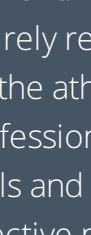


Keep pace, turn on you endurance, practice supersaturation with interval training on the Tabata system

Intermediate

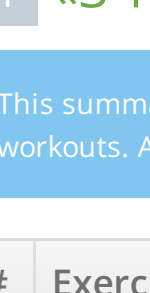
35 days

18 workouts

~18 minutes

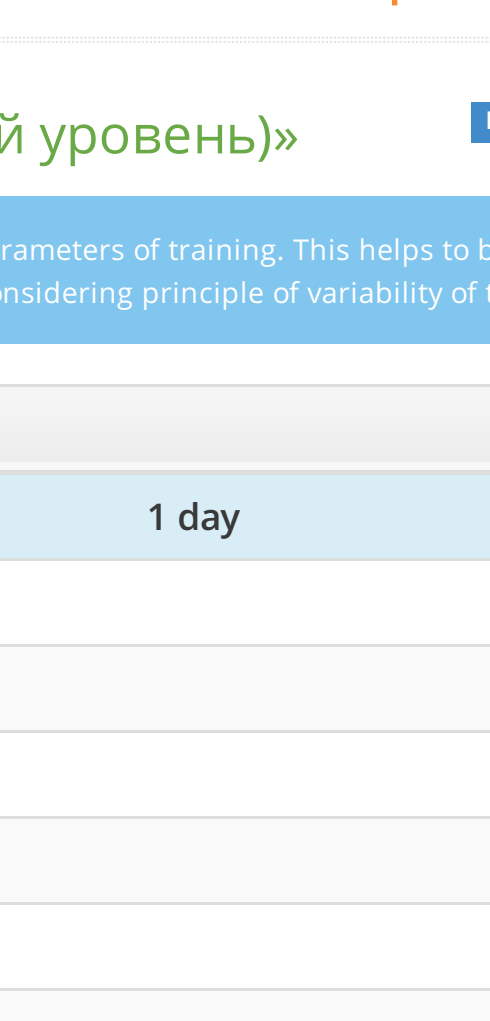
Does strength training in the gym cause psychological stress? Do you lack motivation or time to adequately train for how many hours? No questionable innovative performance techniques, but what really works! Take the 4-minute Tabata training at home and feel the megaeffect of high-intensity sprint intervals.

<https://atletiq.com/en/programs/325>

**Author:**
Олег Горемыкин

The preparation of a detailed training plan is the work of an experienced trainer. Entrust your body to professionals.

A positive athletic result is never accidental - it is always an intensified work on oneself. Without a doubt, the one who spares no effort and time will ultimately achieve the result. But which one and how soon? - the questions are more than interesting and relevant. Relying on luck or acting at random is not an entirely reasonable and even unreasonable decision for the athlete. Success in sports, as in any other professional sphere, is determined by the clarity of goals and the clarity of the plan. A working and effective plan can be made independently, but sometimes there is not enough experience, theoretical knowledge or time. Fortunately for you, I have a plan and I'm ready to share it!



Stimulate fat loss, accelerate the metabolism and increases growth hormone levels

Can brief training be effective? It can, if it's carried out using the Tabata method. High-speed rhythm workout, the athlete is subjected the maximum muscle tension and short-term respite in 4 minutes, but the acute stress reaction to that would active fat burning, a massive amount of hormones is released and athletic performance is increased.

Ready to take part in a mad race for getting a cut body, toned muscles and inexhaustible stamina? Then don't delay — get a pair of dumbbells and start.



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	Bodyweight Squat (a)	3-5	20 sec	10 sec
2	Pushups (a)	3-5	20 sec	10 sec
3	Sit-Up (a)	3-5	20 sec	10 sec
4	Burpee (a)	3-5	20 sec	10 sec
5	Dumbbell Bicep Curl (a)	3-5	20 sec	10 sec
6	Планка (a)	3-5	20 sec	10 sec
7	Standing Palms-In Dumbbell Press (a)	3-5	20 sec	10 sec
8	Stiff-Legged Dumbbell Deadlift (a)	3-5	20 sec	10 sec
2 day (rest)				
3 day				
1	Split Squats (a)	3-5	20 sec	10 sec
2	Push-Ups With Feet Elevated (a)	3-5	20 sec	10 sec
3	Бег на месте с высоким подниманием бедра (a)	3-5	20 sec	10 sec
4	Steeping Dumbbell Upright Row (a)	3-5	20 sec	10 sec
5	Burpee (a)	3-5	20 sec	10 sec
6	Stiff-Legged Dumbbell Deadlift (a)	3-5	20 sec	10 sec
7	Dumbbell Squat (a)	3-5	20 sec	10 sec
8	Reverse Crunch (a)	3-5	20 sec	10 sec
4 day (rest)				
5 day				
1	Freehand Jump Squat (a)	3-5	20 sec	10 sec
2	Standing Dumbbell Straight-Arm Front Delt Raise Above Head (a)	3-5	20 sec	10 sec
3	Pushups (Close and Wide Hand Positions) (a)	3-5	20 sec	10 sec
4	Bicycle Crunches (a)	3-5	20 sec	10 sec
5	Iron Cross (a)	3-5	20 sec	10 sec
6	Burpee (a)	3-5	20 sec	10 sec
7	Bent Over Two-Dumbbell Row With Palms In (a)	3-5	20 sec	10 sec
8	Superman (a)	3-5	20 sec	10 sec
6 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 14 min

