

3×15 Rest: **○** 60 sec

Decline Barbell Bench Press

Dumbbell One-Arm Shoulder Press

• Разведение рук с гантелями в стороны в

> 4.05 T **₹** 784 scores **₹** 560 kcal

6×3 Rest: **①** 120 sec

4x8 Rest: **@** 60 sec

4×8 Rest: **0** 60 sec

3×15 Rest: **②** 60 sec

3×15 Rest: **②** 60 sec

Cable Crossover

Workout #7

Snatch Deadlift

Leg Extensions

Seated Leg Curl

6×3 Rest: **②** 120 sec

4×10 Rest: **②** 60 sec

4×10 Rest: **○** 60 sec

3×10 Rest: **②** 60 sec

3×10 Rest: **②** 60 sec

Incline Dumbbell Press

6×2 Rest: **②** 120 sec

Dumbbell Bench Press

One-Arm Dumbbell Row

Push-Ups With Feet Elevated

4×8 Rest: **②** 60 sec

4×8 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

Seated Cable Rows

Workout #13

Barbell Full Squat

6×2 Rest: **②** 120 sec

4×10 Rest: **②** 60 sec

4×10 Rest: **②** 60 sec

3×15 Rest: **○** 60 sec

3×15 Rest: **○** 60 sec

Decline Barbell Bench Press

Dumbbell One-Arm Shoulder Press

• Разведение рук с гантелями в стороны в

6×2 Rest: **②** 120 sec

4×10 Rest: **②** 60 sec

4×10 Rest: **0** 60 sec

3×15 Rest: **②** 60 sec

3×15 Rest: **○** 60 sec

of each set.

the the planned.

these are not all application features.

P 😯 🗏 😃 隆

Find program

Advanced search

REDUCE THE RECOVERY TIME OF PHYSICAL ONS BY UP TO TWO WEEKS AFTER A BREAK FROM A POWER TRAINING PROGRAM

Back in operation with 4 workouts!

■ 2 add-ons I

Fitnes Goal

Complexity

-- Show all

Workout place

-- Show all

Cable Crossover

V-Bar Pulldown

наклоне

Lying Leg Curls

Workout #16

Leg Press

Stiff-Legged Barbell Deadlift

Seated Calf Raise

Workout #10

Hyperextensions (Back Extensions)

> 7.5 T 🗳 581 scores 👱 420 kcal

> 3.28 T **₹** 759 scores **₹** 550 kcal

• Приседания на одной ноге с гантелями

> 10 T **₹** 684 scores **₹** 490 kcal

наклоне

V-Bar Pulldown

Workout #4

> 9.75 T **₹** 714 scores **₹** 510 kcal

3×15 Rest: **②** 60 sec

Workout #5

Barbell Full Squat

6×3 Rest: **②** 120 sec

4×10 Rest: **0** 60 sec

4×10 Rest: **②** 60 sec

3×10 Rest: **②** 60 sec

3×10 Rest: **○** 60 sec

Decline Barbell Bench Press

Dumbbell One-Arm Shoulder Press

• Разведение рук с гантелями в стороны в

> 4.16 T **₹** 788 scores **₹** 570 kcal

6×3 Rest: @ 120 sec

4×10 Rest: **②** 60 sec

4×10 Rest: **②** 60 sec

3×10 Rest: **②** 60 sec

3×10 Rest: **○** 60 sec

Cable Crossover

Workout #11

Snatch Deadlift

Leg Extensions

Seated Leg Curl

6×2 Rest: **②** 120 sec

4×8 Rest: **②** 60 sec

4×8 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

Incline Dumbbell Press

6×2 Rest: **②** 120 sec

Dumbbell Bench Press

4×10 Rest: **②** 60 sec

One-Arm Dumbbell Row

Push-Ups With Feet Elevated

4×10 Rest: **②** 60 sec

3×15 Rest: **②** 60 sec

3×15 Rest: **②** 60 sec

Seated Cable Rows

Seated Calf Raise

Workout #14

Hyperextensions (Back Extensions)

> 6.55 T **₹** 531 scores **₹** 380 kcal

> 3.82 T **₹** 769 scores **₹** 550 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.

