7

7

7

7

7

7

7

7

7

7

7

7

7

7

2 day (rest)

3 day

4 day (rest)

5 day

6 day (rest)

7 day

8 day (rest)

Training intensity for each exercise

8

Workout #2

Cable Crossover

1x7 Rest: **Q** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1x7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

Triceps Pushdown

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: @ 60 sec

1×7 Rest: **②** 80 sec

Workout #5

Leg Press

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 65 sec

1x7 Rest: @ 85 sec

1×7 Rest: **②** 45 sec

1x7 Rest: **Q** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1x7 Rest: **@** 65 sec

1x7 Rest: @ 85 sec

1×7 Rest: **②** 45 sec

1x7 Rest: **Q** 45 sec

1x7 Rest: **②** 50 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 65 sec

1x7 Rest: @ 85 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 65 sec

1×7 Rest: @ 85 sec

Leverage Incline Chest Press

1×7 Rest: @ 35 sec

1×7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1x7 Rest: @ 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: @ 75 sec

1x7 Rest: @ 35 sec

1×7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1x7 Rest: **②** 55 sec

1x7 Rest: @ 55 sec

1×7 Rest: **②** 75 sec

2×7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: @ 75 sec

1×7 Rest: @ 35 sec

1x7 Rest: @ 35 sec

1×7 Rest: **4**0 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: @ 75 sec

Workout #11

Lying Leg Curls

1×7 Rest: **②** 30 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1x7 Rest: **Q** 45 sec

1×7 Rest: **②** 65 sec

1x7 Rest: @ 50 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 30 sec

1x7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1x7 Rest: **②** 50 sec

1x7 Rest: @ 75 sec

1×7 Rest: **②** 30 sec

1x7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: @ 75 sec

Seated Cable Rows

1×7 Rest: @ 30 sec

1×7 Rest: @ 30 sec

1x7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

Workout #14

Cable Crossover

1×7 Rest: @ 25 sec

1×7 Rest: **②** 30 sec

1x7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1x7 Rest: **②** 60 sec

1×7 Rest: @ 75 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 25 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1x7 Rest: **②** 60 sec

1×7 Rest: @ 75 sec

1x7 Rest: @ 85 sec

1×7 Rest: @ 25 sec

1×7 Rest: @ 30 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

Triceps Pushdown

3×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: @ 75 sec

1×7 Rest: **②** 85 sec

> 5.53 T **₹** 1089 scores **₹** 780 kcal

Directory of the exercises

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

«NUCLEAR ARMS»

Cable Crossover

(48 kgx12)(48 kgx12)(48 kgx12)

00:20

PERFORMED

Parhall Shoulder Dress

weight, **kg** / lbs

 $01:00_{\circ}$

#1

Dumbbell Bench Press

TONNAGE

2.39 T

12

• 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 -

54

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
© 2018 — 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

2. Lay on the bench with your feet flat on the

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

Underhand Cable Pulldowns

Dumbbell Lying Rear Lateral Raise

> 9.21 T **₹** 1111 scores **₹** 800 kcal

Barbell Incline Bench Press Medium-Grip

Leg Extensions

Bent Over Low-Pulley Side Lateral

> 4.73 T **₹** 1389 scores **1000** kcal

One-Arm Dumbbell Row

Bent-Arm Dumbbell Pullover

Workout #8

> 14.04 T 4 1420 scores 1020 kcal

Standing Military Press

Snatch Deadlift

Barbell Bench Press - Medium Grip

> 5.76 T **₹** 1150 scores **₹** 830 kcal

Underhand Cable Pulldowns

Dumbbell Lying Rear Lateral Raise

49 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

② 44 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

41 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

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heavy

very hard

very hard

very hard

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heavy

very hard

very hard

very hard

40 min

heavy

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very hard

very hard

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very hard

very hard

very hard

heavy

heavy

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very hard

very hard

very hard

heavy

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heavy

very hard

very hard

very hard

46 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

41 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

General recommendations on training with AtletIQ

application which is an interactive smart timer.

10

12

14

② 44 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

46 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

② 41 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

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heavy

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heavy

very hard

very hard

very hard

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

40 min

heavy

heavy

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very hard

very hard

very hard

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heavy

very hard

very hard

very hard

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heavy

heavy

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very hard

very hard

very hard

heavy

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heavy

heavy

very hard

very hard

very hard

41 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

very hard

very hard

very hard

7

7

7

7

7

7

7

7

7

7

7

7

7

7

Snatch Deadlift

Cable Crossover

Triceps Pushdown

Lying Leg Curls

Leg Extensions

Seated Cable Rows

Leverage Incline Chest Press

Bent-Arm Dumbbell Pullover

Bent Over Low-Pulley Side Lateral

One-Arm Dumbbell Row

Standing Military Press

Dumbbell Lying Rear Lateral Raise

Barbell Incline Bench Press Medium-Grip

Underhand Cable Pulldowns

3

4

1

2

3

4

1

2

3

4

1

2

3

4

1250

1000

750

500

250

Workout #1

Leg Press

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1×7 Rest: @ 70 sec

1×7 Rest: **②** 90 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 90 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1×7 Rest: @ 70 sec

1×7 Rest: **②** 70 sec

1×7 Rest: **②** 90 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 65 sec

1×7 Rest: @ 70 sec

1×7 Rest: **②** 90 sec

Workout #4

Rest: **②** 70 sec

Leverage Incline Chest Press

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

1×7 Rest: **0** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 60 sec

Rest: **②** 55 sec

Rest: **②** 60 sec

Rest: **②** 80 sec

One-Arm Dumbbell Row

2×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1x7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

Workout #7

Lying Leg Curls

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1x7 Rest: **②** 50 sec

1×7 Rest: **0** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **0** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 35 sec

1×7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

Seated Cable Rows

1x7 Rest: @ 35 sec

1x7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

Workout #10

Cable Crossover

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 30 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

Triceps Pushdown

1×7 Rest: @ 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

Workout #13

Leg Press

1×7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 70 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 95 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 70 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 95 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 70 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 95 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 70 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 95 sec

Workout #16

Leverage Incline Chest Press

1x7 Rest: @ 25 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

1×7 Rest: @ 25 sec

1x7 Rest: @ 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: @ 75 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 40 sec 1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 25 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

of each set.

break.

the the planned.

these are not all application features.

