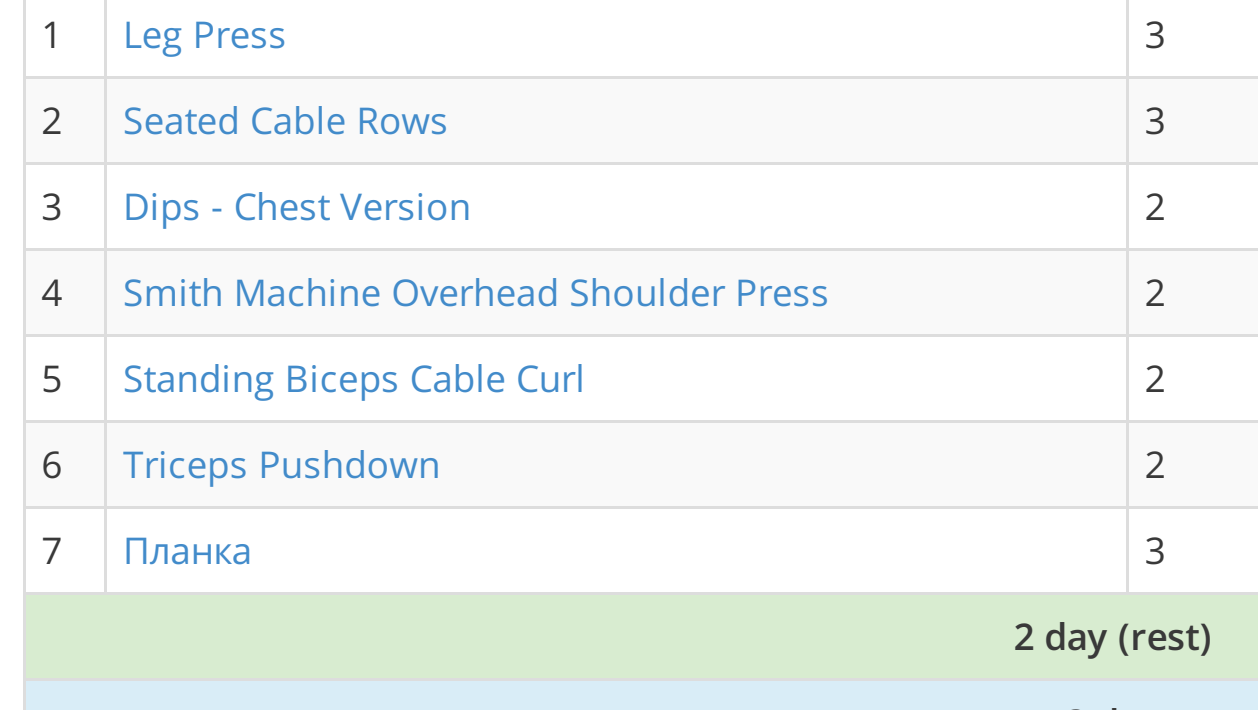


Open the month of fitness in the style of "femine": give the figure a feminine sportiness.

 Intermediate 23 days 12 workouts ~66 minutes

The tonus of the muscles is what should really concern you. And not only in the season of short skirts and open T-shirts, but day and night. Just for these purposes, fitness inventors of Athletic created a universal corrective program, which in a short time will return the muscles nice to the eye and men's hands "lean look" and resilience.

