# Street Workout (easy)

| Duration | Difficulty | Equipment | Calories |
|---|---|---|---|
| 15 minutes | 9 difficulty | 0 equipment | ~26 kcal/min |

If you have all of the stick and have not practiced for a long time, try to gradually regain your former power and physique. Simple exercises, without barbells, dumbbells and machines. An interesting training scheme, which will not let you get bored. Training of average intensity for 15-30 minutes.

https://delaysport.com/streetworkout30/

Mobile Fitness Assistant

Exercising with AbsKG, you get exactly the load established by the author of the routine or any other specialist. Your progress is tracked, and you will spend only as much force as necessary to fulfill the tasks set by coach.

Install AbsKG Mobile Fitness Assistant

## The content of the program

### 1-1-1 тренировка

| # | Exercise (exercises) | Sets | Reps | Rest between sets |
|---|---|---|---|---|
| 1 | Pull-Ups/Hanging Pull-Ups | 1 | 10 | 60 sec |
| 2 | Push-Ups | 1 | 10 | 60 sec |
| 3 | Squats | 1 | 10 | 60 sec |
| 4 | Pull-Ups | 1 | 10 | 60 sec |
| | | | **1 day (rest)** | |
| | | | **2 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 1 | 10 | 60 sec |
| 2 | Push-Ups | 1 | 10 | 60 sec |
| 3 | Squats | 1 | 10 | 60 sec |
| 4 | Bench Dips | 1 | 10 | 60 sec |
| | | | **2 day (rest)** | |
| | | | **3 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 1 | 10 | 60 sec |
| 2 | Push-Ups | 1 | 10 | 60 sec |
| 3 | Wide-Grip Rear Pull-Ups | 1 | 10 | 60 sec |
| 4 | Squats - Thrusts Variant | 1 | 10 | 60 sec |
| | | | **3 day (rest)** | |

Training intensity for each exercise

The graph shows which muscles or groups are involved in exercises and how much effort they get. Hovering over the exercise name, you can see the amount of work done in percentage, taking into account the entire training program.

### 4-6-6 тренировка

| # | Exercise (exercises) | Sets | Reps | Rest between sets |
|---|---|---|---|---|
| | | | **1 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 2 | 5 seconds to failure | 60 sec |
| 2 | Push-Ups | 2 | 10 | 60 sec |
| 3 | Squats | 2 | 10 | 60 sec |
| 4 | Pull-Ups | 2 | 10 | 60 sec |
| | | | **1 day (rest)** | |
| | | | **2 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 2 | 5 seconds to failure | 60 sec |
| 2 | Close-Grip | 2 | 10 | 60 sec |
| 3 | Bench Dips | 2 | 10 | 60 sec |
| | | | **2 day (rest)** | |
| | | | **3 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 2 | 5 seconds to failure | 60 sec |
| 2 | Wide-Grip Rear Pull-Ups | 2 | 10 | 60 sec |
| 3 | Squats - Thrusts Variant | 2 | 10 | 60 sec |
| | | | **3 day (rest)** | |

Training intensity for each exercise

### 7-7-5 тренировка

| # | Exercise (exercises) | Sets | Reps | Rest between sets |
|---|---|---|---|---|
| | | | **1 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 3 | 5 seconds to failure | 60 sec |
| 2 | Push/Hammer extension exercise (Hindu Pushup) | 3 | 10 | 60 sec |
| 3 | Pushups (Close and Wide Hand Positions) | 3 | 10 | 60 sec |
| | | | **1 day (rest)** | |
| | | | **2 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 3 | 5 seconds to failure | 60 sec |
| 2 | Close-Grip | 3 | 10 | 60 sec |
| 3 | Bench Dips (2) | 3 | 10 | 60 sec |
| | | | **2 day (rest)** | |
| | | | **3 day** | |
| 1 | Pull-Ups/Hanging Pull-Ups | 3 | 5 reps | 60 sec |
| 2 | Wide-Grip Rear Pull-Ups (2) | 3 | 10 | 60 sec |
| 3 | Bench Dips (2) | 3 | 10 | 60 sec |
| | | | **3 day (rest)** | |

Training intensity for each exercise




## Directory of the exercises

### General recommendations on training with AbsKG

AbsKG – a universal platform for creating training programs. All trainings are performed using a mobile application. Some general recommendations:

- The height of the program 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.
- Some exercises are performed with weight, for example, Pull-Ups/Hanging Pull-Ups with special training floors, does it supplemented 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 exercise.
- The repetitions will constant grow in sets with the planned load and adjust the level of your performance in the following workouts. The program will automatically calculate the optimal load for you in the future.
- On training days, or which week is scheduled to failure, take care of the presence of helper.
- If you can go to training after a long rest, your power cases will be recalculated in accordance with the duration of the break.
- Try to use the weights as close to the calculated considering the capabilities of your gym.
- Do not neglect the recommendations 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 program designer AbsKG allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the simple indication of exercise, instant adjustment of load to suit your force capabilities. Many one-of-a-kind approach features.



## Install App

Android app:
https://play.google.com/store/apps/details?id=com.abskg.fitness

iOS app:
https://apps.apple.com/ru/app/abskg-fitness-workout-planner/id1479457450?ppid=f0a0d7ed-5447-4491-9ed1-0a0b0f0f2d2c?vt=lr

Universal app:
FITPRO, AbsKG(iOS)