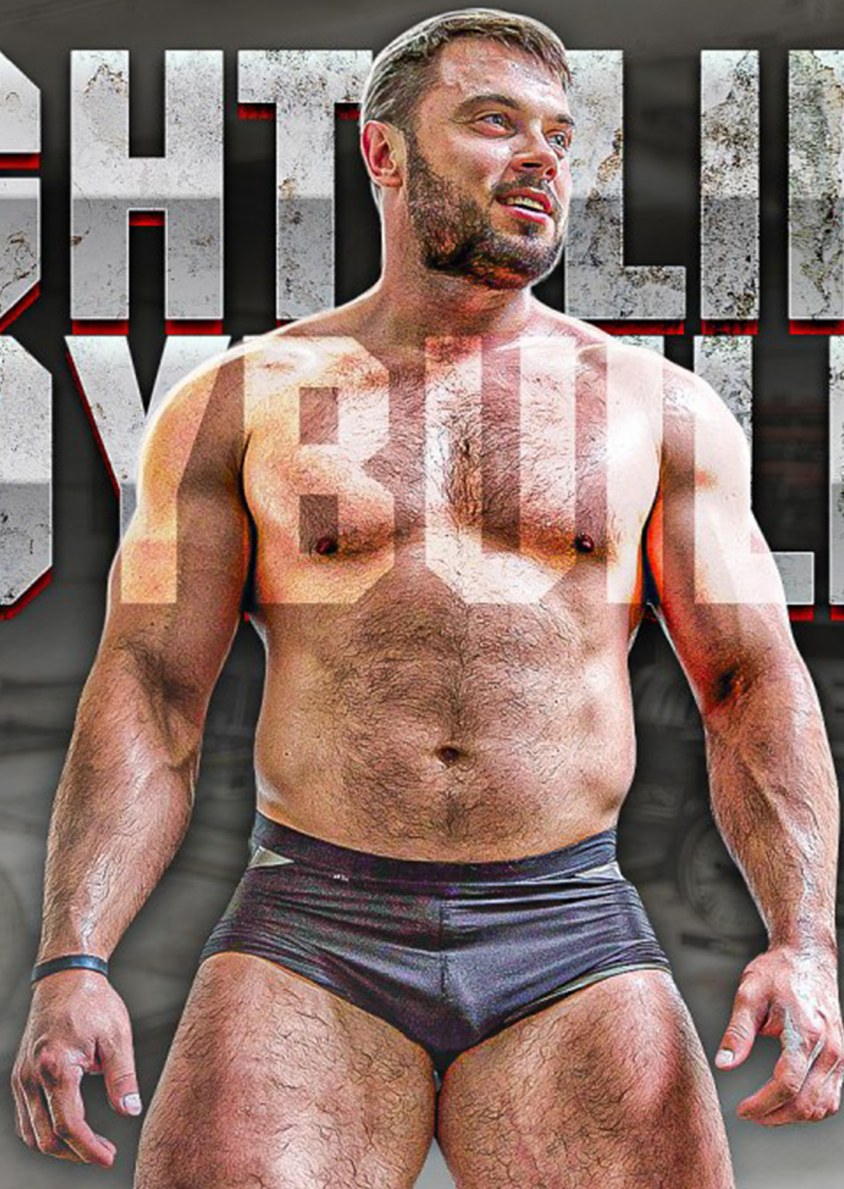


# WEIGHTLIFTING BODYBUILDING



TOROKHTIY

4 WEEKS CYCLE



The goal of the **WEIGHTLIFTING BODYBUILDING** program is to train the main muscle groups in order to strengthen them and prevent injury.

The program is 4 weeks long with 3 sessions per week + 1 optional technical training.

The optimal time to follow this program is the off-season and transition period. These loads will be an excellent alternative to traditional weightlifting cycle loads for athletes who want a physical and psychological break from dynamic explosive work and heavy weights, but at the same time train for their own benefit.


For athletes who still want to do the minimum weightlifting work during these 4 weeks, an option is offered - additional technical training. It will help to support your technical and conditional level.

The training program is designed according to the scheme of the traditional 3-day weekly split:


1. legs-shoulders **LEGS / SHOULDERS**
2. chest-triceps **CHEST / TRICEPS**
3. back-biceps **BACK / BICEPS**

Both classic strength exercises and special exercises are used to strengthen the stabilizers and small muscle groups, which play an important role in the reliability of the weightlifter's muscular system.

### GENERAL TRAINING APPROACH

- It is essential to do a general warm up (at least 10 minutes) and prepare your body for work before each session.
- Also, before the main part of each session, a special warm-up  is planned to prepare and activate the target muscle groups.

