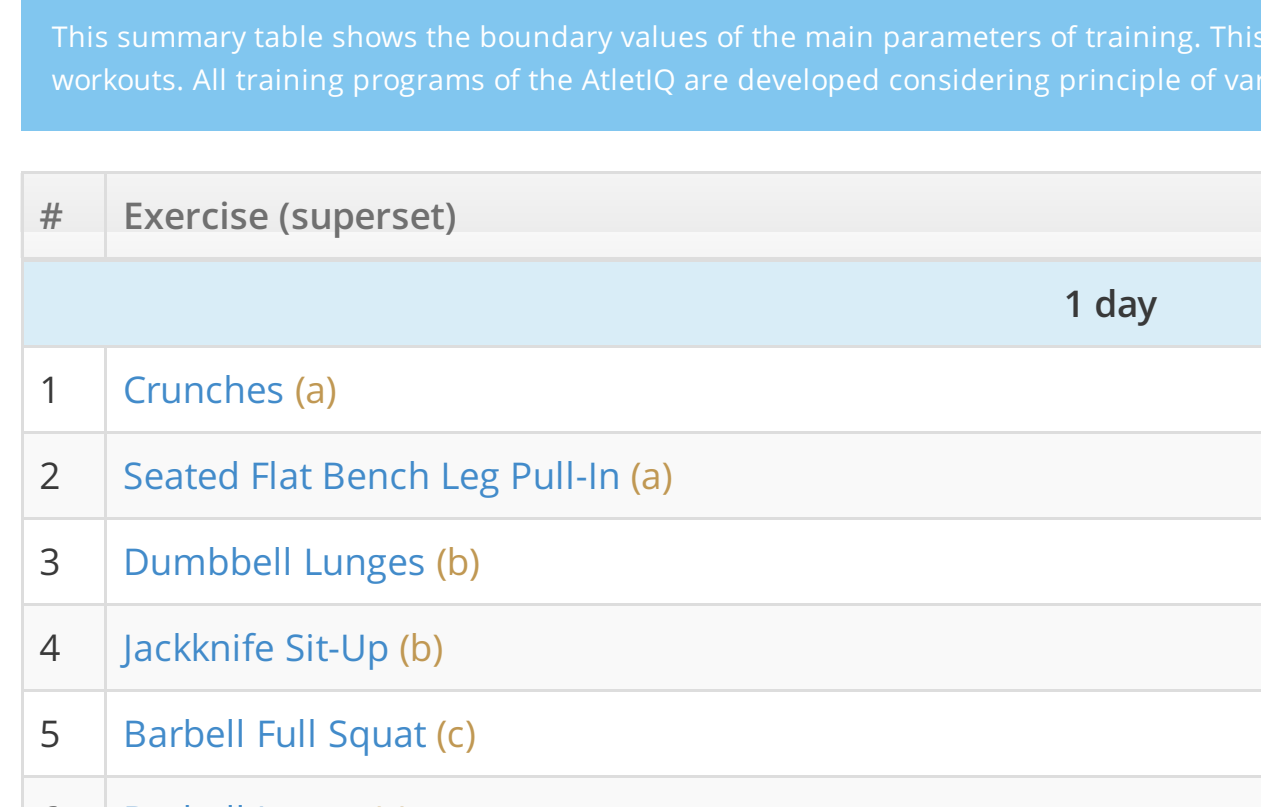


31 day

16 workouts

~63 minutes

<https://atletiq.com/en/programms/1199>



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

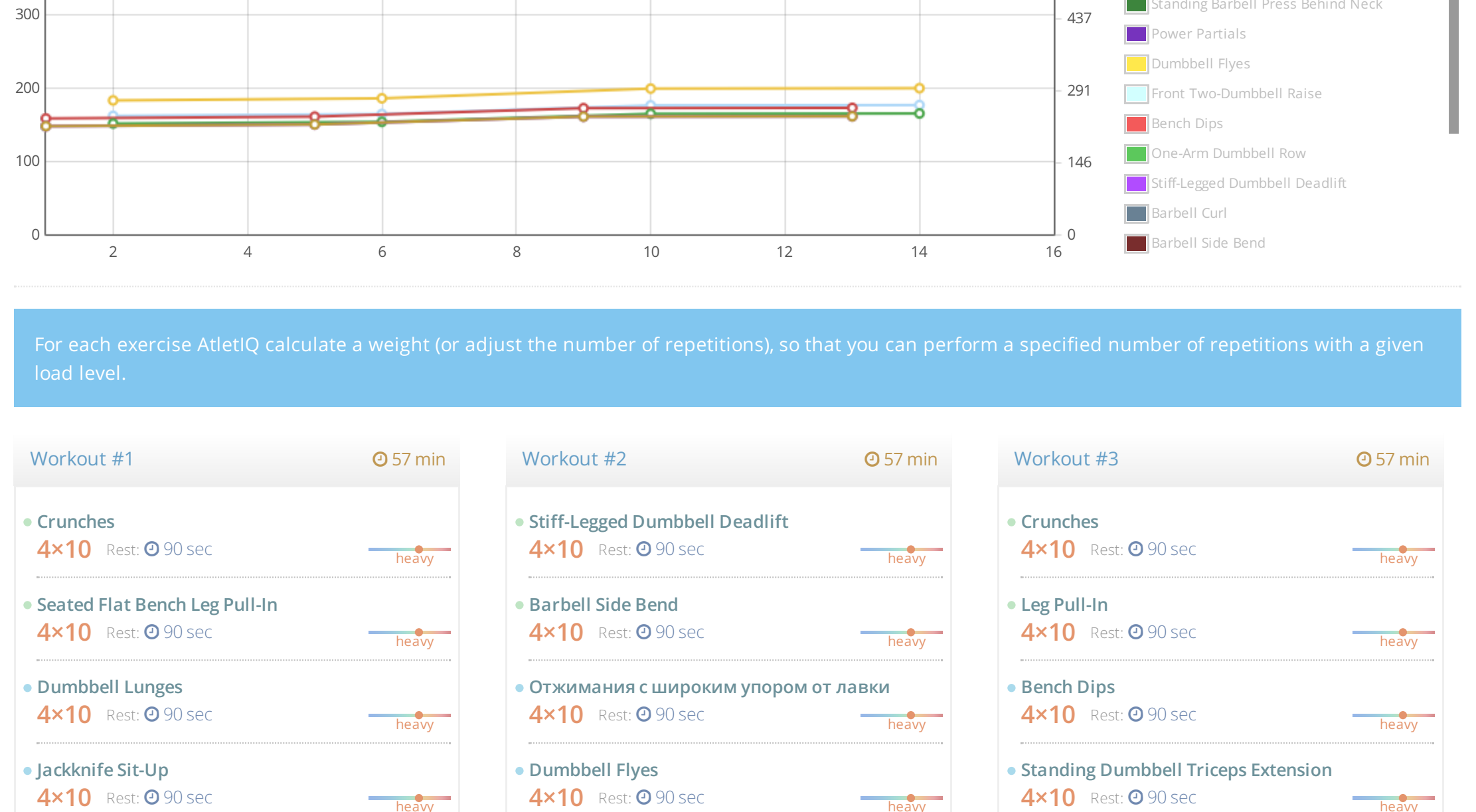
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Crunches (a)	4	10-15	90-120 sec
2	Seated Flat Bench Leg Pull-In (a)	4	10-15	90-120 sec
3	Dumbbell Lunges (b)	4	10-15	90-120 sec
4	Jackknife Sit-Up (b)	4	10-15	90-120 sec
5	Barbell Full Squat (c)	4	10-15	90-120 sec
6	Barbell Lunge (c)	4	10-15	90-120 sec
2 day (rest)				
3 day				
1	Stiff-Legged Dumbbell Deadlift (a)	4	10-15	90-120 sec
2	Barbell Side Bend (a)	4	10-15	90-120 sec
3	Отжимания с широким упором от лавки (b)	4	10-15	90-120 sec
4	Dumbbell Flies (b)	4	10-15	90-120 sec
5	Bent Over Two-Dumbbell Row (c)	4	10-15	90-120 sec
6	Bent-Arm Dumbbell Pullover (c)	4	10-15	90-120 sec
4 day (rest)				
5 day				
1	Crunches (a)	4	10-15	90-120 sec
2	Leg Pull-In (a)	4	10-15	90-120 sec
3	Bench Dips (b)	4	10-15	90-120 sec
4	Standing Dumbbell Triceps Extension (b)	4	10-15	90-120 sec
5	One-Arm Dumbbell Row (c)	4	10-15	90-120 sec
6	Barbell Curl (c)	4	10-15	90-120 sec
6 day (rest)				
7 day				
1	Dumbbell Step Ups (a)	4	10-15	90-120 sec
2	(a)	4	10-15	90-120 sec
3	Upright Barbell Row (b)	4	10-15	90-120 sec
4	Power Partialis (b)	4	10-15	90-120 sec
5	Standing Barbell Press Behind Neck (c)	4	10-15	90-120 sec
6	Front Two-Dumbbell Raise (c)	4	10-15	90-120 sec
8 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 57 min

