6 Rest: **②** 100 sec

1×8 Rest: **2** 80 sec

1×10 Rest: **2** 70 sec

Barbell Curl

1×2 max Rest: **2** 150 sec

> 5.96 T 🖪 761 scores 👱 550 kcal

very hard

heavy

2 41 min

heavy

heavy

heavy

very hard

to failure

moderate

heavy

heavy

Directory of the exercises

General recommendations on training with AtletIQ

heavy

to failure

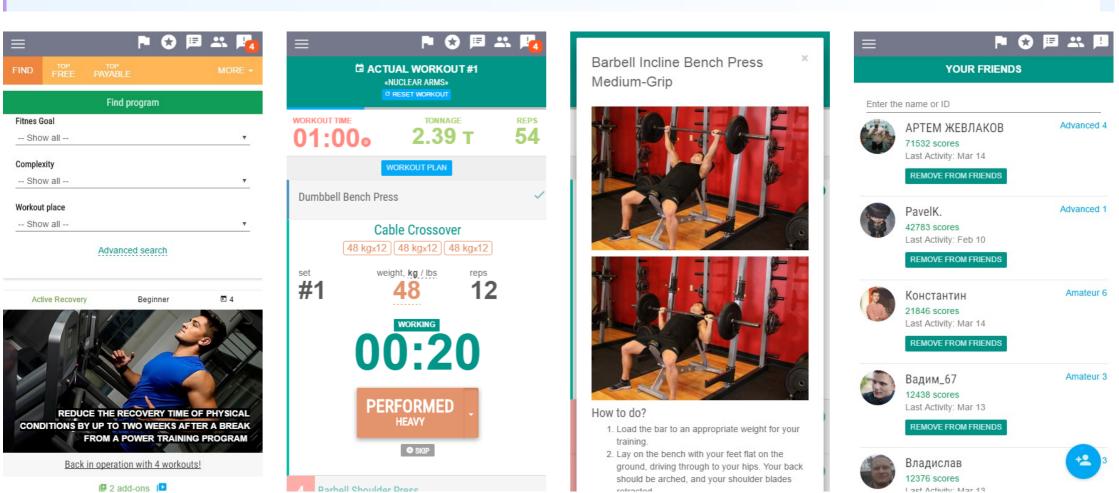
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 © 2018 — AtletIQ.com