P 😯 🗏 🕮 🕮 📭

☐ ACTUAL WORKOUT#1

«NUCLEAR ARMS»

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

weight, **kg** / lbs

PERFORMED

2.39 T

01:00_o

#1

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 -

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

training.

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

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

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

• 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

V-Bar Pulldown

наклоне

Leg Press

Lying Leg Curls

Workout #8

Stiff-Legged Barbell Deadlift

> 3.64 T **₹** 794 scores **₹** 570 kcal

• Приседания на одной ноге с гантелями

> 8.87 T **₹** 718 scores **₹** 520 kcal

heavy

② 44 min

very hard

heavy

heavy

heavy

heavy

② 44 min

very hard

very hard

very hard

very hard

very hard

43 min

heavy

heavy

heavy

heavy

heavy

44 min

heavy

very hard

very hard

very hard

very hard

② 44 min

heavy

very hard

very hard

very hard

very hard

General recommendations on training with AtletIQ

application which is an interactive smart timer.

3×15 Rest: **②** 60 sec

Incline Dumbbell Press

6×3 Rest: @ 120 sec

Dumbbell Bench Press

4×10 Rest: **○** 60 sec

One-Arm Dumbbell Row

Push-Ups With Feet Elevated

4×10 Rest: **②** 60 sec

3×10 Rest: **②** 60 sec

3×10 Rest: **②** 60 sec

Seated Cable Rows

Workout #9

Barbell Full Squat

6×2 Rest: @ 120 sec

4×8 Rest: **②** 60 sec

4×8 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

3×12 Rest: **○** 60 sec

Decline Barbell Bench Press

Dumbbell One-Arm Shoulder Press

• Разведение рук с гантелями в стороны в

> 3.58 T **₹** 748 scores **₹** 540 kcal

6×2 Rest: **②** 120 sec

4×8 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

3×12 Rest: **②** 60 sec

Cable Crossover

Workout #15

Snatch Deadlift

Leg Extensions

Seated Leg Curl

6×2 Rest: **②** 120 sec

4×10 Rest: **②** 60 sec

4×10 Rest: **0** 60 sec

3×15 Rest: **○** 60 sec

3×15 Rest: **②** 60 sec

Seated Calf Raise

Hyperextensions (Back Extensions)

> 7.58 T **₹** 534 scores **₹** 380 kcal

наклоне

• V-Bar Pulldown
4×8 Rest: ② 60 sec

Leg Press

Lying Leg Curls

Workout #12

Stiff-Legged Barbell Deadlift

Workout #6

> 7.31 T **₹** 577 scores **₹** 410 kcal

> 3.54 T **₹** 800 scores **₹** 580 kcal

• Приседания на одной ноге с гантелями

> 8.61 T **₹** 678 scores **₹** 490 kcal

heavy

44 min

very hard

very hard

very hard

very hard

very hard

43 min

heavy

heavy

heavy

heavy

heavy

43 min

heavy

heavy

heavy

heavy

44 min

heavy

very hard

very hard

very hard

very hard

▶ ② 圖 ∴ 風

Advanced 4

Advanced 1

Amateur 6

Amateur 3

YOUR FRIENDS

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

71532 scores Last Activity: Mar 14

PavelK.

42783 scores

Koнcтaнтин 21846 scores Last Activity: Mar 14

Вадим_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

Last Activity: Feb 10

REMOVE FROM FRIENDS

Enter the name or ID

heavy

② 44 min

very hard

very hard

very hard

very hard

very hard

② 44 min

very hard

very hard

very hard

very hard

very hard

② 43 min

heavy

heavy

heavy

heavy

heavy

44 min

heavy

very hard

very hard

very hard

very hard

STRONGER