

Universal complex for stretching



Beginner

7

days

4

workouts

~9

minutes

A complex for stretching, which is suitable for daily use as a morning exercises or warm-up before training. If the exercise is done on the left and right sides, then distribute the execution time equally.

<https://atletiq.com/en/programs/514>



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

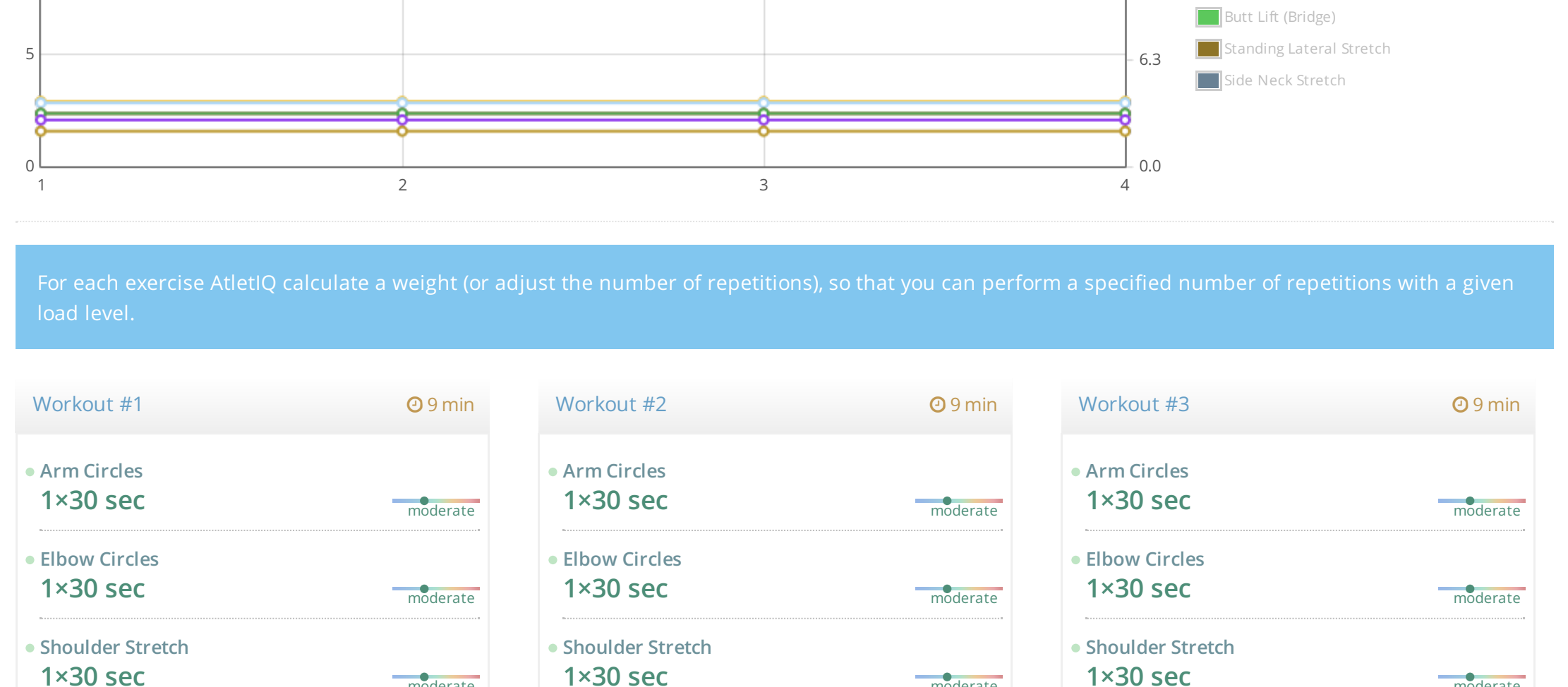
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