<https://atletiq.com/en/programms/695>



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

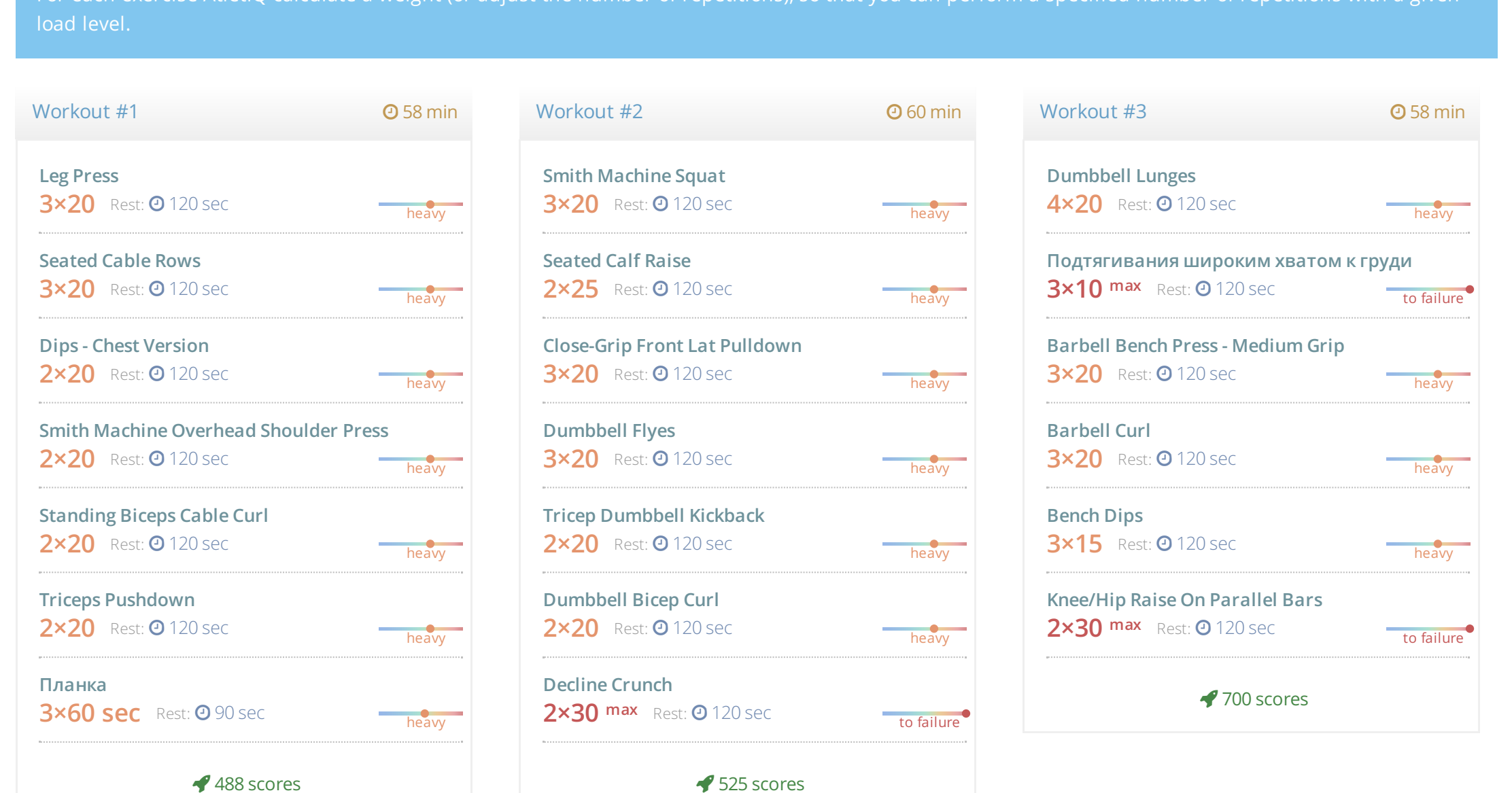
Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Leg Press	3	16-20	⌚ 120-180 sec
2	Seated Cable Rows	3	16-20	⌚ 120-180 sec
3	Dips - Chest Version	2	16-20	⌚ 120-180 sec
4	Smith Machine Overhead Shoulder Press	2	16-20	⌚ 120-180 sec
5	Standing Biceps Cable Curl	2	16-20	⌚ 120-180 sec
6	Triceps Pushdown	2	16-20	⌚ 120-180 sec
7	Планка	3	60 sec-90 sec	⌚ 90-120 sec
2 day (rest)				
3 day				
1	Smith Machine Squat	3	16-20	⌚ 120-180 sec
2	Seated Calf Raise	2	20-25	⌚ 120-180 sec
3	Close-Grip Front Lat Pulldown	3	16-20	⌚ 120-180 sec
4	Dumbbell Flies	3	16-20	⌚ 120-180 sec
5	Tricep Dumbbell Kickback	2	16-20	⌚ 120-180 sec
6	Dumbbell Bicep Curl	2	16-20	⌚ 120-180 sec
7	Decline Crunch	2	Max	⌚ 120 sec
4 day (rest)				
5 day				
1	Dumbbell Lunges	3	16-20	⌚ 120-180 sec
2	Подтягивания широким хватом к груди	4	Max	⌚ 120 sec
3	Barbell Bench Press - Medium Grip	3	16-20	⌚ 120-180 sec
4	Barbell Curl	3	16-20	⌚ 120-180 sec
5	Bench Dips	3	12-15	⌚ 120-180 sec
6	Knee/Hip Raise On Parallel Bars	2	Max	⌚ 120 sec
6 day (rest)				