- Bodyweight Squat 3x20 sec Rest: 10 sec heavy
- Pushups 3x20 sec Rest: 10 sec heavy
- Sit-Up 3x20 sec Rest: 10 sec heavy
- Burpee 3x20 sec Rest: 10 sec heavy
- Dumbbell Bicep Curl 3x20 sec Rest: 10 sec heavy
- Планка 3x20 sec Rest: 10 sec heavy
- Standing Palms-In Dumbbell Press 3x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 3x20 sec Rest: 10 sec heavy

168 scores

Workout #2 14 min

- Split Squats 3x20 sec Rest: 10 sec heavy
- Push-Ups With Feet Elevated 3x20 sec Rest: 10 sec heavy
- Бег на месте с высоким подниманием бедра 3x20 sec Rest: 10 sec heavy
- Steeping Dumbbell Upright Row 3x20 sec Rest: 10 sec heavy
- Burpee 3x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 3x20 sec Rest: 10 sec heavy
- Dumbbell Squat 3x20 sec Rest: 10 sec heavy
- Reverse Crunch 3x20 sec Rest: 10 sec heavy

194 scores

Workout #3 14 min

- Freehand Jump Squat 3x20 sec Rest: 10 sec heavy
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 3x20 sec Rest: 10 sec heavy
- Pushups (Close and Wide Hand Positions) 3x20 sec Rest: 10 sec heavy
- Bicycle Crunches 3x20 sec Rest: 10 sec heavy
- Iron Cross 3x20 sec Rest: 10 sec heavy
- Burpee 3x20 sec Rest: 10 sec heavy
- Bent Over Two-Dumbbell Row With Palms In 3x20 sec Rest: 10 sec heavy
- Superman 3x20 sec Rest: 10 sec heavy

193 scores

Workout #4 14 min

- Bodyweight Squat 3x20 sec Rest: 10 sec heavy
- Pushups 3x20 sec Rest: 10 sec heavy
- Sit-Up 3x20 sec Rest: 10 sec heavy
- Burpee 3x20 sec Rest: 10 sec heavy
- Dumbbell Bicep Curl 3x20 sec Rest: 10 sec heavy
- Планка 3x20 sec Rest: 10 sec heavy
- Standing Palms-In Dumbbell Press 3x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 3x20 sec Rest: 10 sec heavy

168 scores

Workout #5 14 min

- Split Squats 3x20 sec Rest: 10 sec heavy
- Push-Ups With Feet Elevated 3x20 sec Rest: 10 sec heavy
- Бег на месте с высоким подниманием бедра 3x20 sec Rest: 10 sec heavy
- Steeping Dumbbell Upright Row 3x20 sec Rest: 10 sec heavy
- Burpee 3x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 3x20 sec Rest: 10 sec heavy
- Dumbbell Squat 3x20 sec Rest: 10 sec heavy
- Reverse Crunch 3x20 sec Rest: 10 sec heavy

194 scores

Workout #6 14 min

- Freehand Jump Squat 3x20 sec Rest: 10 sec heavy
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 3x20 sec Rest: 10 sec heavy
- Pushups (Close and Wide Hand Positions) 3x20 sec Rest: 10 sec heavy
- Bicycle Crunches 3x20 sec Rest: 10 sec heavy
- Iron Cross 3x20 sec Rest: 10 sec heavy
- Burpee 3x20 sec Rest: 10 sec heavy
- Bent Over Two-Dumbbell Row With Palms In 3x20 sec Rest: 10 sec heavy
- Superman 3x20 sec Rest: 10 sec heavy

