

Fast stretch-warm-up



https://atletiq.com/en/programms/515



Author: <u>AYarm</u>ots

I do not promise you a mountain of muscles for 1 month. I will not subject your body to extreme loads and I will not advise you to use sports nutrition in tons. All that I propose is an interesting and diverse training process within your goal. And how effective the result will be depends only on you.

Fast complex for stretching and warm-up. It is recommended to use before enough light cardio workouts or as a morning exercise. It can also be used to cheer up after a day's sleep.



Mobile Fitness Assistant

Exercising with AtletlQ, 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

«Основной» **Duration in days: 7** Amount of training days: 4 Rest days: 3 Exercise (superset) ② Rest between sets # Sets Reps 1 day Arm Circles (a) 1 **O** 0 sec 30 sec 1 Upward Stretch (a) **O** 0 sec 2 1 30 sec **O** 0 sec 3 Standing Toe Touches (a) 1 30 sec 4 Crossover Reverse Lunge (a) 1 30 sec **O** 0 sec Cat Stretch (a) 1 30 sec **O** 0 sec 5 6 30 sec **O** 0 sec 1 (a) 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.



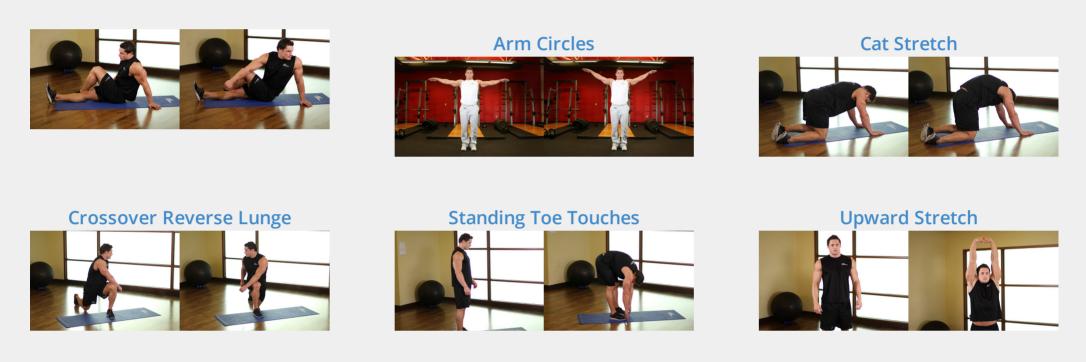
load level.

Workout #1	④ 5 min
• Arm Circles	
1×30 sec	moderate
Upward Stretch	
1×30 sec	moderate
 Standing Toe Touches 	
1×30 sec	moderate
 Crossover Reverse Lunge 	
1×30 sec	moderate
• Cat Stretch 1×30 sec	
	moderate
• 1×30 sec	moderate
• 1×30 sec	
📌 12 scores 👲 10 kc	al
📌 12 scores 👲 10 kc	al
✓ 12 scores 10 kc Workout #4	al
 ✓ 12 scores 10 kc Workout #4 Arm Circles 1×30 sec 	al ② 5 min
 ✓ 12 scores 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 	al ② 5 min moderate
 ✓ 12 scores 10 kc Workout #4 Arm Circles 1×30 sec 	al ② 5 min
 ✓ 12 scores ≥ 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 	al ② 5 min moderate
 ✓ 12 scores 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec 	al ② 5 min moderate
 ✓ 12 scores 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 1×30 sec 	al ② 5 min moderate moderate
 ✓ 12 scores ≥ 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 	al ② 5 min moderate moderate
 ✓ 12 scores 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 1×30 sec Crossover Reverse Lunge 1×30 sec 	al ② 5 min moderate moderate
 ✓ 12 scores ≥ 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 1×30 sec Standing Toe Touches 1×30 sec Crossover Reverse Lunge 1×30 sec Crossover Reverse Lunge 1×30 sec Cat Stretch 	al ② 5 min moderate moderate
 ✓ 12 scores 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 1×30 sec Crossover Reverse Lunge 1×30 sec 	al @ 5 min moderate moderate
 ✓ 12 scores ≥ 10 kc. Workout #4 Arm Circles 1×30 sec Upward Stretch 1×30 sec Standing Toe Touches 1×30 sec Standing Toe Touches 1×30 sec Crossover Reverse Lunge 1×30 sec Crossover Reverse Lunge 1×30 sec Cat Stretch 	al ② 5 min moderate moderate moderate

moderate
moderate

Workout #3	2 5 min	
• Arm Circles 1×30 sec	moderate	
• Upward Stretch 1×30 sec	moderate	
 Standing Toe Touches 1×30 sec 	moderate	
 Crossover Reverse Lunge 1×30 sec 	moderate	
• Cat Stretch 1×30 sec	moderate	
• 1×30 sec	moderate	
🛹 12 scores 👱 10 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.

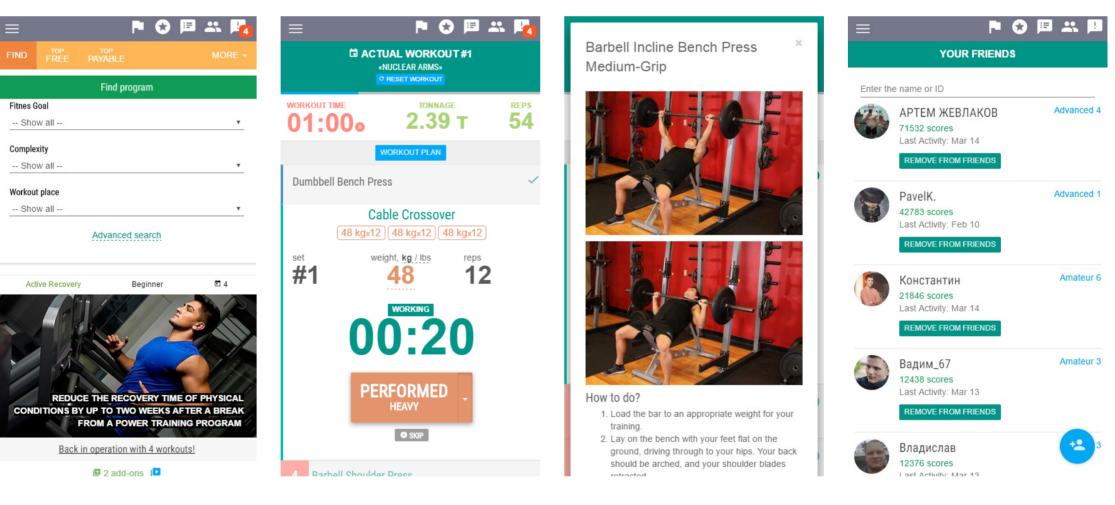
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special 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 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.



<u>Install App</u>

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.

social network with a special

Affiliate program for coaches © 2018 — AtletIQ.com