Training intensity for each exercise

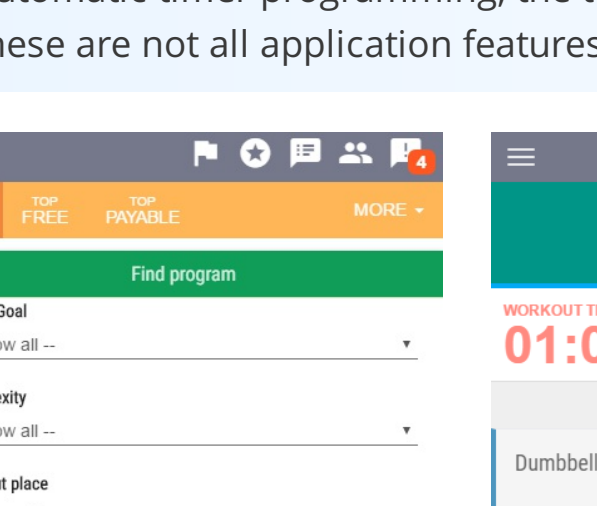
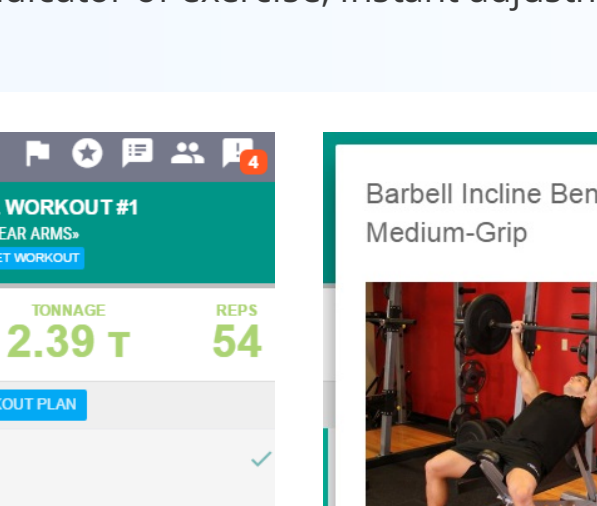
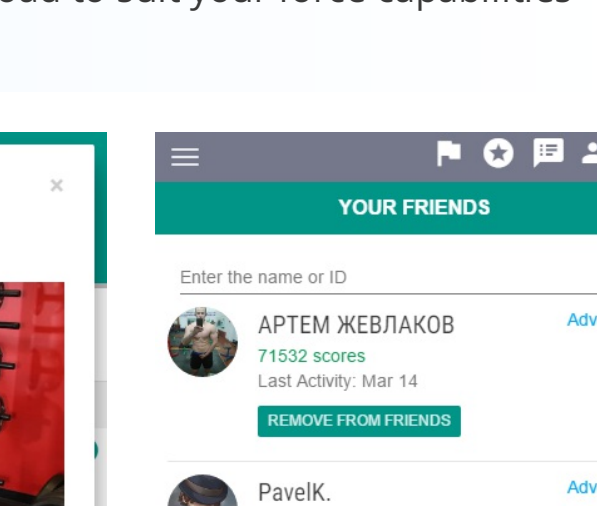
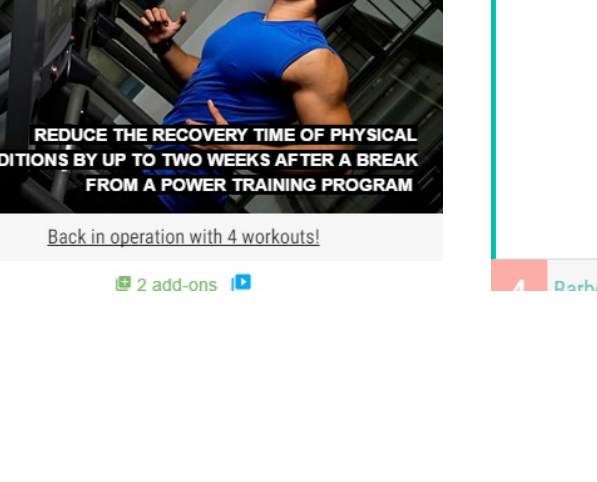