193 scores

Workout #7 18 min

- Bodyweight Squat 4x20 sec Rest: 10 sec heavy
- Pushups 4x20 sec Rest: 10 sec heavy
- Sit-Up 4x20 sec Rest: 10 sec heavy
- Burpee 4x20 sec Rest: 10 sec heavy
- Dumbbell Bicep Curl 4x20 sec Rest: 10 sec heavy
- Планка 4x20 sec Rest: 10 sec heavy
- Standing Palms-In Dumbbell Press 4x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 4x20 sec Rest: 10 sec heavy

224 scores

Workout #8 18 min

- Split Squats 4x20 sec Rest: 10 sec heavy
- Push-Ups With Feet Elevated 4x20 sec Rest: 10 sec heavy
- Бег на месте с высоким подниманием бедра 4x20 sec Rest: 10 sec heavy
- Steeping Dumbbell Upright Row 4x20 sec Rest: 10 sec heavy
- Burpee 4x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 4x20 sec Rest: 10 sec heavy
- Dumbbell Squat 4x20 sec Rest: 10 sec heavy
- Reverse Crunch 4x20 sec Rest: 10 sec heavy

258 scores

Workout #9 18 min

- Freehand Jump Squat 4x20 sec Rest: 10 sec heavy
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 4x20 sec Rest: 10 sec heavy
- Pushups (Close and Wide Hand Positions) 4x20 sec Rest: 10 sec heavy
- Bicycle Crunches 4x20 sec Rest: 10 sec heavy
- Iron Cross 4x20 sec Rest: 10 sec heavy
- Burpee 4x20 sec Rest: 10 sec heavy
- Bent Over Two-Dumbbell Row With Palms In 4x20 sec Rest: 10 sec heavy
- Superman 4x20 sec Rest: 10 sec heavy

257 scores

Workout #10 18 min

- Bodyweight Squat 4x20 sec Rest: 10 sec heavy
- Pushups 4x20 sec Rest: 10 sec heavy
- Sit-Up 4x20 sec Rest: 10 sec heavy
- Burpee 4x20 sec Rest: 10 sec heavy
- Dumbbell Bicep Curl 4x20 sec Rest: 10 sec heavy
- Планка 4x20 sec Rest: 10 sec heavy
- Standing Palms-In Dumbbell Press 4x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 4x20 sec Rest: 10 sec heavy

224 scores

Workout #11 18 min

- Split Squats 4x20 sec Rest: 10 sec heavy
- Push-Ups With Feet Elevated 4x20 sec Rest: 10 sec heavy
- Бег на месте с высоким подниманием бедра 4x20 sec Rest: 10 sec heavy
- Steeping Dumbbell Upright Row 4x20 sec Rest: 10 sec heavy
- Burpee 4x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 4x20 sec Rest: 10 sec heavy
- Dumbbell Squat 4x20 sec Rest: 10 sec heavy
- Reverse Crunch 4x20 sec Rest: 10 sec heavy

258 scores

Workout #12 18 min

- Freehand Jump Squat 4x20 sec Rest: 10 sec heavy
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 4x20 sec Rest: 10 sec heavy
- Pushups (Close and Wide Hand Positions) 4x20 sec Rest: 10 sec heavy
- Bicycle Crunches 4x20 sec Rest: 10 sec heavy
- Iron Cross 4x20 sec Rest: 10 sec heavy
- Burpee 4x20 sec Rest: 10 sec heavy
- Bent Over Two-Dumbbell Row With Palms In 4x20 sec Rest: 10 sec heavy
- Superman 4x20 sec Rest: 10 sec heavy

257 scores

Workout #13 22 min

- Bodyweight Squat 5x20 sec Rest: 10 sec heavy
- Pushups 5x20 sec Rest: 10 sec heavy
- Sit-Up 5x20 sec Rest: 10 sec heavy
- Burpee 5x20 sec Rest: 10 sec heavy
- Dumbbell Bicep Curl 5x20 sec Rest: 10 sec heavy
- Планка 5x20 sec Rest: 10 sec heavy
- Standing Palms-In Dumbbell Press 5x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 5x20 sec Rest: 10 sec heavy

280 scores

Workout #14 22 min

- Split Squats 5x20 sec Rest: 10 sec heavy
- Push-Ups With Feet Elevated 5x20 sec Rest: 10 sec heavy
- Бег на месте с высоким подниманием бедра 5x20 sec Rest: 10 sec heavy
- Steeping Dumbbell Upright Row 5x20 sec Rest: 10 sec heavy
- Burpee 5x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 5x20 sec Rest: 10 sec heavy
- Dumbbell Squat 5x20 sec Rest: 10 sec heavy
- Reverse Crunch 5x20 sec Rest: 10 sec heavy

