**Выберите свой уровень подготовки**

 Новичок (до 10 повторений)  
 Средний (10–20 повторений)  
 Выше среднего (больше 20 повторений)

**Неделя 1**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 15 | 18 | 10 | 10 | 14 | **67** |  |
| 2 | 15 | 18 | 15 | 15 | 18 | **81** |  |
| 3 | 17 | 22 | 14 | 14 | 20 | **87** |  |

**Неделя 2**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 21 | 21 | 15 | 15 | 22 | **94** |  |
| 2 | 21 | 24 | 18 | 18 | 26 | **107** |  |
| 3 | 24 | 25 | 21 | 21 | 30 | **121** |  |

**Неделя 3**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 21 | 27 | 21 | 21 | 30 | **120** |  |
| 2 | 30 | 38 | 23 | 23 | 38 | **152** |  |
| 3 | 33 | 42 | 30 | 30 | 45 | **180** |  |

**Неделя 4**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 32 | 38 | 32 | 32 | 48 | **182** |  |
| 2 | 38 | 45 | 38 | 38 | 54 | **213** |  |
| 3 | 45 | 50 | 45 | 45 | 60 | **245** |  |

**Неделя 5**

| День | Подходы | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 54 | 60 | 45 | 36 | 60 |  |  |  | **255** |  |
| 2 | 30 | 30 | 36 | 36 | 27 | 27 | 33 | 70 | **289** |  |
| 3 | 30 | 30 | 36 | 36 | 30 | 30 | 40 | 75 | **307** |  |

**Неделя 6**

| День | Подходы | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 70 | 85 | 52 | 45 | 85 |  |  |  | **337** |  |
| 2 | 33 | 33 | 45 | 45 | 36 | 36 | 32 | 90 | **350** |  |
| 3 | 39 | 39 | 50 | 50 | 39 | 39 | 33 | 105 |  |  |