P 😯 🗏 🚢 🃭

Find program

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 I

-- Show all -

Complexity

-- Show all

Workout place

-- Show all -

Active Recovery

Bent Over Low-Pulley Side Lateral

> 4.6 T **4** 1316 scores **950** kcal

One-Arm Dumbbell Row 1×7 Rest: ② 25 sec 2×7 Rest: ③ 30 sec

Bent-Arm Dumbbell Pullover

> 14.04 T 4 1420 scores 1020 kcal

Standing Military Press

Snatch Deadlift

Barbell Bench Press - Medium Grip

> 5.76 T **₹** 1150 scores **₹** 830 kcal

Rest: **②** 65 sec

Underhand Cable Pulldowns

Dumbbell Lying Rear Lateral Raise

Rest: **②** 40 sec

Barbell Incline Bench Press Medium-Grip

Leg Extensions

1×7 Rest: ② 35 sec

Rest: **②** 50 sec

Rest: **②** 60 sec

Bent Over Low-Pulley Side Lateral

> 4.73 T **₹** 1389 scores **1000** kcal

Bent-Arm Dumbbell Pullover

> 14.04 T ◀ 1420 scores 👤 1020 kcal

Standing Military Press

Snatch Deadlift

Rest: **@** 60 sec

Rest: **②** 70 sec

Rest: **②** 70 sec

Rest: **②** 70 sec

Barbell Bench Press - Medium Grip

ОБЪЕМИЫЙ ТРЕНИНГ

② 35-95 sec

② 35-95 sec

② 25-85 sec

1664

1387

1109

832

555

277

0

Workout #3

Lying Leg Curls

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **0** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

Seated Cable Rows

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 80 sec

Workout #6

Cable Crossover

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 35 sec

1×7 Rest: @ 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **0** 55 sec

1×7 Rest: **②** 75 sec

Triceps Pushdown

1×7 Rest: @ 35 sec

1×7 Rest: **②** 35 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

Workout #9

Leg Press

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1x7 Rest: **@** 60 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 60 sec

1x7 Rest: @ 85 sec

1x7 Rest: **②** 40 sec

1x7 Rest: **②** 40 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 55 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 85 sec

Leverage Incline Chest Press

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 30 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

2×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 45 sec

1×7 Rest: **②** 65 sec

1×7 Rest: **②** 50 sec

1×7 Rest: **②** 75 sec

Workout #15

Lying Leg Curls

1×7 Rest: **②** 25 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 25 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

1×7 Rest: **②** 25 sec

1×7 Rest: @ 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

Seated Cable Rows

1×7 Rest: **②** 25 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 30 sec

1×7 Rest: **②** 40 sec

1×7 Rest: **②** 60 sec

1×7 Rest: **②** 75 sec

1×7 Rest: **②** 85 sec

> 8.94 T **₹** 1053 scores **₹** 760 kcal

Barbell Incline Bench Press Medium-Grip

Leg Extensions

Bent Over Low-Pulley Side Lateral

> 4.73 T **₹** 1389 scores **₹** 1000 kcal

One-Arm Dumbbell Row

Bent-Arm Dumbbell Pullover

Workout #12

> 14.04 T 🚀 1420 scores 👤 1020 kcal

Standing Military Press

Snatch Deadlift

Barbell Bench Press - Medium Grip

> 5.76 T **₹** 1150 scores **₹** 830 kcal

Underhand Cable Pulldowns

Dumbbell Lying Rear Lateral Raise

> 9.21 T **₹** 1111 scores **₹** 800 kcal

Barbell Incline Bench Press Medium-Grip

Leg Extensions

16

The total intensity

Snatch Deadlift

Bent-Arm Dumbbell Pullover

Bent Over Low-Pulley Side Lateral
Underhand Cable Pulldowns

Barbell Bench Press - Medium Grip

Dumbbell Lying Rear Lateral Raise

44 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

41 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

② 45 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

40 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

41 min

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

heavy

heavy

heavy

heavy

very hard

very hard

very hard

Advanced 1

Amateur 6

Amateur 3

YOUR FRIENDS

АРТЕМ ЖЕВЛАКОВ

REMOVE FROM FRIENDS

71532 scores Last Activity: Mar 14

PavelK.

42783 scores

Константин

21846 scores Last Activity: Mar 14

Вадим_67 12438 scores

Владислав

12376 scores

Last Activity: Mar 13

REMOVE FROM FRIENDS

Last Activity: Feb 10

REMOVE FROM FRIENDS

REMOVE FROM FRIEND

Enter the name or ID

Barbell Incline Bench Press Medium-Grip

Leverage Incline Chest Press

Standing Military Press

One-Arm Dumbbell Row

Seated Cable Rows

Cable Crossover

Leg Extensions
Lying Leg Curls
Triceps Pushdown

Leg Press