323 scores

Workout #15 22 min

- Freehand Jump Squat 5x20 sec Rest: 10 sec heavy
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 5x20 sec Rest: 10 sec heavy
- Pushups (Close and Wide Hand Positions) 5x20 sec Rest: 10 sec heavy
- Bicycle Crunches 5x20 sec Rest: 10 sec heavy
- Iron Cross 5x20 sec Rest: 10 sec heavy
- Burpee 5x20 sec Rest: 10 sec heavy
- Bent Over Two-Dumbbell Row With Palms In 5x20 sec Rest: 10 sec heavy
- Superman 5x20 sec Rest: 10 sec heavy

321 scores

Workout #16 22 min

- Bodyweight Squat 5x20 sec Rest: 10 sec heavy
- Pushups 5x20 sec Rest: 10 sec heavy
- Sit-Up 5x20 sec Rest: 10 sec heavy
- Burpee 5x20 sec Rest: 10 sec heavy
- Dumbbell Bicep Curl 5x20 sec Rest: 10 sec heavy
- Планка 5x20 sec Rest: 10 sec heavy
- Standing Palms-In Dumbbell Press 5x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 5x20 sec Rest: 10 sec heavy

280 scores

Workout #17 22 min

- Split Squats 5x20 sec Rest: 10 sec heavy
- Push-Ups With Feet Elevated 5x20 sec Rest: 10 sec heavy
- Бег на месте с высоким подниманием бедра 5x20 sec Rest: 10 sec heavy
- Steeping Dumbbell Upright Row 5x20 sec Rest: 10 sec heavy
- Burpee 5x20 sec Rest: 10 sec heavy
- Stiff-Legged Dumbbell Deadlift 5x20 sec Rest: 10 sec heavy
- Dumbbell Squat 5x20 sec Rest: 10 sec heavy
- Reverse Crunch 5x20 sec Rest: 10 sec heavy

323 scores

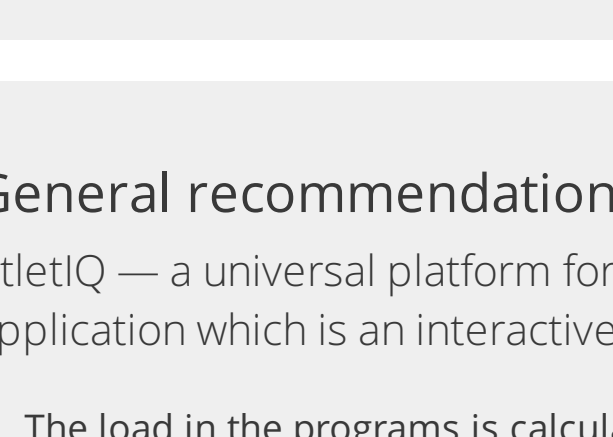
Workout #18 22 min

- Freehand Jump Squat 5x20 sec Rest: 10 sec heavy
- Standing Dumbbell Straight-Arm Front Delt Raise Above Head 5x20 sec Rest: 10 sec heavy
- Pushups (Close and Wide Hand Positions) 5x20 sec Rest: 10 sec heavy
- Bicycle Crunches 5x20 sec Rest: 10 sec heavy
- Iron Cross 5x20 sec Rest: 10 sec heavy
- Burpee 5x20 sec Rest: 10 sec heavy
- Bent Over Two-Dumbbell Row With Palms In 5x20 sec Rest: 10 sec heavy
- Superman 5x20 sec Rest: 10 sec heavy

