

**②** 15-60 sec Barbell Bench Press - Medium Grip 10 4 6 6 **②** 15-60 sec 6 **②** 15-60 sec 6 6 **②** 15-60 sec 6 6 6 **②** 15-60 sec 2 day 8 3 **②** 30-110 sec 5 8 **②** 30-110 sec 6 6 **②** 15-60 sec

1 day

Sets

Reps

② Rest between sets

Incline Dumbbell Press Lying Close-Grip Barbell Triceps Extension Behind The Head 5 8 **②** 30-110 sec 5 6 **②** 15-50 sec

Standing Dumbbell Triceps Extension **Snatch Deadlift** Bent Over Barbell Row Wide-Grip Lat Pulldown Barbell Curl Alternate Hammer Curl 3 day (rest) 4 day (rest)

Exercise (superset)

1

2

3

4

5

1

Butterfly

Barbell Full Squat

Leg Extensions

Lying Leg Curls

Seated Calf Raise

1

2

3

4

1000

800

600

400

200

Workout #1

**1×4** Rest: **①** 15 sec

**1×4** Rest: **②** 20 sec

2×4 Rest: **②** 40 sec

2×4 Rest: **②** 60 sec

1×4 Rest: **②** 60 sec

1×4 Rest: **②** 60 sec

**1×4** Rest: **②** 60 sec

**1×4** Rest: **②** 60 sec

**1×6** Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

**1×6** Rest: **②** 60 sec

**1×6** Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

**Behind The Head** 

1×6 Rest: **①** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

1×6 Rest: **①** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

Workout #4

Barbell Full Squat

1×4 Rest: **②** 40 sec

**1×4** Rest: **②** 50 sec

1×4 Rest: **②** 60 sec

1×4 Rest: @ 70 sec

1×4 Rest: **②** 80 sec

**1×4** Rest: **②** 90 sec

1×4 Rest: **②** 100 sec

**1×4** Rest: **②** 110 sec

**1×6** Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

**1×6** Rest: **②** 40 sec

**1×6** Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

**1×6** Rest: **②** 70 sec

1×6 Rest: @ 80 sec

**1×6** Rest: **②** 90 sec

1×6 Rest: **②** 100 sec

1×6 Rest: **②** 110 sec

6×15 Rest: **②** 50 sec

**₹** 731 scores

**Seated Calf Raise** 

Workout #7

**Standing Military Press** 

**1×4** Rest: **②** 15 sec

**1×4** Rest: **②** 20 sec

2×4 Rest: **②** 30 sec

2×4 Rest: **②** 40 sec

**1×4** Rest: **②** 45 sec

**1×4** Rest: **②** 50 sec

**1×4** Rest: **②** 55 sec

1×4 Rest: **②** 60 sec

**1×6** Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 25 sec

**1×6** Rest: **○** 30 sec

1×6 Rest: **②** 40 sec

**1×6** Rest: **②** 50 sec

**1×6** Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

**1×6** Rest: **②** 50 sec

**1×6** Rest: **②** 15 sec

1×6 Rest: @ 18 sec

1×6 Rest: @ 22 sec

**1×6** Rest: **②** 26 sec

1×6 Rest: @ 30 sec

**1×6** Rest: **②** 34 sec

**1×6** Rest: **②** 38 sec

**1×6** Rest: **②** 42 sec

**1×6** Rest: **②** 46 sec

1×6 Rest: **②** 50 sec

¶917 scores

**Alternate Hammer Curl** 

**Barbell Curl** 

**Bent Over Barbell Row** 

**Leg Extensions** 

**Power Partials** 

**Standing Dumbbell Triceps** 

**Extension** 

General recommendations on training with AtletIQ

application which is an interactive smart timer.

of each set.

break.

Fitnes Goal

Complexity

-- Show all

-- Show all

Workout place

-- Show all

Advanced search

Beginner

REDUCE THE RECOVERY TIME OF PHYSICAL

FROM A POWER TRAINING PROGRAM

CONDITIONS BY UP TO TWO WEEKS AFTER A BREAK

Back in operation with 4 workouts!

2 add-ons

the the planned.

these are not all application features.

**Barbell Shrug** 

**Power Partials** 

**Arnold Dumbbell Press** 

Lying Leg Curls

**Leg Extensions** 

Lying Close-Grip Barbell Triceps Extension

**Standing Dumbbell Triceps Extension** 

**₹** 941 scores

Butterfly

**Incline Dumbbell Press** 

Barbell Bench Press - Medium Grip

5 day

2 3 **Standing Military Press** 4 10 **②** 15-60 sec **②** 15-60 sec **Arnold Dumbbell Press** 6 6

**Power Partials** 6 6 **②** 15-60 sec

4 5 1 2 3

Barbell Shrug 6 **②** 15-50 sec 4 10

6 day

7 day (rest)