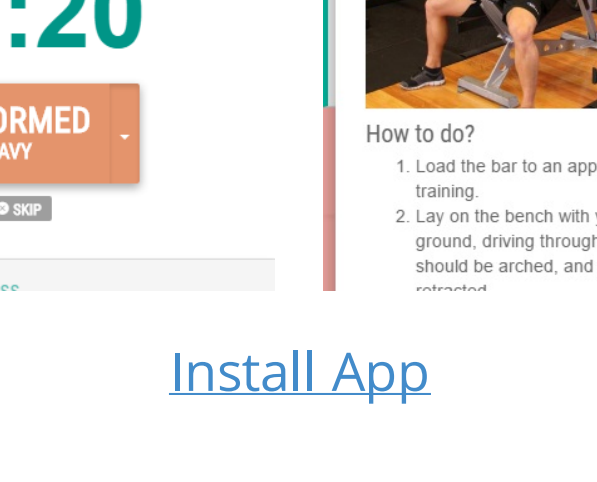
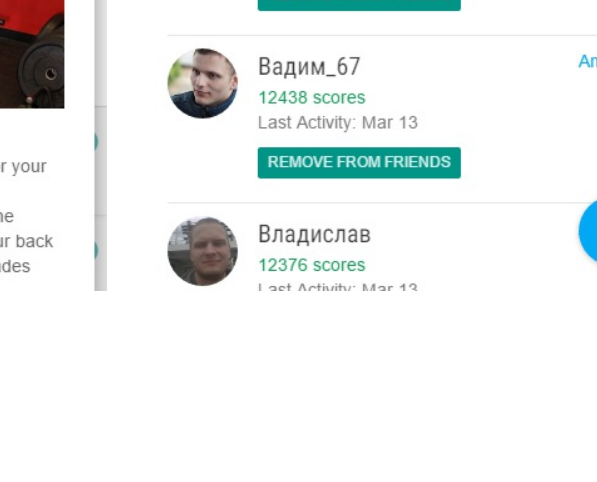
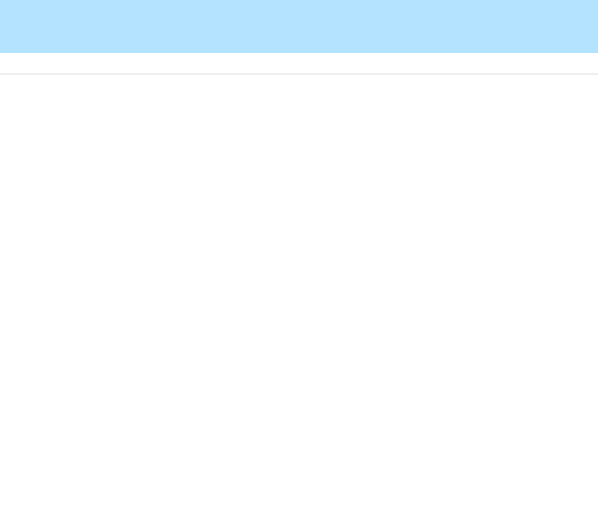
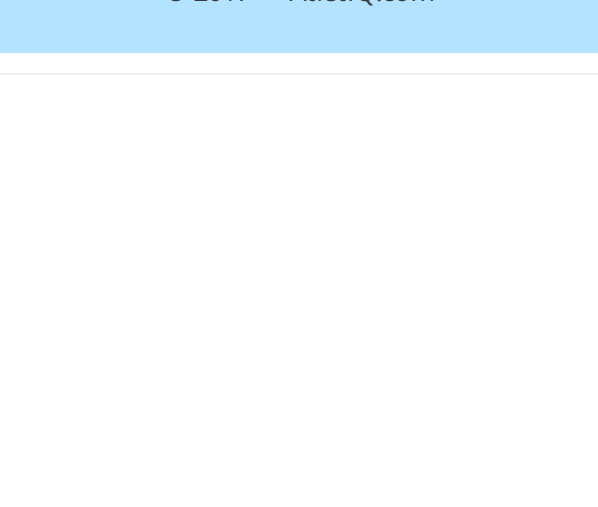
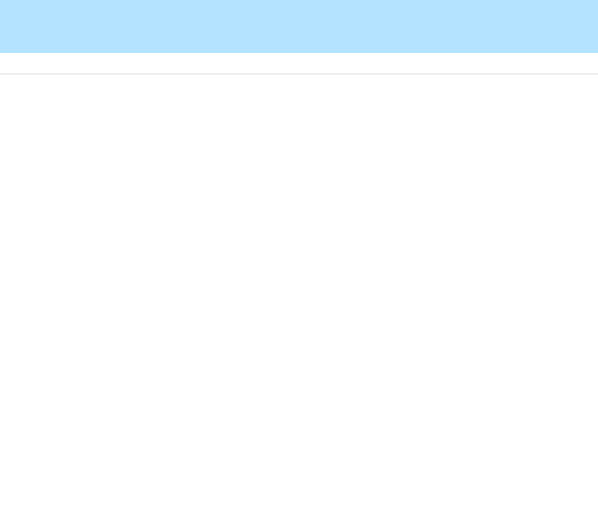