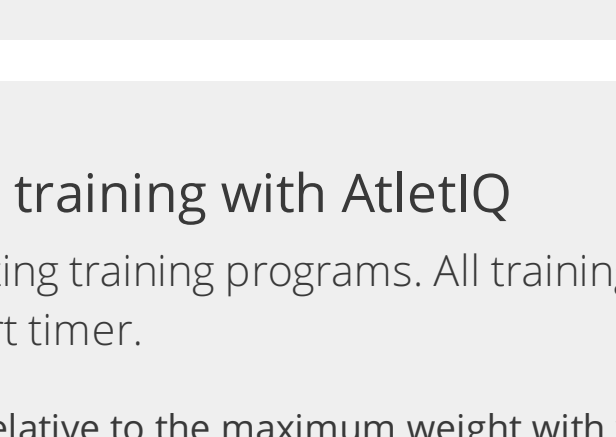
321 scores

Directory of the exercises

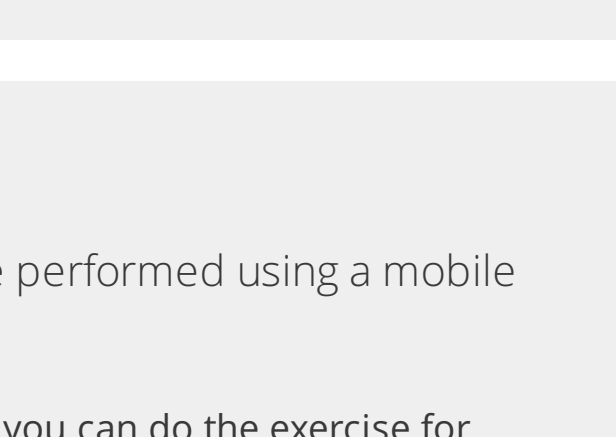
Bent Over Two-Dumbbell Row With Palms In