1	«ОСНОВНОЙ»	Duration in days: 7	Amount of training days: 4	Rest days: 3
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.				
#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Arm Circles (a)	1	30 sec	⌚ 0 sec
2	Elbow Circles (a)	1	30 sec	⌚ 0 sec
3	Shoulder Stretch (a)	1	30 sec	⌚ 0 sec
4	Side Neck Stretch (a)	1	30 sec	⌚ 0 sec
5	(a)	1	20 sec	⌚ 0 sec
6	Overhead Stretch (a)	1	20 sec	⌚ 0 sec
7	Standing Lateral Stretch (a)	1	20 sec	⌚ 0 sec
8	Dynamic Chest Stretch (a)	1	20 sec	⌚ 0 sec
9	(a)	1	30 sec	⌚ 0 sec
10	Standing Toe Touches (a)	1	20 sec	⌚ 0 sec
11	Runner's Stretch (a)	1	20 sec	⌚ 0 sec
12	Crossover Reverse Lunge (a)	1	40 sec	⌚ 0 sec
13	Mountain Climbers (a)	1	30 sec	⌚ 0 sec
14	Cat Stretch (a)	1	30 sec	⌚ 0 sec
15	Butt Lift (Bridge) (a)	1	20 sec	⌚ 0 sec
16	The Straddle (a)	1	20 sec	⌚ 0 sec
17	(a)	1	20 sec	⌚ 0 sec
2 day (rest)				

