**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 | 2 | 3 | 2 | 2 | 3 | **12** |  |
| 2 | 3 | 4 | 2 | 3 | 4 | **16** |  |
| 3 | 4 | 5 | 4 | 4 | 5 | **22** |  |

**Неделя 2**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 4 | 6 | 4 | 4 | 6 | **24** |  |
| 2 | 5 | 6 | 4 | 4 | 7 | **26** |  |
| 3 | 5 | 7 | 5 | 5 | 8 | **30** |  |

**Неделя 3**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 10 | 12 | 7 | 7 | 9 | **45** |  |
| 2 | 10 | 12 | 8 | 8 | 12 | **50** |  |
| 3 | 11 | 13 | 9 | 9 | 13 | **55** |  |

**Неделя 4**

| День | Подходы | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 12 | 14 | 11 | 10 | 16 | **63** |  |
| 2 | 14 | 16 | 12 | 12 | 18 | **72** |  |
| 3 | 16 | 18 | 13 | 13 | 20 | **80** |  |

**Неделя 5**

| День | Подходы | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 17 | 19 | 15 | 15 | 20 |  |  |  | **86** |  |
| 2 | 10 | 10 | 13 | 13 | 10 | 10 | 9 | 25 | **100** |  |
| 3 | 13 | 13 | 15 | 15 | 12 | 12 | 10 | 30 | **120** |  |

**Неделя 6**

| День | Подходы | | | | | | | | | Всего |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 25 | 30 | 20 | 15 | 40 |  |  |  |  | **130** |  |
| 2 | 14 | 14 | 15 | 15 | 14 | 14 | 10 | 10 | 44 | **150** |  |
| 3 | 13 | 13 | 17 | 17 | 16 | 16 | 14 | 14 | 50 | **170** |  |