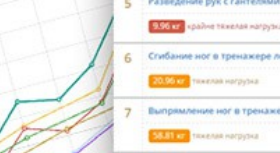


IDEAL BUMS

ЧЕТЫРЕХДНЕВНЫЙ ЖЕНСКИЙ СПЛИТ



Intermediate

23 days

12 workouts

~69 minutes

<https://atletiq.com/en/programms/1203>



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	Hanging Leg Raise	3	10-15	⌚ 60-90 sec
2	Decline Crunch	3	10-15	⌚ 60-90 sec
3	Hyperextensions (Back Extensions)	4	10-15	⌚ 60-90 sec
4	Stiff-Legged Dumbbell Deadlift	4	10-15	⌚ 60-90 sec
5	Machine Bench Press	4	10-15	⌚ 60-90 sec
6	Dumbbell Lunges	4	10-15	⌚ 60-90 sec
7	Thigh Abductor	4	12-20	⌚ 60-90 sec
8	Thigh Adductor	4	12-20	⌚ 60-90 sec
2 day (rest)				
3 day				
1	Incline Dumbbell Press	4	10-15	⌚ 60-90 sec
2	Butterfly	4	10-15	⌚ 60-90 sec
3	Upright Barbell Row	4	10-15	⌚ 60-90 sec
4	Power Partials	3	10-15	⌚ 60-90 sec
5	Bench Dips	4	10-15	⌚ 60-90 sec
6	Triceps Pushdown	4	12-20	⌚ 60-90 sec
7	Underhand Cable Pulldowns	4	10-15	⌚ 60-90 sec
8	Barbell Curl	4	10-15	⌚ 60-90 sec
4 day (rest)				
5 day				
1	Decline Crunch	3	10-15	⌚ 60-90 sec
2	Подъём ног в упоре сидя	3	10-15	⌚ 60-90 sec
3	Barbell Full Squat	4	10-15	⌚ 60-90 sec
4	Barbell Side Split Squat	4	10-15	⌚ 60-90 sec
5	Dumbbell Step Ups	4	10-15	⌚ 60-90 sec
6	Standing Calf Raises	4	12-20	⌚ 60-90 sec
7	Наклоны вперед	4	10-15	⌚ 60-90 sec
8	Barbell Glute Bridge	4	12-20	⌚ 60-90 sec
6 day (rest)				
7 day				
1	Hyperextensions (Back Extensions)	3	10-15	⌚ 60-90 sec
2	Crunches	4	12-20	⌚ 60-90 sec
3	Bent-Arm Dumbbell Pullover	4	10-15	⌚ 60-90 sec
4	Wide-Grip Pulldown Behind The Neck	4	10-15	⌚ 60-90 sec
5	Seated Cable Rows	4	10-15	⌚ 60-90 sec
6	Plie Dumbbell Squat	4	10-15	⌚ 60-90 sec
7	Lying Leg Curls	4	10-15	⌚ 60-90 sec
8 day (rest)				

