

30/10/20

Fat Burning for 20 Workouts

Combining strength training and cardio sessions: your winning "anti-fat" strategy

Intermediate

24 days

20 workouts

~51 minutes

Aimed at losing weight? Spare your muscles - step away from pure cardio in favor of combined aerobic-anaerobic training. The exhausting high-repetition training regime and energy-consuming cardio sessions of periodic intensity will not give fat any chance.

<https://atletiq.com/en/programms/539>

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 the program

1 «ОСНОВНОЙ»

Duration in days: 24 Amount of training days: 20 Rest days: 4

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	Barbell Full Squat	3	12-18	60-90 sec
2	Leg Extensions	3	12-18	60-90 sec
3	Lying Leg Curls	3	12-18	60-90 sec

When activated, it will be charged 6 points

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.

Example 3 of 20 workouts

Workout #1 56 min

- Barbell Full Squat 3x1 Rest: 70 sec **very hard**
- Leg Extensions 3x12 Rest: 70 sec **very hard**
- Lying Leg Curls 3x12 Rest: 70 sec **very hard**
- Seated Cable Rows 3x12 Rest: 70 sec **very hard**
- Arnold Dumbbell Press 3x12 Rest: 70 sec **very hard**
- Wide-Grip Lat Pulldown 3x3 Rest: 70 sec **very hard**
- Power Partialis 3x12 Rest: 70 sec **very hard**
- Cable Crunch 3x12 Rest: 70 sec **very hard**

> 12.08 T 757 scores

Workout #2 24 min

- Trail Running/Walking 2x8 min Rest: 3 sec **moderate**
- Ходьба по пересеченной местности 2x180 sec Rest: 3 sec **moderate**

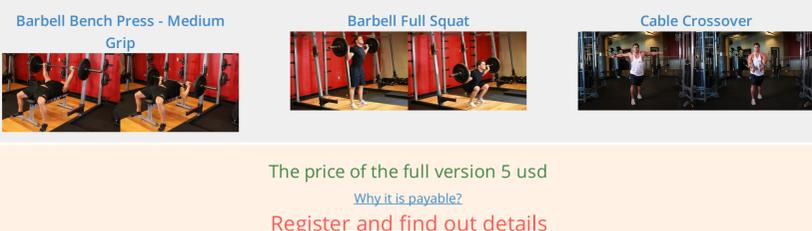
127 scores

Workout #3 56 min

- Snatch Deadlift 3x1 Rest: 70 sec **very hard**
- Barbell Bench Press - Medium Grip 3x1 Rest: 70 sec **very hard**
- Cable Crossover 3x4 Rest: 70 sec **very hard**
- Upright Barbell Row 3x12 Rest: 70 sec **very hard**
- Wide-Grip Standing Barbell Curl 3x12 Rest: 70 sec **very hard**
- Triceps Pushdown 3x12 Rest: 70 sec **very hard**
- Alternate Incline Dumbbell Curl 3x12 Rest: 70 sec **very hard**
- Ab Crunch Machine 3x12 Rest: 70 sec **very hard**

> 3.69 T 583 scores

Directory of the exercises



The price of the full version 5 USD

[Why it is payable?](#)

[Register and find out details](#)

General recommendations on training with AtletIQ

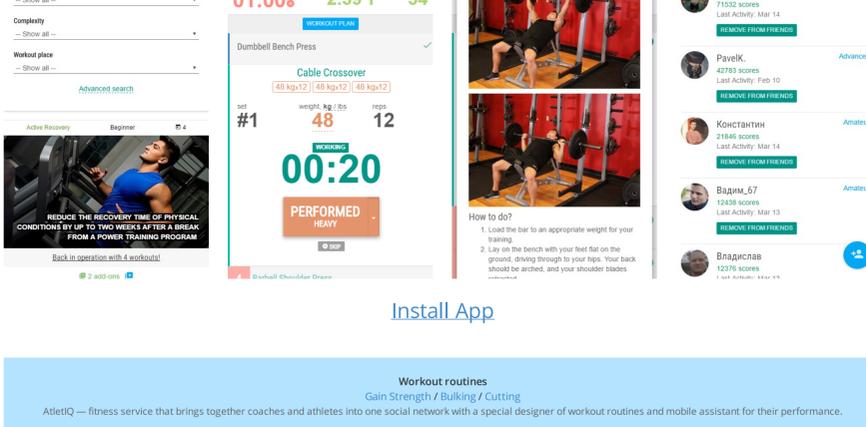
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- 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 level and adjust the level of your performance in the up or down so that you will always be scheduled 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 used 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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