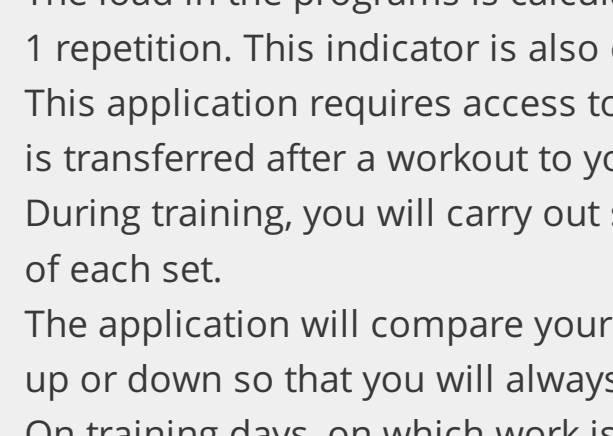
Bicycle Crunches



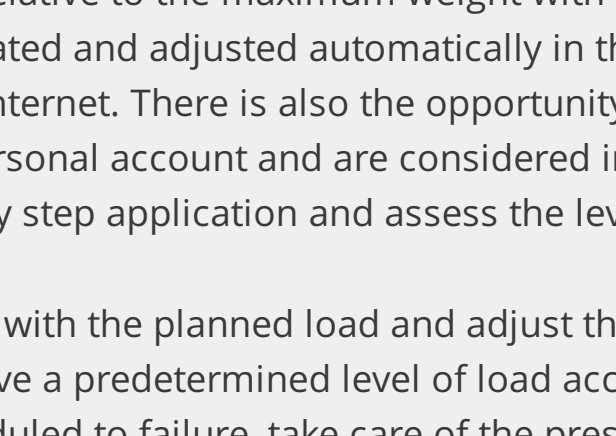
Bodyweight Squat



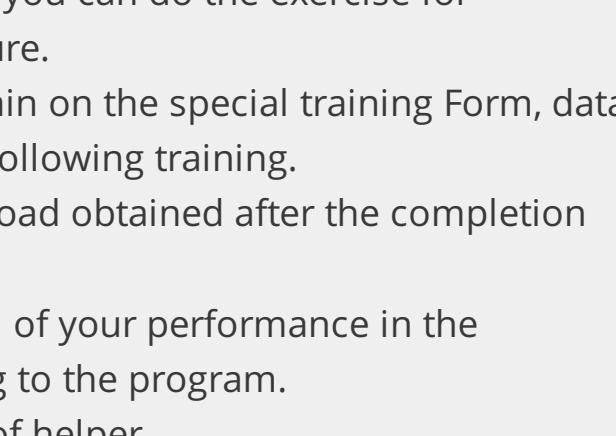
Burpee



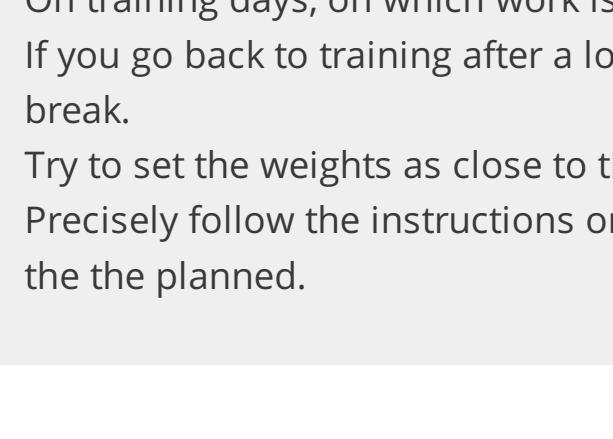
Burpee



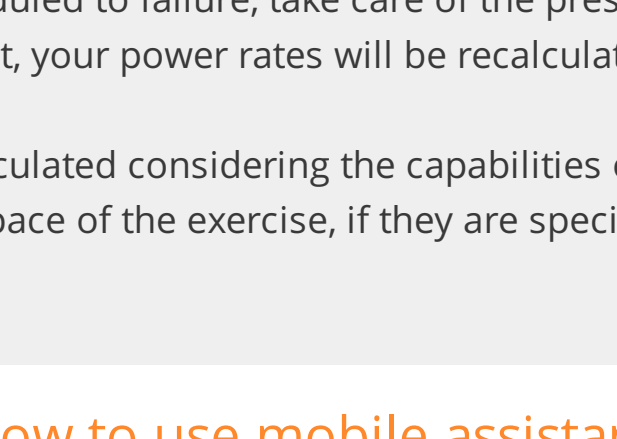
Dumbbell Bicep Curl



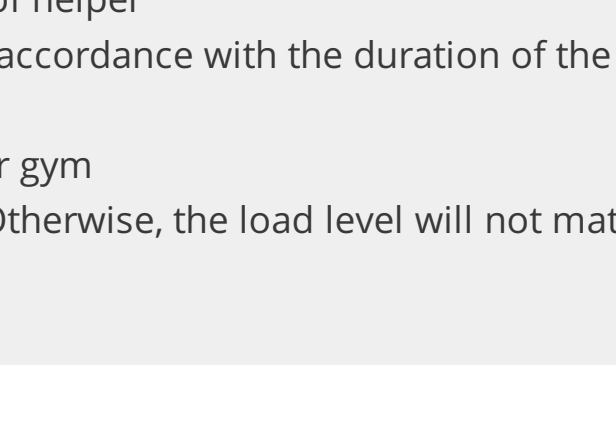