Crunches 4x10 Rest: 90 sec

Seated Flat Bench Leg Pull-In 4x10 Rest: 90 sec

Dumbbell Lunges 4x10 Rest: 90 sec

Jackknife Sit-Up 4x10 Rest: 90 sec

Barbell Full Squat 4x10 Rest: 90 sec

Barbell Lunge 4x10 Rest: 90 sec

> 4.26 T 665 scores 480 kcal

Workout #2 57 min

Stiff-Legged Dumbbell Deadlift 4x10 Rest: 90 sec

Barbell Side Bend 4x10 Rest: 90 sec

Отжимания с широким упором от лавки 4x10 Rest: 90 sec

Dumbbell Flies 4x10 Rest: 90 sec

Bent Over Two-Dumbbell Row 4x10 Rest: 90 sec

Bent-Arm Dumbbell Pullover 4x10 Rest: 90 sec

> 3.42 T 813 scores 580 kcal

Workout #3 57 min

Crunches 4x10 Rest: 90 sec

Leg Pull-In 4x10 Rest: 90 sec

Bench Dips 4x10 Rest: 90 sec

Standing Dumbbell Triceps Extension 4x10 Rest: 90 sec

Bench Dips 4x10 Rest: 90 sec

One-Arm Dumbbell Row 4x10 Rest: 90 sec

Barbell Curl 4x10 Rest: 90 sec

> 2.4 T 549 scores 390 kcal

Workout #4 57 min

Dumbbell Step Ups 4x10 Rest: 90 sec

4x10 Rest: 90 sec

Upright Barbell Row 4x10 Rest: 90 sec

Power Partialis 4x10 Rest: 90 sec

Standing Barbell Press Behind Neck 4x10 Rest: 90 sec

Front Two-Dumbbell Raise 4x10 Rest: 90 sec

> 3.82 T 778 scores 560 kcal

Workout #5 69 min

Crunches 4x12 Rest: 120 sec

Seated Flat Bench Leg Pull-In 4x12 Rest: 120 sec

Dumbbell Lunges 4x12 Rest: 120 sec

Jackknife Sit-Up 4x12 Rest: 120 sec

Barbell Full Squat 4x12 Rest: 120 sec

Barbell Lunge 4x12 Rest: 120 sec

> 4.87 T 675 scores 490 kcal

Workout #6 69 min

Stiff-Legged Dumbbell Deadlift 4x12 Rest: 120 sec

Barbell Side Bend 4x12 Rest: 120 sec

Отжимания с широким упором от лавки 4x12 Rest: 120 sec

Dumbbell Flies 4x12 Rest: 120 sec

Bent Over Two-Dumbbell Row 4x12 Rest: 120 sec

Bent-Arm Dumbbell Pullover 4x12 Rest: 120 sec

> 3.79 T 825 scores 590 kcal

Workout #7 69 min

Crunches 4x12 Rest: 120 sec

Leg Pull-In 4x12 Rest: 120 sec

Bench Dips 4x12 Rest: 120 sec

Standing Dumbbell Triceps Extension 4x12 Rest: 120 sec

One-Arm Dumbbell Row 4x12 Rest: 120 sec

Barbell Curl 4x12 Rest: 120 sec

> 2.71 T 557 scores 400 kcal

Workout #8 69 min

Dumbbell Step Ups 4x12 Rest: 120 sec

4x12 Rest: 120 sec

Upright Barbell Row 4x12 Rest: 120 sec

Power Partialis 4x12 Rest: 120 sec

Standing Barbell Press Behind Neck 4x12 Rest: 120 sec

Front Two-Dumbbell Raise 4x12 Rest: 120 sec

> 4.34 T 790 scores 570 kcal

Workout #9 69 min

Crunches 4x12 Rest: 120 sec

Seated Flat Bench Leg Pull-In 4x12 Rest: 120 sec

Dumbbell Lunges 4x12 Rest: 120 sec

Jackknife Sit-Up 4x12 Rest: 120 sec