This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



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.

<b>Workout #1</b> ⌚ 58 min	<b>Workout #2</b> ⌚ 60 min	<b>Workout #3</b> ⌚ 58 min
<b>Leg Press</b> 3×20 Rest: ⌚ 120 sec heavy	<b>Smith Machine Squat</b> 3×20 Rest: ⌚ 120 sec heavy	<b>Dumbbell Lunges</b> 4×20 Rest: ⌚ 120 sec heavy
<b>Seated Cable Rows</b> 3×20 Rest: ⌚ 120 sec heavy	<b>Seated Calf Raise</b> 2×25 Rest: ⌚ 120 sec heavy	<b>Подтягивания широким хватом к груди</b> 3×10 max Rest: ⌚ 120 sec to failure
<b>Dips - Chest Version</b> 2×20 Rest: ⌚ 120 sec heavy	<b>Close-Grip Front Lat Pulldown</b> 3×20 Rest: ⌚ 120 sec heavy	<b>Barbell Bench Press - Medium Grip</b> 3×20 Rest: ⌚ 120 sec heavy
<b>Smith Machine Overhead Shoulder Press</b> 2×20 Rest: ⌚ 120 sec heavy	<b>Dumbbell Flies</b> 3×20 Rest: ⌚ 120 sec heavy	<b>Barbell Curl</b> 3×20 Rest: ⌚ 120 sec heavy
<b>Standing Biceps Cable Curl</b> 2×20 Rest: ⌚ 120 sec heavy	<b>Tricep Dumbbell Kickback</b> 2×20 Rest: ⌚ 120 sec heavy	<b>Bench Dips</b> 3×15 Rest: ⌚ 120 sec heavy
<b>Triceps Pushdown</b> 2×20 Rest: ⌚ 120 sec heavy	<b>Dumbbell Bicep Curl</b> 2×20 Rest: ⌚ 120 sec heavy	<b>Knee/Hip Raise On Parallel Bars</b> 2×30 max Rest: ⌚ 120 sec to failure
<b>Планка</b> 3×60 sec Rest: ⌚ 90 sec heavy	<b>Decline Crunch</b> 2×30 max Rest: ⌚ 120 sec to failure	700 scores
488 scores	525 scores	
<b>Workout #4</b> ⌚ 74 min	<b>Workout #5</b> ⌚ 75 min	<b>Workout #6</b> ⌚ 71 min
<b>Leg Press</b> 3×16 Rest: ⌚ 180 sec heavy	<b>Smith Machine Squat</b> 3×16 Rest: ⌚ 180 sec heavy	<b>Dumbbell Lunges</b> 4×16 Rest: ⌚ 180 sec heavy
<b>Seated Cable Rows</b> 3×16 Rest: ⌚ 180 sec heavy	<b>Seated Calf Raise</b> 2×20 Rest: ⌚ 180 sec heavy	<b>Подтягивания широким хватом к груди</b> 3×10 max Rest: ⌚ 120 sec to failure
<b>Dips - Chest Version</b> 2×16 Rest: ⌚ 180 sec heavy	<b>Close-Grip Front Lat Pulldown</b> 3×16 Rest: ⌚ 180 sec heavy	<b>Barbell Bench Press - Medium Grip</b> 3×16 Rest: ⌚ 180 sec heavy