Training intensity for each exercise

Workout #2

**Snatch Deadlift** 

1x3 Rest: **4**0 sec

1x3 Rest: **0** 50 sec

1×3 Rest: **@** 60 sec

1×3 Rest: @ 70 sec

1x3 Rest: @ 80 sec

1x3 Rest: @ 90 sec

1×3 Rest: @ 100 sec

1×3 Rest: @ 110 sec

**Bent Over Barbell Row** 

1×5 Rest: **②** 40 sec

**1×5** Rest: **②** 50 sec

1×5 Rest: **②** 60 sec

1×5 Rest: **②** 70 sec

1×5 Rest: **②** 80 sec

1×5 Rest: **②** 90 sec

1×5 Rest: **②** 100 sec

1×5 Rest: **②** 110 sec

**1×6** Rest: **①** 15 sec

1x6 Rest: @ 20 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

1×5 Rest: **②** 40 sec

1×5 Rest: **②** 50 sec

1×5 Rest: **②** 60 sec

1**x5** Rest: **②** 70 sec

1×5 Rest: **②** 80 sec

1×5 Rest: **②** 90 sec

1×5 Rest: **②** 100 sec

1×5 Rest: **②** 110 sec

1×6 Rest: **②** 15 sec

1×6 Rest: @ 20 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

**1×6** Rest: **②** 50 sec

1×4 Rest: **①** 15 sec

1x4 Rest: **②** 20 sec

2×4 Rest: **②** 30 sec

2×4 Rest: **②** 40 sec

1x4 Rest: **4**5 sec

1×4 Rest: **②** 50 sec

1×4 Rest: **②** 55 sec

1×4 Rest: **②** 60 sec

1×6 Rest: **②** 15 sec

1×6 Rest: @ 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

**Behind The Head** 1×6 Rest: **②** 15 sec

1×6 Rest: @ 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

Workout #8

Barbell Full Squat

**1×4** Rest: **②** 30 sec

1×4 Rest: @ 35 sec

**1×4** Rest: **②** 40 sec

1×4 Rest: **②** 50 sec

1×4 Rest: **②** 60 sec

**1×4** Rest: **②** 70 sec

1×4 Rest: **②** 80 sec

**1×4** Rest: **②** 90 sec

1×6 Rest: **②** 15 sec

1×6 Rest: @ 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

**1×6** Rest: **②** 50 sec

1×6 Rest: @ 35 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

1×6 Rest: @ 70 sec

1×6 Rest: **②** 80 sec

**1×6** Rest: **②** 90 sec

Seated Calf Raise

**6×15** Rest: **②** 50 sec

**₹** 756 scores

Directory of the exercises

**Arnold Dumbbell Press** 

**Barbell Full Squat** 

**Butterfly** 

**Lying Close-Grip Barbell Triceps** 

**Extension Behind The Head** 

**Seated Calf Raise** 

**Standing Military Press** 

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile

• The load in the programs is calculated relative to the maximum weight with which you can do the exercise for

• The application will compare your score with the planned load and adjust the level of your performance in the

is transferred after a workout to your personal account and are considered in the following training.

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

Try to set the weights as close to the calculated considering the capabilities of your gym

☐ ACTUAL WORKOUT#1

Cable Crossover

48 kgx12 48 kgx12 48 kgx12

weight, **kg** / lbs

PERFORMED

2.39 T

 $01:00_{\bullet}$ 

#1

**Dumbbell Bench Press** 

• This application requires access to the Internet. There is also the opportunity to train on the special training Form, data

• During training, you will carry out step by step application and assess the level of load obtained after the completion

• If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the

• Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match

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 -

Barbell Incline Bench Press

Medium-Grip

How to do?

**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 © 2017 — AtletIQ.com

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back

should be arched, and your shoulder blades

1 repetition. This indicator is also calculated and adjusted automatically in the future.