Dumbbell Squat



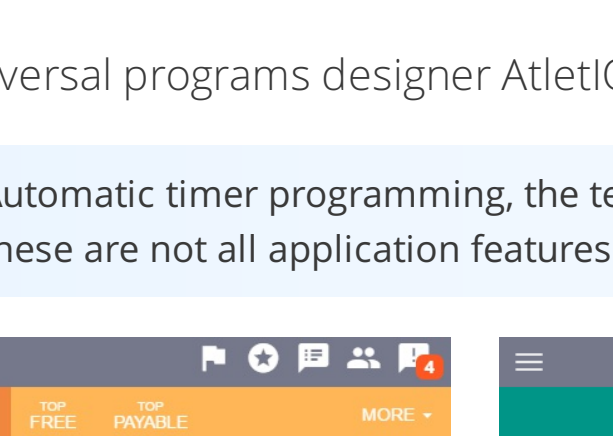
Freehand Jump Squat



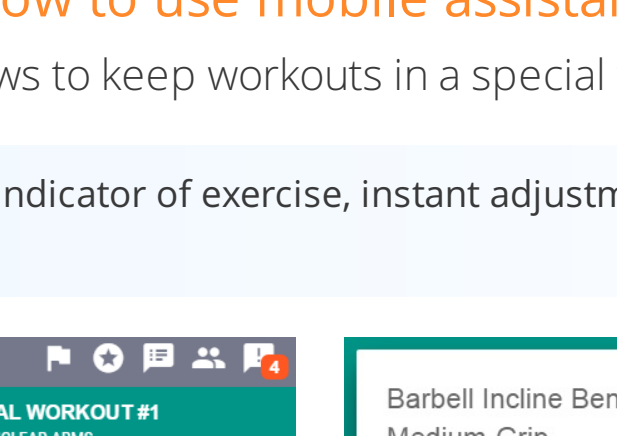
Iron Cross



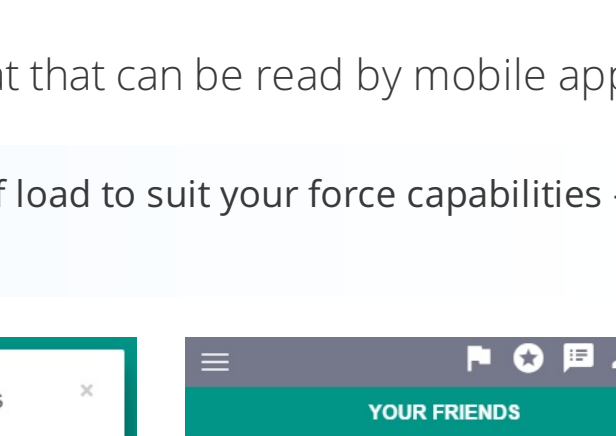
Push-Ups With Feet Elevated



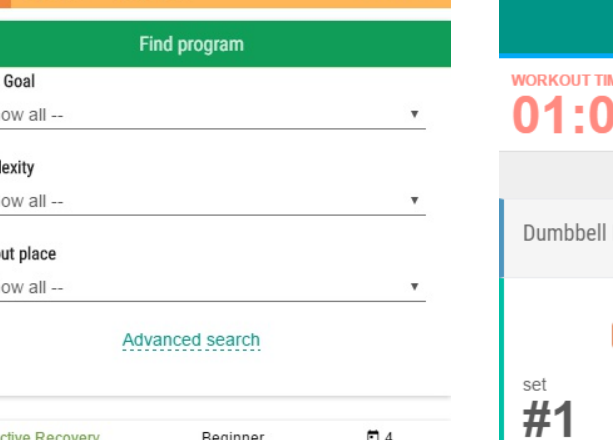
Pushups



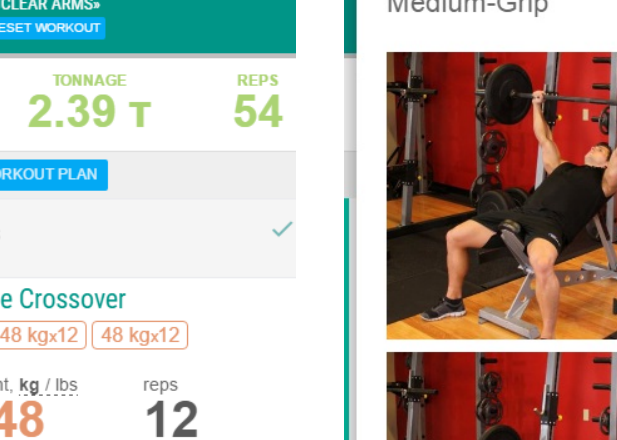
Pushups (Close and Wide Hand Positions)