<b>Smith Machine Overhead Shoulder Press</b> 2×16 Rest: ⌚ 180 sec heavy	<b>Dumbbell Flies</b> 3×16 Rest: ⌚ 180 sec heavy	<b>Barbell Curl</b> 3×16 Rest: ⌚ 180 sec heavy
<b>Standing Biceps Cable Curl</b> 2×16 Rest: ⌚ 180 sec heavy	<b>Tricep Dumbbell Kickback</b> 2×16 Rest: ⌚ 180 sec heavy	<b>Bench Dips</b> 3×12 Rest: ⌚ 180 sec heavy
<b>Triceps Pushdown</b> 2×16 Rest: ⌚ 180 sec heavy	<b>Dumbbell Bicep Curl</b> 2×16 Rest: ⌚ 180 sec heavy	<b>Knee/Hip Raise On Parallel Bars</b> 2×30 max Rest: ⌚ 120 sec to failure
<b>Планка</b> 3×90 sec Rest: ⌚ 120 sec heavy	<b>Decline Crunch</b> 2×30 max Rest: ⌚ 120 sec to failure	654 scores
448 scores	475 scores	
<b>Workout #7</b> ⌚ 65 min	<b>Workout #8</b> ⌚ 67 min	<b>Workout #9</b> ⌚ 63 min
<b>Leg Press</b> 3×20 Rest: ⌚ 150 sec heavy	<b>Smith Machine Squat</b> 3×20 Rest: ⌚ 150 sec heavy	<b>Dumbbell Lunges</b> 4×20 Rest: ⌚ 150 sec heavy
<b>Seated Cable Rows</b> 3×20 Rest: ⌚ 150 sec heavy	<b>Seated Calf Raise</b> 2×25 Rest: ⌚ 120 sec heavy	<b>Подтягивания широким хватом к груди</b> 3×10 max Rest: ⌚ 120 sec to failure
<b>Dips - Chest Version</b> 2×20 Rest: ⌚ 150 sec heavy	<b>Close-Grip Front Lat Pulldown</b> 3×20 Rest: ⌚ 150 sec heavy	<b>Barbell Bench Press - Medium Grip</b> 3×20 Rest: ⌚ 150 sec heavy
<b>Smith Machine Overhead Shoulder Press</b> 2×20 Rest: ⌚ 150 sec heavy	<b>Dumbbell Flies</b> 3×20 Rest: ⌚ 150 sec heavy	<b>Barbell Curl</b> 3×20 Rest: ⌚ 150 sec heavy
<b>Standing Biceps Cable Curl</b> 2×20 Rest: ⌚ 150 sec heavy	<b>Tricep Dumbbell Kickback</b> 2×20 Rest: ⌚ 150 sec heavy	<b>Bench Dips</b> 3×15 Rest: ⌚ 120 sec heavy
<b>Triceps Pushdown</b> 2×20 Rest: ⌚ 150 sec heavy	<b>Dumbbell Bicep Curl</b> 2×20 Rest: ⌚ 150 sec heavy	<b>Knee/Hip Raise On Parallel Bars</b> 2×30 max Rest: ⌚ 120 sec to failure
<b>Планка</b> 3×60 sec Rest: ⌚ 90 sec heavy	<b>Decline Crunch</b> 2×30 max Rest: ⌚ 120 sec to failure	693 scores
478 scores	516 scores	
<b>Workout #10</b> ⌚ 68 min	<b>Workout #11</b> ⌚ 68 min	<b>Workout #12</b> ⌚ 66 min