Training intensity for each exercise

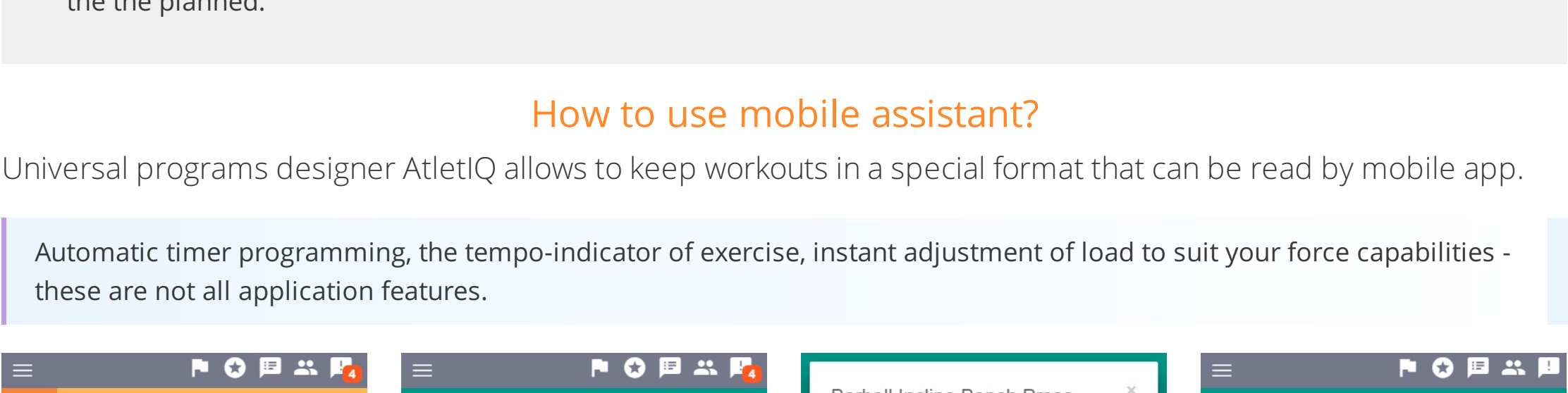
This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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 ⌚ 68 min	Workout #2 ⌚ 70 min	Workout #3 ⌚ 68 min
Hanging Leg Raise 3×15 Rest: ⌚ 80 sec heavy	Incline Dumbbell Press 4×15 Rest: ⌚ 80 sec heavy	Decline Crunch 3×15 Rest: ⌚ 80 sec heavy
Decline Crunch 3×15 Rest: ⌚ 80 sec heavy	Butterfly 4×15 Rest: ⌚ 80 sec heavy	Подъём ног в упоре сидя 3×15 Rest: ⌚ 80 sec heavy
Hyperextensions (Back Extensions) 4×15 Rest: ⌚ 80 sec heavy	Upright Barbell Row 4×15 Rest: ⌚ 80 sec heavy	Barbell Full Squat 4×15 Rest: ⌚ 80 sec heavy
Stiff-Legged Dumbbell Deadlift 4×15 Rest: ⌚ 80 sec heavy	Power Partials 3×15 Rest: ⌚ 80 sec heavy	Barbell Side Split Squat 4×15 Rest: ⌚ 80 sec heavy
Machine Bench Press 4×15 Rest: ⌚ 80 sec heavy	Bench Dips 4×15 Rest: ⌚ 80 sec heavy	Dumbbell Step Ups 4×15 Rest: ⌚ 80 sec heavy
Dumbbell Lunges 4×15 Rest: ⌚ 80 sec heavy	Triceps Pushdown 4×12 Rest: ⌚ 80 sec heavy	Standing Calf Raises 4×15 Rest: ⌚ 80 sec heavy
Thigh Abductor 4×12 Rest: ⌚ 80 sec heavy	Underhand Cable Pulldowns 4×15 Rest: ⌚ 80 sec heavy	Наклоны вперед 4×15 Rest: ⌚ 80 sec heavy
Thigh Adductor 4×12 Rest: ⌚ 80 sec heavy	Barbell Curl 4×15 Rest: ⌚ 80 sec heavy	Barbell Glute Bridge 4×12 Rest: ⌚ 80 sec heavy
> 5.04 T 📈 733 scores 🔥 530 kcal	> 9.8 T 📈 982 scores 🔥 710 kcal	> 8.63 T 📈 712 scores 🔥 510 kcal
Workout #4 ⌚ 61 min	Workout #5 ⌚ 71 min	Workout #6 ⌚ 73 min
Hyperextensions (Back Extensions) 3×15 Rest: ⌚ 80 sec heavy	Hanging Leg Raise 3×15 Rest: ⌚ 70 sec heavy	Incline Dumbbell Press 4×10 Rest: ⌚ 90 sec heavy
Crunches 4×12 Rest: ⌚ 80 sec heavy	Decline Crunch 3×15 Rest: ⌚ 70 sec heavy	Butterfly 4×10 Rest: ⌚ 90 sec heavy
Bent-Arm Dumbbell Pullover 4×15 Rest: ⌚ 80 sec heavy	Hyperextensions (Back Extensions) 4×10 Rest: ⌚ 90 sec heavy	Upright Barbell Row 4×10 Rest: ⌚ 90 sec heavy
Wide-Grip Pulldown Behind The Neck 4×15 Rest: ⌚ 80 sec heavy	Stiff-Legged Dumbbell Deadlift 4×10 Rest: ⌚ 90 sec heavy	Power Partials 3×15 Rest: ⌚ 70 sec heavy
Seated Cable Rows 4×15 Rest: ⌚ 80 sec heavy	Machine Bench Press 4×10 Rest: ⌚ 90 sec heavy	Bench Dips 4×10 Rest: ⌚ 90 sec heavy
Plie Dumbbell Squat 4×15 Rest: ⌚ 80 sec heavy	Dumbbell Lunges 4×10 Rest: ⌚ 90 sec heavy	Triceps Pushdown 4×15 Rest: ⌚ 90 sec heavy
Lying Leg Curls 4×15 Rest: ⌚ 80 sec heavy	Thigh Abductor 4×15 Rest: ⌚ 90 sec heavy	Underhand Cable Pulldowns 4×10 Rest: ⌚ 90 sec heavy
> 9 T 📈 821 scores 🔥 590 kcal	> 3.78 T 📈 694 scores 🔥 500 kcal	> 8.01 T 📈 919 scores 🔥 660 kcal
Workout #7 ⌚ 71 min	Workout #8 ⌚ 64 min	Workout #9 ⌚ 72 min