Barbell Full Squat 4x12 Rest: 120 sec

Barbell Lunge 4x12 Rest: 120 sec

> 4.44 T 724 scores 520 kcal

Workout #10 69 min

Stiff-Legged Dumbbell Deadlift 4x12 Rest: 120 sec

Barbell Side Bend 4x12 Rest: 120 sec

Отжимания с широким упором от лавки 4x12 Rest: 120 sec

Dumbbell Flies 4x12 Rest: 120 sec

Bent Over Two-Dumbbell Row 4x12 Rest: 120 sec

Bent-Arm Dumbbell Pullover 4x12 Rest: 120 sec

> 3.94 T 885 scores 640 kcal

Workout #11 69 min

Crunches 4x12 Rest: 120 sec

Leg Pull-In 4x12 Rest: 120 sec

Bench Dips 4x12 Rest: 120 sec

Standing Dumbbell Triceps Extension 4x12 Rest: 120 sec

One-Arm Dumbbell Row 4x12 Rest: 120 sec

Barbell Curl 4x12 Rest: 120 sec

> 2.83 T 597 scores 430 kcal

Workout #12 69 min

Dumbbell Step Ups 4x12 Rest: 120 sec

4x12 Rest: 120 sec

Upright Barbell Row 4x12 Rest: 120 sec

Power Partialis 4x12 Rest: 120 sec

Standing Barbell Press Behind Neck 4x12 Rest: 120 sec

Front Two-Dumbbell Raise 4x12 Rest: 120 sec

> 4.44 T 846 scores 610 kcal

Workout #13 58 min

Crunches 4x15 Rest: 90 sec

Seated Flat Bench Leg Pull-In 4x15 Rest: 90 sec

Dumbbell Lunges 4x15 Rest: 90 sec

Jackknife Sit-Up 4x15 Rest: 90 sec

Barbell Full Squat 4x15 Rest: 90 sec

Barbell Lunge 4x15 Rest: 90 sec

> 5.64 T 726 scores 520 kcal

Workout #14 58 min

Stiff-Legged Dumbbell Deadlift 4x15 Rest: 90 sec

Barbell Side Bend 4x15 Rest: 90 sec

Отжимания с широким упором от лавки 4x15 Rest: 90 sec

Dumbbell Flies 4x15 Rest: 90 sec

Bent Over Two-Dumbbell Row 4x15 Rest: 90 sec

Bent-Arm Dumbbell Pullover 4x15 Rest: 90 sec

> 4.56 T 887 scores 640 kcal

Workout #15 58 min

Crunches 4x15 Rest: 90 sec

Leg Pull-In 4x15 Rest: 90 sec

Bench Dips 4x15 Rest: 90 sec

Standing Dumbbell Triceps Extension 4x15 Rest: 90 sec

One-Arm Dumbbell Row 4x15 Rest: 90 sec

Barbell Curl 4x15 Rest: 90 sec

> 3.18 T 599 scores 430 kcal

Workout #16 58 min

Dumbbell Step Ups 4x15 Rest: 90 sec

4x15 Rest: 90 sec

Upright Barbell Row 4x15 Rest: 90 sec

Power Partialis 4x15 Rest: 90 sec

Standing Barbell Press Behind Neck 4x15 Rest: 90 sec

Front Two-Dumbbell Raise 4x15 Rest: 90 sec

> 5.07 T 848 scores 610 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 weight 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 help
- 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 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.

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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