46 min | 24 kcal | ~55 kcal

https://athletic.com/workoutprogram/12-sp/

Workout Manual Generated

Starting with Athletic, you can easily find your workout program in the app. Simply log in to the app and start exercising. In training you can see the exercises you have to perform, the rest time and the weight you have to use.

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The content of of the program

1 x 12 Sprintgeldern 12 sprints

Strength and Conditioning | Cardio | CrossFit + Bodybuilding

Warm up: 5 min Jogging, 5 min Stretching, 5 min Mobility Exercises, 5 min Jump Rope, 5 min Shadow Boxing, 5 min Light Cardio

	Exercise (superset)	Sets	Reps	Rest between sets
	1 Rep			
1	Kettlebell Bench Press	4	8-12	90 sec
2	Kettle Kettle Bench Press Medium Grip	4	8-12	90 sec
3	Pipe - Triceps Extension	4	10-15	90 sec
4	Cable Overhead Kettlebell Triceps Extension Behind The Head	4	10-15	90 sec
5	Crunches	4	10-15	90 sec
	2 Rep Sets			
	3 Rep			
6	Chest-Supported Leaning Jackknife Jogger	4	8-12	90 sec
7	Kettle Cable Rows	4	8-12	90 sec
8	Kettle Kettlebell Rows	4	8-12	90 sec
9	Pullovers	4	10-15	90 sec
10	Crunches	4	10-15	90 sec
	4 Rep Sets			
	5 Rep			
11	Leg Press	4	8-12	90 sec
12	Kettle Squats	4	8-12	90 sec
13	Kettle Kettle Lunges	4	8-12	90 sec
14	Standing Calf Raises	4	8-12	90 sec
15	Plank Twists	4	10-15	90 sec
16	Crunches	4	10-15	90 sec
	6 Rep Sets			

Training intensity for each exercise

1 x 12 Sprintgeldern 12 sprints

Strength and Conditioning | Cardio | CrossFit + Bodybuilding

	Exercise (superset)	Sets	Reps	Rest between sets
	1 Rep			
1	Leg Press	4	15-20	60 sec
2	Kettle Cable Rows	4	15-20	60 sec
3	Kettle Kettle Lunges	4	15-20	60 sec
4	Kettle Kettle Bicep Curls	4	15-20	60 sec
5	Reverse Cable Curl	4	15-20	60 sec
6	Triceps Kickbacks	4	15-20	60 sec
7	Flexions	4	60 sec	60 sec
	2 Rep Sets			
	3 Rep			
8	Kettle Machine Flyover	4	15-20	60 sec
9	Cross-Grip Front Lat Pulldown	4	15-20	60 sec
10	Kettlebell Rows	4	15-20	60 sec
11	Kettlebell Jogger (Crossbreaker) Leaning on Jackknife	4	15-20	60 sec
12	Kettle Kettle Bicep Curl	4	15-20	60 sec
13	Standing Calf Raises	4	15-20	60 sec
	4 Rep Sets			
	5 Rep			
14	Kettlebell Lunges	4	8-12	60 sec
15	Chest-Supported Jackknife Jogger	4	8-12	60 sec
16	Kettle Cross-Grip Front Rows (Medium Grip)	4	8-12	60 sec
17	Kettle Curl	4	15-20	60 sec
18	Reverse Crunch	4	15-20	60 sec
19	Hanging Leg Raise	4	15-20	60 sec
	6 Rep Sets			

Training intensity for each exercise

Directory of the exercises

General recommendations on training with AthleticQ

Athletic is a fitness app for Strength and Conditioning, Cardio, CrossFit + Bodybuilding and performed using a mobile application which is an interactive smart trainer.

- The trainer's the program is calculated relative to the maximum weight with which you can do the exercise for the specified number of repetitions and the specified number of repetitions in the last set (RIR).
- The application calculates and on the interface, shows to the user exercise for the trainer, the speed (working time), rest, in exercises that are a workout to your personal account and are considered in the following training.
- Athletic, based on the data you enter, calculates the load and the number of repetitions in the next workout, thus compensates for your progress.
- Athletic is an AI-powered fitness app that uses AI-driven personalized workouts that track your performance in the gym or down to the pull-ups! Athletic always knows a predetermined level of load according to the program.
- Athletic is a fitness app that uses artificial intelligence to create personalized workouts for you.
- A group exercise training after a long one, your power meter will be recalculated in accordance with the duration of the exercise.
- To do so the weights as close to the calculated considering the capabilities of your gym.
- Athletic is the first AI-powered app that uses AI to track your progress. Athletic, for example, infrequently, the load will not match the last planned.

How to use mobile assistant

Universal program designer WebUI allows to drag workouts in a special format that can be made by mobile app.

Automatic timer programming, the tempo indicator of exercise, instant adjustment of load in real-time from repetition. Rest and recall application reminds.

Install App

Download App

Android App: https://play.google.com/store/apps/details?id=com.athletic.app&hl=en_US&gl=US

iOS App: https://apps.apple.com/us/app/athletic-ai-personal-trainer/id1641000000

Promo code: athleticai2022