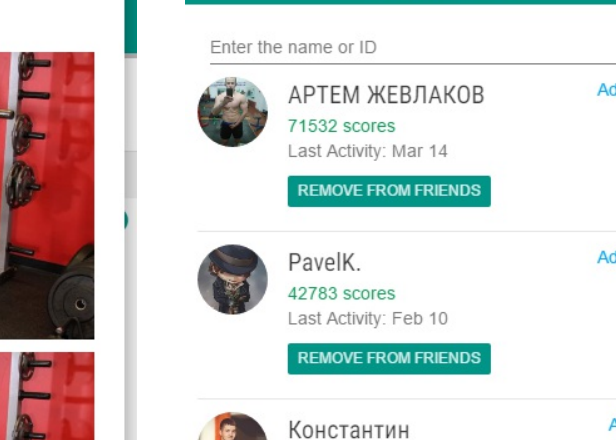
Reverse Crunch



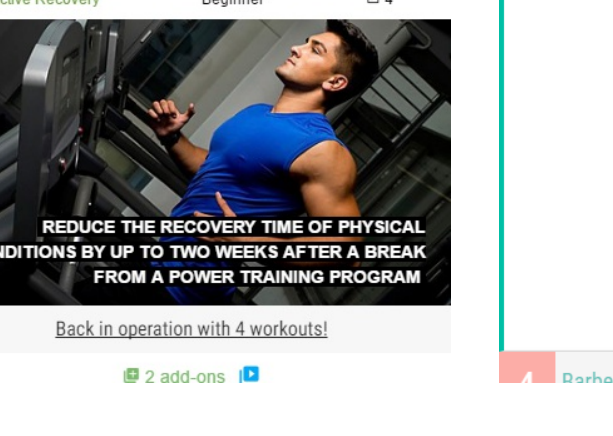
Sit-Up



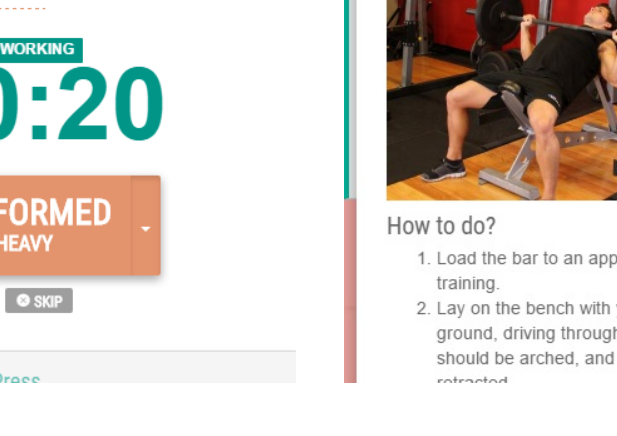
Split Squats



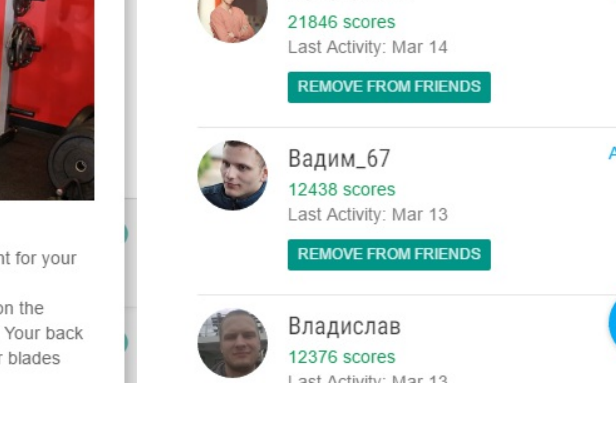
Standing Dumbbell Straight-Arm Front Delt Raise Above Head



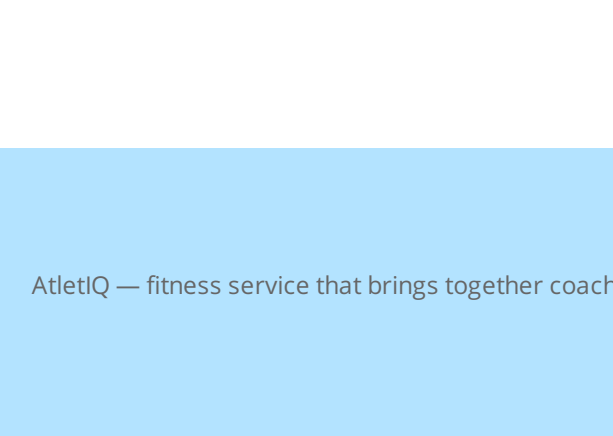
Standing Dumbbell Upright Row




Standing Palms-In Dumbbell Press



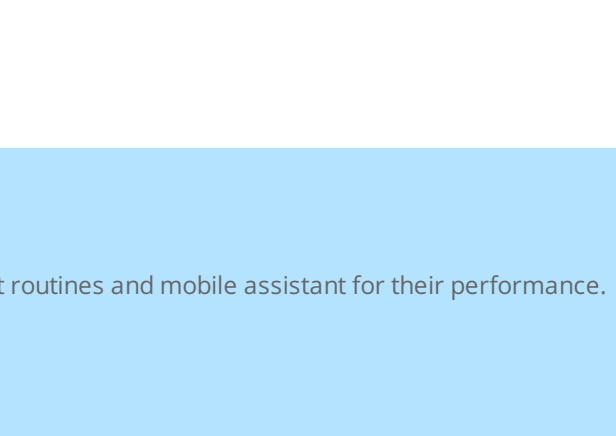
Stiff-Legged Dumbbell Deadlift



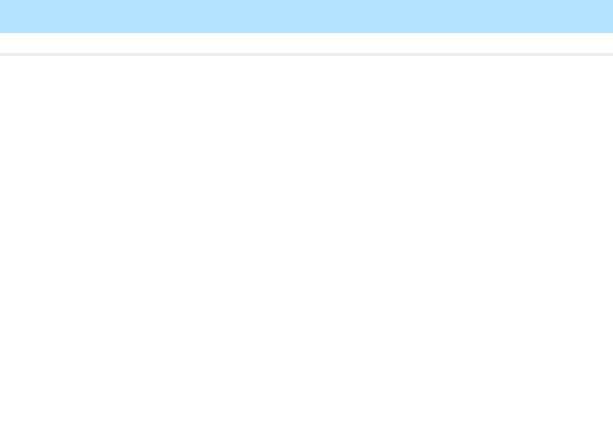
Superman



Бег на месте с высоким подниманием бедра



Планка



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 design of workout routines and mobile assistant for their performance.

[Affiliate program for coaches](#)

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