Hey, guys! This program for 8 weeks of progress of your strength and aesthetic form. Here we do not just lift weights, but strengthen our ligaments and joints - which will help to be not only strong, but also healthy! Before starting, do not forget to fix your current private record in the press/deadlift/squat to compare with the result 2 months after the completion of the program I AM SURE YOU WILL BE SURPRISEDI Let's go, champ!

How to choose the right weight for your workouts

Selecting the appropriate weight for your workouts is highly individualized. I cannot tell you which weight to use for each exercise because everyone's strength levels are different. In all working sets, you should choose a weight that will be challenging for you, for example, you can do only 3 sets of 10 reps (as stated in the program), leaving one repetition in reserve for each set. However, for the final set of each exercise, you should go all-out and complete 10 reps with maximum effort. If you don't choose the right weight, don't worry! Even if you perform 8 reps in the final set, giving it your all, or 12 reps and expending all your energy WITHOUT compromising your technique, it will still be great. The 3 sets of 10 reps are just an example or guideline that we follow, and slight variations won't make a difference if you work at 150% effort. Remember, TECHNIQUE IS KEY. As soon as you don't follow, it becomes dangerous! Always control your technique.

When to increase the weight

To make progress, you need to "surprise" your muscles by periodically changing exercises and increasing the weight. While varying exercises is straightforward, you can base your weight choices on how easily you complete the designated number of reps. If you're already struggling to complete the last rep, it's too soon to add more weight. On the other hand, if you can still do a few more reps with the usual load, it's time to add a bit more weight. It may take some time to determine the right weight for each exercise, but eventually, you'll know exactly which weight suits you best. It should be heavy enough to feel a significant load for the last 2-3 reps of each set. However, you should perform those last 2-3 reps without violating the technique. For example, if you plan to complete 12 reps, you should feel like you want to end the set after the eighth repetition. Remember, what matters most is not the weight your friend uses for an exercise or the weight I use. If you're a beginner, don't rush to increase weight, or you'll risk injury. If you've been working out for a while but can't achieve the desired results, go ahead and add more weight. You can only determine the correct weight for each exercise through trial and error. Be prepared; it may not happen right away. But eventually, you'll progress and achieve the desired results.

Training program

Powerbuilding

Before starting training, do not forget to watch video tutorials, there contain all the information about the warm-up/rest/weights! Lets go, champ!

ABS and core workout

ABS and core workout we do once a week!

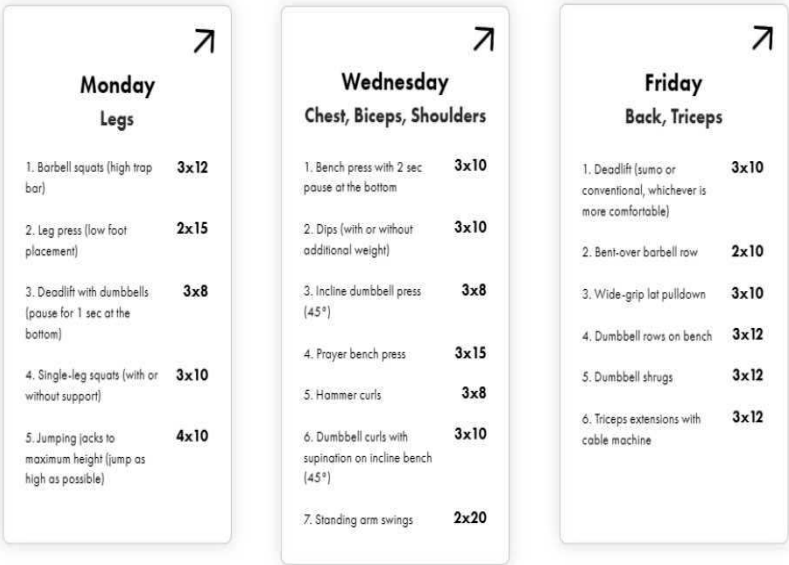
ABS AND BACK MUSCLES ARE YOUR CORSET, INJURY PROTECTION AND YOUR STRENGTH!

Rest between sets in the basic exercise (squat/bench press/deadlift) 4 min

Between other sets 2 min

Between exercises 3 min

Week 1



Rest between sets in the basic exercise (squat/bench press/deadlift) 4 min

Between other sets 2 min

Between exercises 3 min

Week 2

Monday
Legs, Shoulders

1. Barbell squats	**2x8**
2. Barbell squats with pause at the bottom	**2x7**
3. Leg press with wide and high stance	**4x12**
4. Walking lunges with dumbbells for each leg	**3x10**
5. Seated dumbbell lateral raises	**3x15**
6. Standing barbell shoulder press	**3x8**

Wednesday
Chest, Triceps

1. Incline bench press (30°)	**3x10**
2. Dumbbell bench press	**3x10**
3. Cable crossovers	**3x12**
4. Close-grip bench press	**3x8**
5. Seated dumbbell front raises	**3x10**
6. Max push-ups	**1 cer**

Friday
Back, Biceps

1. Box deadlift (3-5 cm height)	**3x8**
2. Deadlift	**2x3**
3. Pull-ups (or lat pulldown)	**3x10**
4. Dumbbell rows in bent-over position	**3x10**
5. Seated dumbbell shrugs	**3x10**
6. Straight barbell curls	**3x12**
7. Reverse grip barbell curls	**2x15**

Rest between sets in the basic exercise (squat/bench press/deadlift) 4 min

Between other sets 2 min

Between exercises 3 min