**Отжимания.**

**Выберите свой уровень подготовки.**

 Новичок (до 5 отжиманий)  
 Средний (6–10 отжиманий)  
 Выше среднего (11 и более отжиманий)

**Неделя 1**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 6 | 6 | 4 | 4 | 5 | **25** |  |
| 2 | 6 | 8 | 6 | 6 | 7 | **33** |  |
| 3 | 8 | 10 | 7 | 7 | 10 | **42** |  |

**Неделя 2**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 9 | 11 | 8 | 8 | 11 | **47** |  |
| 2 | 10 | 12 | 9 | 9 | 13 | **53** |  |
| 3 | 12 | 13 | 10 | 10 | 15 | **60** |  |

**Неделя 3**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 12 | 17 | 13 | 13 | 17 | **72** |  |
| 2 | 14 | 19 | 14 | 14 | 19 | **80** |  |
| 3 | 16 | 21 | 15 | 15 | 21 | **88** |  |

**Неделя 4**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 18 | 22 | 16 | 16 | 25 | **97** |  |
| 2 | 20 | 25 | 20 | 20 | 28 | **113** |  |
| 3 | 23 | 28 | 23 | 23 | 33 | **130** |  |

**Неделя 5**

| День | Подходы | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 28 | 35 | 25 | 22 | 35 |  |  |  | **145** |  |
| 2 | 18 | 18 | 20 | 20 | 14 | 14 | 16 | 40 | **160** |  |
| 3 | 18 | 18 | 20 | 20 | 17 | 17 | 20 | 45 | **175** |  |

**Неделя 6**

| День | Подходы | | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 40 | 50 | 25 | 25 | 50 |  |  |  |  | **190** |  |
| 2 | 20 | 20 | 23 | 23 | 20 | 20 | 18 | 18 | 53 | **215** |  |
| 3 | 22 | 22 | 30 | 30 | 25 | 25 | 18 | 18 | 55 | **245** |  |