


TRAIN WITH PLEASURE!

FITNESS APP



Fast stretch-warm-up



Beginner

7

days

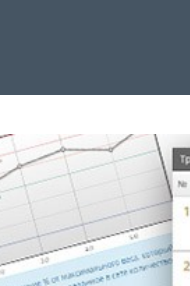
4

workouts

~5

minutes

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



Author:
AYarmots

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 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

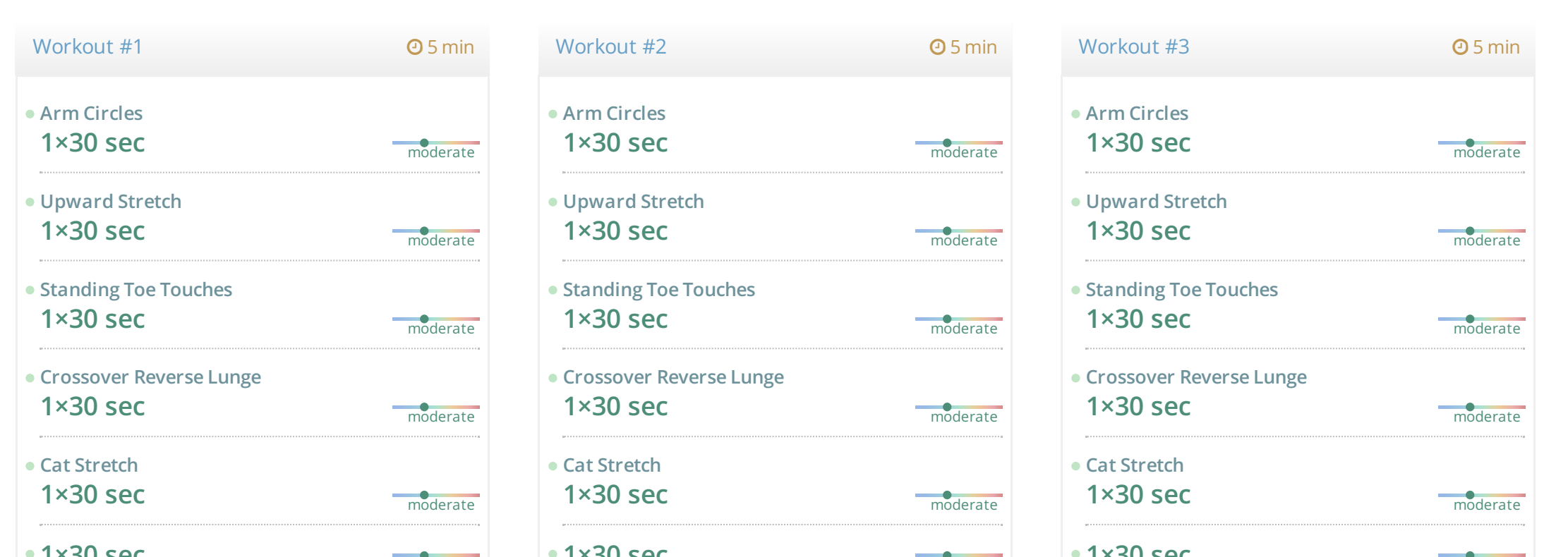
1	«ОСНОВНОЙ»	Duration in days: 7	Amount of training days: 4	Rest days: 3
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This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs 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	Upward Stretch (a)	1	30 sec	⌚ 0 sec
3	Standing Toe Touches (a)	1	30 sec	⌚ 0 sec
4	Crossover Reverse Lunge (a)	1	30 sec	⌚ 0 sec
5	Cat Stretch (a)	1	30 sec	⌚ 0 sec
6	(a)	1	30 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.

<div>Workout #1</div> <div>⌚ 5 min</div> <div><div>Arm Circles</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Upward Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Standing Toe Touches</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Crossover Reverse Lunge</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Cat Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>1×30 sec</div><div>moderate</div></div> <div><div>📈 12 scores</div><div>🔥 10 kcal</div></div>	<div>Workout #2</div> <div>⌚ 5 min</div> <div><div>Arm Circles</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Upward Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Standing Toe Touches</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Crossover Reverse Lunge</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Cat Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>1×30 sec</div><div>moderate</div></div> <div><div>📈 12 scores</div><div>🔥 10 kcal</div></div>	<div>Workout #3</div> <div>⌚ 5 min</div> <div><div>Arm Circles</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Upward Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Standing Toe Touches</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Crossover Reverse Lunge</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Cat Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>1×30 sec</div><div>moderate</div></div> <div><div>📈 12 scores</div><div>🔥 10 kcal</div></div>	<div>Workout #4</div> <div>⌚ 5 min</div> <div><div>Arm Circles</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Upward Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Standing Toe Touches</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Crossover Reverse Lunge</div><div>1×30 sec</div><div>moderate</div></div> <div><div>Cat Stretch</div><div>1×30 sec</div><div>moderate</div></div> <div><div>1×30 sec</div><div>moderate</div></div> <div><div>📈 12 scores</div><div>🔥 10 kcal</div></div>
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Directory of the exercises