Decline Crunch 3×15 Rest: ⌚ 70 sec heavy	Hyperextensions (Back Extensions) 3×15 Rest: ⌚ 70 sec heavy	Hanging Leg Raise 3×12 Rest: ⌚ 90 sec heavy
Подъём ног в упоре сидя 3×15 Rest: ⌚ 70 sec heavy	Crunches 4×15 Rest: ⌚ 90 sec heavy	Decline Crunch 3×12 Rest: ⌚ 90 sec heavy
Barbell Full Squat 4×10 Rest: ⌚ 80 sec heavy	Bent-Arm Dumbbell Pullover 4×10 Rest: ⌚ 90 sec heavy	Hyperextensions (Back Extensions) 4×12 Rest: ⌚ 90 sec heavy
Barbell Side Split Squat 4×10 Rest: ⌚ 80 sec heavy	Wide-Grip Pulldown Behind The Neck 4×10 Rest: ⌚ 90 sec heavy	Stiff-Legged Dumbbell Deadlift 4×12 Rest: ⌚ 90 sec heavy
Dumbbell Step Ups 4×10 Rest: ⌚ 80 sec heavy	Seated Cable Rows 4×10 Rest: ⌚ 90 sec heavy	Machine Bench Press 4×12 Rest: ⌚ 90 sec heavy
Standing Calf Raises 4×15 Rest: ⌚ 80 sec heavy	Plie Dumbbell Squat 4×10 Rest: ⌚ 90 sec heavy	Dumbbell Lunges 4×12 Rest: ⌚ 90 sec heavy
Наклоны вперед 4×10 Rest: ⌚ 90 sec heavy	Lying Leg Curls 4×10 Rest: ⌚ 90 sec heavy	Thigh Abductor 4×18 Rest: ⌚ 80 sec heavy
Barbell Glute Bridge 4×15 Rest: ⌚ 80 sec heavy	> 6.76 T 📈 768 scores 🔥 550 kcal	Thigh Adductor 4×18 Rest: ⌚ 80 sec heavy
> 8.03 T 📈 677 scores 🔥 490 kcal		> 4.37 T 📈 741 scores 🔥 530 kcal
Workout #10 ⌚ 74 min	Workout #11 ⌚ 72 min	Workout #12 ⌚ 64 min
Incline Dumbbell Press 4×12 Rest: ⌚ 90 sec heavy	Decline Crunch 3×12 Rest: ⌚ 90 sec heavy	Hyperextensions (Back Extensions) 3×12 Rest: ⌚ 90 sec heavy
Butterfly 4×12 Rest: ⌚ 90 sec heavy	Подъём ног в упоре сидя 3×12 Rest: ⌚ 90 sec heavy	Crunches 4×18 Rest: ⌚ 80 sec heavy
Upright Barbell Row 4×12 Rest: ⌚ 90 sec heavy	Barbell Full Squat 4×12 Rest: ⌚ 90 sec heavy	Bent-Arm Dumbbell Pullover 4×12 Rest: ⌚ 90 sec heavy
Power Partials 3×12 Rest: ⌚ 90 sec heavy	Barbell Side Split Squat 4×12 Rest: ⌚ 90 sec heavy	Wide-Grip Pulldown Behind The Neck 4×12 Rest: ⌚ 90 sec heavy
Bench Dips 4×12 Rest: ⌚ 90 sec heavy	Dumbbell Step Ups 4×12 Rest: ⌚ 90 sec heavy	Seated Cable Rows 4×12 Rest: ⌚ 90 sec heavy
Triceps Pushdown 4×18 Rest: ⌚ 80 sec heavy	Standing Calf Raises 4×18 Rest: ⌚ 80 sec heavy	Plie Dumbbell Squat 4×12 Rest: ⌚ 90 sec heavy
Underhand Cable Pulldowns 4×12 Rest: ⌚ 90 sec heavy	Наклоны вперед 4×12 Rest: ⌚ 90 sec heavy	Lying Leg Curls 4×12 Rest: ⌚ 90 sec heavy
Barbell Curl 4×12 Rest: ⌚ 90 sec heavy	Barbell Glute Bridge 4×18 Rest: ⌚ 80 sec heavy	> 7.8 T 📈 824 scores 🔥 590 kcal
> 9.07 T 📈 988 scores 🔥 710 kcal	> 9.18 T 📈 720 scores 🔥 520 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 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.

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](#)

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