Training intensity for each exercise

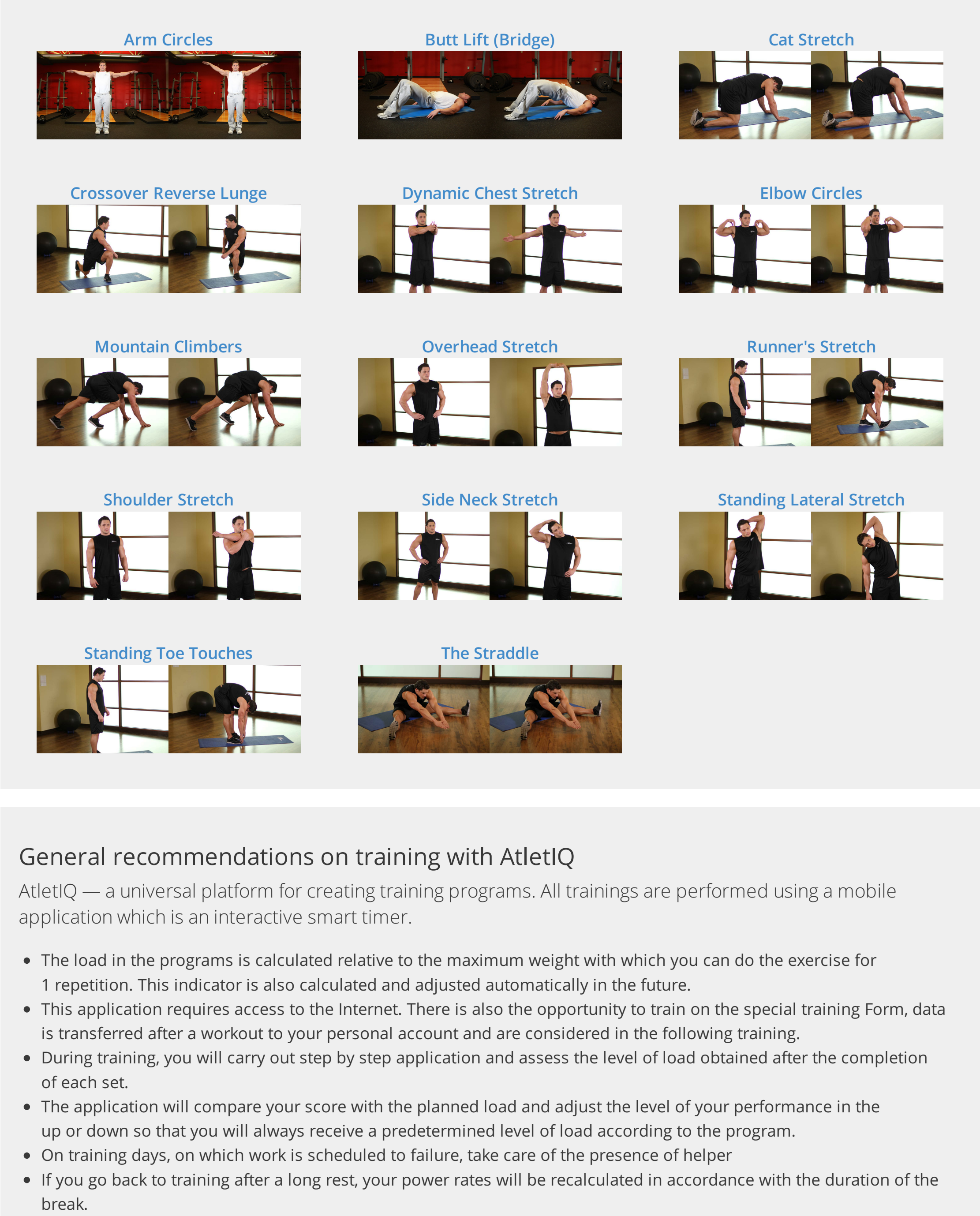
This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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	Workout #2	Workout #3
<div>9 min</div> <div>Arm Circles 1×30 sec moderate</div> <div>Elbow Circles 1×30 sec moderate</div> <div>Shoulder Stretch 1×30 sec moderate</div> <div>Side Neck Stretch 1×30 sec moderate</div> <div>1×20 sec moderate</div> <div>Overhead Stretch 1×20 sec moderate</div> <div>Standing Lateral Stretch 1×20 sec moderate</div> <div>Dynamic Chest Stretch 1×20 sec moderate</div> <div>1×30 sec moderate</div> <div>Standing Toe Touches 1×20 sec moderate</div> <div>Runner's Stretch 1×20 sec moderate</div> <div>Crossover Reverse Lunge 1×40 sec moderate</div> <div>Mountain Climbers 1×30 sec moderate</div> <div>Cat Stretch 1×30 sec moderate</div> <div>Butt Lift (Bridge) 1×20 sec moderate</div> <div>The Straddle 1×20 sec moderate</div> <div>1×20 sec moderate</div> <div>27 scores 20 kcal</div>	<div>9 min</div> <div>Arm Circles 1×30 sec moderate</div> <div>Elbow Circles 1×30 sec moderate</div> <div>Shoulder Stretch 1×30 sec moderate</div> <div>Side Neck Stretch 1×30 sec moderate</div> <div>1×20 sec moderate</div> <div>Overhead Stretch 1×20 sec moderate</div> <div>Standing Lateral Stretch 1×20 sec moderate</div> <div>Dynamic Chest Stretch 1×20 sec moderate</div> <div>1×30 sec moderate</div> <div>Standing Toe Touches 1×20 sec moderate</div> <div>Runner's Stretch 1×20 sec moderate</div> <div>Crossover Reverse Lunge 1×40 sec moderate</div> <div>Mountain Climbers 1×30 sec moderate</div> <div>Cat Stretch 1×30 sec moderate</div> <div>Butt Lift (Bridge) 1×20 sec moderate</div> <div>The Straddle 1×20 sec moderate</div> <div>1×20 sec moderate</div> <div>27 scores 20 kcal</div>	<div>9 min</div> <div>Arm Circles 1×30 sec moderate</div> <div>Elbow Circles 1×30 sec moderate</div> <div>Shoulder Stretch 1×30 sec moderate</div> <div>Side Neck Stretch 1×30 sec moderate</div> <div>1×20 sec moderate</div> <div>Overhead Stretch 1×20 sec moderate</div> <div>Standing Lateral Stretch 1×20 sec moderate</div> <div>Dynamic Chest Stretch 1×20 sec moderate</div> <div>1×30 sec moderate</div> <div>Standing Toe Touches 1×20 sec moderate</div> <div>Runner's Stretch 1×20 sec moderate</div> <div>Crossover Reverse Lunge 1×40 sec moderate</div> <div>Mountain Climbers 1×30 sec moderate</div> <div>Cat Stretch 1×30 sec moderate</div> <div>Butt Lift (Bridge) 1×20 sec moderate</div> <div>The Straddle 1×20 sec moderate</div> <div>1×20 sec moderate</div> <div>27 scores 20 kcal</div>
Workout #4		
<div>9 min</div> <div>Arm Circles 1×30 sec moderate</div> <div>Elbow Circles 1×30 sec moderate</div> <div>Shoulder Stretch 1×30 sec moderate</div> <div>Side Neck Stretch 1×30 sec moderate</div> <div>1×20 sec moderate</div> <div>Overhead Stretch 1×20 sec moderate</div> <div>Standing Lateral Stretch 1×20 sec moderate</div> <div>Dynamic Chest Stretch 1×20 sec moderate</div> <div>1×30 sec moderate</div> <div>Standing Toe Touches 1×20 sec moderate</div> <div>Runner's Stretch 1×20 sec moderate</div> <div>Crossover Reverse Lunge 1×40 sec moderate</div> <div>Mountain Climbers 1×30 sec moderate</div> <div>Cat Stretch 1×30 sec moderate</div> <div>Butt Lift (Bridge) 1×20 sec moderate</div> <div>The Straddle 1×20 sec moderate</div> <div>1×20 sec moderate</div> <div>27 scores 20 kcal</div>		

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 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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