

Find the time for 1 hard workout per week - maintain muscle mass

Intermediate 22 days 4 workouts ~48 minutes

Don't have time to exercise more than once a week? We offer you a solution - maintain muscle mass controlling training volume. Decreasing the number of trainings per week, you should know - you need to focus on the volume and intensity of the training. Use the most powerful compound exercises, push hard work, surprise your body, constantly varying the load - do not let your muscles dissolve.

<https://atletiq.com/en/programms/557>



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	«4 тренировки»	Duration in days: 22	Amount of training days: 4	Rest days: 18
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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
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1 day

1	Barbell Full Squat	3	4-6	⌚ 100-140 sec
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2	Snatch Deadlift	3	4-6	⌚ 100-140 sec
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3	Barbell Bench Press - Medium Grip	3	4-6	⌚ 100-140 sec
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4	Bent Over Barbell Row	3	4-6	⌚ 100-140 sec
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5	Standing Military Press	3	4-6	⌚ 100-140 sec
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2 day (rest)

3 day (rest)

4 day (rest)

5 day (rest)

6 day (rest)

7 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.


Barbell Bench Press - Medium Grip



Barbell Full Squat



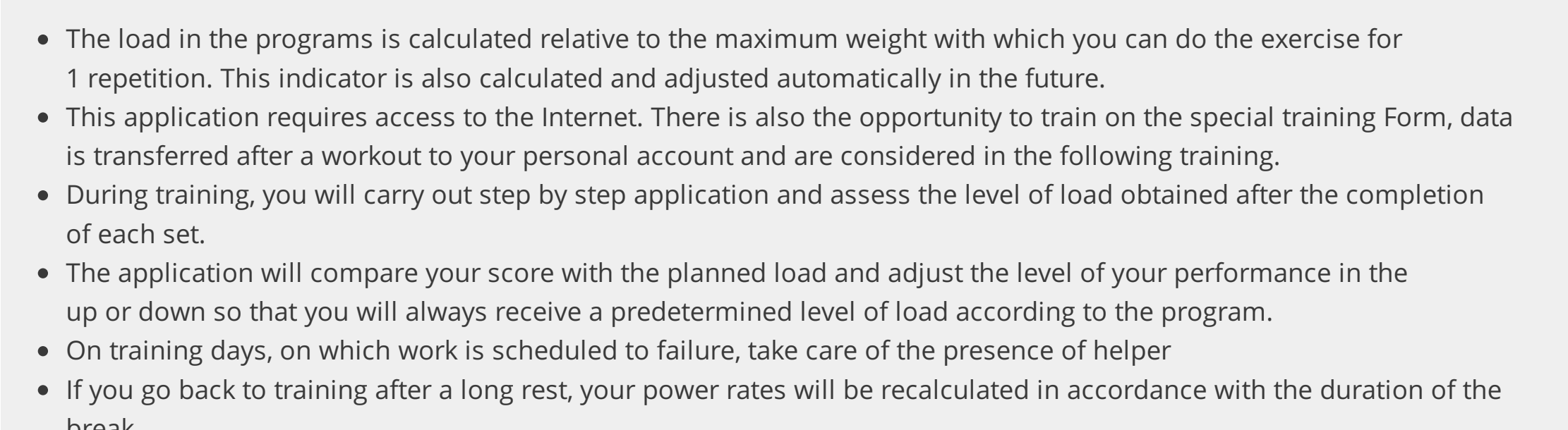
Bent Over Barbell Row



Workout #4

Barbell Full Squat 3x5 Rest: ⌚ 140 sec very hard	Snatch Deadlift 3x4 Rest: ⌚ 120 sec heavy	Barbell Bench Press - Medium Grip 3x5 Rest: ⌚ 130 sec very hard	Bent Over Barbell Row 3x6 Rest: ⌚ 100 sec heavy	Standing Military Press 3x5 Rest: ⌚ 140 sec very hard
734 scores				

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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