**Пресс.**

**Выберите свой уровень подготовки.**

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

**Неделя 1**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 9 | 9 | 6 | 6 | 8 | **38** |  |
| 2 | 9 | 12 | 9 | 9 | 10 | **49** |  |
| 3 | 12 | 15 | 11 | 11 | 15 | **64** |  |

**Неделя 2**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 14 | 17 | 12 | 12 | 17 | **72** |  |
| 2 | 15 | 18 | 14 | 14 | 20 | **81** |  |
| 3 | 18 | 20 | 15 | 15 | 23 | **91** |  |

**Неделя 3**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 18 | 25 | 19 | 19 | 25 | **106** |  |
| 2 | 21 | 28 | 21 | 21 | 28 | **119** |  |
| 3 | 24 | 32 | 23 | 23 | 32 | **134** |  |

**Неделя 4**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 27 | 33 | 24 | 24 | 38 | **146** |  |
| 2 | 30 | 38 | 30 | 30 | 42 | **170** |  |
| 3 | 35 | 42 | 25 | 25 | 50 | **177** |  |

**Неделя 5**

| День | Подходы | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 42 | 52 | 38 | 33 | 52 |  |  |  | **217** |  |
| 2 | 27 | 27 | 30 | 30 | 21 | 21 | 24 | 60 | **240** |  |
| 3 | 26 | 26 | 30 | 30 | 26 | 26 | 30 | 67 | **261** |  |

**Неделя 6**

| День | Подходы | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 60 | 75 | 38 | 35 | 75 |  |  |  | **283** |  |
| 2 | 30 | 30 | 35 | 35 | 30 | 30 | 27 | 80 | **297** |  |
| 3 | 33 | 33 | 45 | 45 | 34 | 34 | 27 | 90 | **341** |  |