<b>Leg Press</b> 3×18 Rest: ⌚ 150 sec heavy	<b>Smith Machine Squat</b> 3×18 Rest: ⌚ 150 sec heavy	<b>Dumbbell Lunges</b> 4×18 Rest: ⌚ 150 sec heavy
<b>Seated Cable Rows</b> 3×18 Rest: ⌚ 150 sec heavy	<b>Seated Calf Raise</b> 2×20 Rest: ⌚ 180 sec heavy	<b>Подтягивания широким хватом к груди</b> 3×10 max Rest: ⌚ 120 sec to failure
<b>Dips - Chest Version</b> 2×18 Rest: ⌚ 150 sec heavy	<b>Close-Grip Front Lat Pulldown</b> 3×18 Rest: ⌚ 150 sec heavy	<b>Barbell Bench Press - Medium Grip</b> 3×18 Rest: ⌚ 150 sec heavy
<b>Smith Machine Overhead Shoulder Press</b> 2×18 Rest: ⌚ 150 sec heavy	<b>Dumbbell Flies</b> 3×18 Rest: ⌚ 150 sec heavy	<b>Barbell Curl</b> 3×18 Rest: ⌚ 150 sec heavy
<b>Standing Biceps Cable Curl</b> 2×18 Rest: ⌚ 150 sec heavy	<b>Tricep Dumbbell Kickback</b> 2×18 Rest: ⌚ 150 sec heavy	<b>Bench Dips</b> 3×12 Rest: ⌚ 180 sec heavy
<b>Triceps Pushdown</b> 2×18 Rest: ⌚ 150 sec heavy	<b>Dumbbell Bicep Curl</b> 2×18 Rest: ⌚ 150 sec heavy	<b>Knee/Hip Raise On Parallel Bars</b> 2×30 max Rest: ⌚ 120 sec to failure
<b>Планка</b> 3×90 sec Rest: ⌚ 120 sec heavy	<b>Decline Crunch</b> 2×30 max Rest: ⌚ 120 sec to failure	676 scores
477 scores	501 scores	

Directory of the exercises

<b>Barbell Bench Press - Medium Grip</b> 	<b>Barbell Curl</b> 	<b>Bench Dips</b> 
<b>Close-Grip Front Lat Pulldown</b> 	<b>Decline Crunch</b> 	<b>Dips - Chest Version</b> 
<b>Dumbbell Bicep Curl</b> 	<b>Dumbbell Flies</b> 	<b>Dumbbell Lunges</b> 
<b>Knee/Hip Raise On Parallel Bars</b> 	<b>Leg Press</b> 	<b>Seated Cable Rows</b> 
<b>Seated Calf Raise</b> 	<b>Smith Machine Overhead Shoulder Press</b> 	<b>Smith Machine Squat</b> 
<b>Standing Biceps Cable Curl</b> 	<b>Tricep Dumbbell Kickback</b> 	<b>Triceps Pushdown</b> 
<b>Планка</b> 	<b>Подтягивания широким хватом к груди</b> 	

**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 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 / Bulkup / 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