Lying Leg Curls 1×6 Rest: @ 30 sec

**Leg Extensions** 

Lying Close-Grip Barbell Triceps Extension

Standing Dumbbell Triceps Extension

**₹** 941 scores

Butterfly

**Incline Dumbbell Press** 

Workout #5

1086 scores

Barbell Bench Press - Medium Grip

**Alternate Hammer Curl** 

**Barbell Curl** 

Wide-Grip Lat Pulldown

**4**3 min

easy

easy

moderate

moderate

moderate

heavy

heavy

heavy

**②** 45 min

moderate

moderate

moderate

moderate

heavy

heavy

very hard

moderate

moderate

moderate

heavy

heavy

moderate

moderate

moderate

moderate

heavy

heavy

very hard

very hard

**②** 35 min

easy

easy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

moderate

moderate

moderate

moderate

heavy

heavy

heavy

very hard

very hard

8

6

8

6

4

6

6

15

1387

1156

924

693

462

231

Workout #3

**Standing Military Press** 

1×4 Rest: **①** 15 sec

**1×4** Rest: **②** 20 sec

2×4 Rest: **②** 40 sec

2×4 Rest: **②** 60 sec

1×4 Rest: **②** 60 sec

1×4 Rest: **②** 60 sec

**1×4** Rest: **②** 60 sec

**1×4** Rest: **②** 60 sec

**1×6** Rest: **①** 15 sec

1x6 Rest: @ 20 sec

**1×6** Rest: **○** 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

**1×6** Rest: **②** 60 sec

**1×6** Rest: **①** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 30 sec

1×6 Rest: **②** 40 sec

1×6 Rest: **②** 50 sec

1×6 Rest: **②** 60 sec

1×6 Rest: @ 15 sec

1×6 Rest: @ 18 sec

**1×6** Rest: **②** 22 sec

**1×6** Rest: **②** 26 sec

**1×6** Rest: **②** 30 sec

**1×6** Rest: **②** 34 sec

1×6 Rest: @ 38 sec

**1×6** Rest: **②** 42 sec

1×6 Rest: **②** 46 sec

1×6 Rest: **②** 50 sec

Workout #6

**Snatch Deadlift** 

**1×3** Rest: **②** 30 sec

**1×3** Rest: **②** 35 sec

1x3 Rest: @ 40 sec

1x3 Rest: **②** 50 sec

1×3 Rest: **②** 60 sec

1×3 Rest: **②** 70 sec

1×3 Rest: **②** 80 sec

1x3 Rest: @ 90 sec

1×5 Rest: **②** 30 sec

**1×5** Rest: **②** 35 sec

1×5 Rest: **②** 40 sec

1×5 Rest: **②** 50 sec

1×5 Rest: **②** 60 sec

1×5 Rest: **②** 70 sec

1×5 Rest: **②** 80 sec

1×5 Rest: **②** 90 sec

**1×6** Rest: **②** 15 sec

**1×6** Rest: **②** 20 sec

1×6 Rest: @ 25 sec

**1×6** Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

**1×6** Rest: **②** 50 sec

1×5 Rest: @ 30 sec

1**x5** Rest: **@** 35 sec

1×5 Rest: **②** 40 sec

1×5 Rest: **②** 50 sec

1×5 Rest: **②** 60 sec

1×5 Rest: @ 70 sec

1×5 Rest: **②** 80 sec

1×5 Rest: **②** 90 sec

**1×6** Rest: **②** 15 sec

1×6 Rest: @ 20 sec

1×6 Rest: @ 25 sec

1×6 Rest: **②** 30 sec

1×6 Rest: **②** 40 sec

**1136** scores

**Barbell Bench Press - Medium** 

Grip

**Barbell Shrug** 

**Incline Dumbbell Press** 

Lying Leg Curls

**Snatch Deadlift** 

Wide-Grip Lat Pulldown

Advanced 4

Advanced 1

Amateur 6

Amateur 3

**YOUR FRIENDS** 

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

71532 scores Last Activity: Mar 14

42783 scores

Константин

21846 scores Last Activity: Mar 14 REMOVE FROM FRIENDS

Вадим\_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Last Activity: Feb 10

REMOVE FROM FRIENDS

**Alternate Hammer Curl** 

Barbell Curl

Wide-Grip Lat Pulldown

**Bent Over Barbell Row** 

¶917 scores

**Barbell Shrug** 

**Power Partials** 

**Arnold Dumbbell Press** 

**②** 57 min

easy

easy

moderate

moderate

heavy

heavy

heavy

very hard

moderate

moderate

moderate

moderate

heavy

heavy

heavy

very hard

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

moderate

heavy

heavy

heavy

very hard

moderate

moderate

moderate

heavy

heavy

**②** 39 min

easy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

heavy

**②** 40 min

moderate

moderate

moderate

heavy

heavy

very hard

very hard

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

very hard

very hard

very hard

easy

**②** 30-110 sec

**②** 15-60 sec

**②** 30-110 sec

**②** 50 sec

The total intensity

Seated Calf Raise Barbell Full Squat

Incline Dumbbell Press

Bent Over Barbell Row Wide-Grip Lat Pulldown

Arnold Dumbbell Press Standing Military Press

Snatch Deadlift Power Partials

Leg Extensions Barbell Curl

Lying Leg Curls Barbell Shrug

Alternate Hammer Curl

Behind The Head

Lying Close-Grip Barbell Triceps Extension

**②** 38 min

easy

easy

moderate

moderate

moderate

heavy

heavy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

moderate

heavy

heavy

heavy

heavy

very hard

very hard

**②** 48 min

easy

moderate

moderate

heavy

heavy

heavy

very hard

very hard

moderate

moderate

moderate

heavy

heavy

very hard

very hard

moderate

moderate

moderate

heavy

heavy

heavy

moderate

moderate

moderate

heavy

heavy

very hard

very hard

moderate

moderate

moderate

heavy

heavy

Butterfly

Barbell Bench Press - Medium Grip