### BASIC TRAINING RULES













1. Focus on engaging the primary group muscle first.
2. Lift weights in a slow and controlled manner, maintaining constant tension throughout the movement.
3. Swinging the weight or using momentum increases the potential for injury.
4. Maintain proper posture. Chest up, shoulders back, neutral spine, chin straight ahead.
5. Start off with light weight as a warm up (do not count warm up sets as working sets) and increase weight with each set, while maintaining proper form.
6. A special stretching  is planned to recover and relax those muscles that were involved at the end of each session.



## EXERCISE DESCRIPTION

The format of this program differs from the standard weightlifting cycle, as in most exercises we do not have the ability to calculate the % of the 1RM in the snatch or clean and jerk. Also, some of the exercises are performed with your own bodyweight or special equipment.

### Program symbols you need to know:

-  - the exercise is performed with your own bodyweight.
-  - the exercise is performed with the [Shoulders activation system](#), use code **SAS30**. If you don't have this device, it is possible to use any rubber bands.
-  **(LIGHT INTENSITY)** - working with this weight does not create strong muscle tension, you can easily concentrate on the technique. After completing all reps, you feel that you can safely do 4-6 reps more, slight muscle fatigue, slightly rapid breathing and pulse.
-  **(MEDIUM INTENSITY)** - moderately heavy working weight, you need to be physically and psychologically concentrated, after completing the set you should feel 3-4 reps in reserve, significant muscle fatigue, rapid breathing.
-  **(HIGH INTENSITY)** - the most difficult work, each rep requires full concentration and dedication, 1-2 reps in reserve only: work almost to muscle failure, heavy breathing and heart rate.
-  - stretching
-  - Workout duration     - Volume     - Intensity     - Warmup
-  } Video library (click to play)    **45** `` - 45 sec
- 


The program includes **ASYMMETRIC** exercises that are performed with an unevenly loaded bar (example: 5 kg disc on the left end and 10 kg disc on the right end). The purpose of these exercises is to develop coordination and strengthen the stabilizing muscles.

**NOTE:** Before setting a working weight, try "understandable light weight". Control the weight difference at the ends of the bar so that the work is done efficiently and safely.



**Asymmetry DEADLIFT** ⓘ

2 + 2 sets / 12 reps L



**Split SQUATS** ⓘ

2 sets / 15 + 15 reps L

**4 SUPERSETS** ⓘ

	<span>L</span>	<b>Asymmetry PRESS</b>	12 reps
<i>- superset with -</i>			
	<span>L</span>	<b>DISC Vertical Press</b>	12 reps

**2 + 2** means 2 sets on each left / right side. It is recommended to alternate sets between the right and left sides.

The program includes exercises in which the load is performed in one set, first with one leg / arm, and then with the other.

**SUPERSET:** performing two or more exercises back to back with no rest in between.

Optimal rest periods between exercises can vary from 30 seconds or less up to 3 minutes. Recommended rest intervals between sets - until you catch your breath.

## RECOMMENDED EQUIPMENT

- Barbell and Bumper Plates
- Squat Rack
- Incline Bench
- Collars
- Shoulder Activation System
- Pull up bar
- Kettlebells
- Plyometric Box (approx. 20-24 Inch)

**NOTE:** For personal use only.





60 min **SESSION 1 LEGS / SHOULDERS**

- 2 ROUNDS**
- BW** Gakk SQUATS 15 reps
- BW** Superman 15 reps
- BW** ABS 15 reps
- SAS** Shoulders Activation 1 15 reps

**Back SQUATS** 3 sets / 8 reps **M**

**Bench Back SQUATS** 3 sets / 10 reps **M**

**Split SQUATS** 2 sets / 15 + 15 reps **L**

**Calf RISE** 2 sets / 20 reps **BW**

**Push PRESS** 3 sets / 8 reps **M**

**Military PRESS** 3 sets / 15 reps **M**

**DISC Rear Delt FLY** 2 sets / 20 reps **M**

**ABS** 2 sets / 15 reps **BW**

**Plank** 2 sets / 45'' **BW**

**Stretching**

40 min **SESSION 2 CHEST / TRICEPS**

- 2 ROUNDS**
- BW** Pushup 10 reps
- BW** Reverse Triceps Pushup 10 reps

**Bench PRESS** 3 sets / 10 reps **M**

**Incline Bench PRESS (wide grip)** 3 sets / 15 reps **L**

**Chest Horizontal FLY** 2 sets / 25 reps **SAS**

**French PRESS** 3 sets / 15 reps **M**

**2 SUPERSETS**  
**SAS** Triceps EXTENSION 20+20 reps  
 - superset with -  
**BW** Military PLANK 30''

**Stretching**

30 min **TECHNICAL OPTIONAL SESSION SNATCH**

- 3 ROUNDS**
- L** PVC Muscle SNATCH + Sn BALANCE + OHS 5+5+5 reps
- Power SNATCH + SNATCH** 4-6 sets / 2+2 reps **L**

40 min **SESSION 3 BACK / BICEPS**

- 2 ROUNDS**
- BW** Superman Row 15 reps
- L** DISC Pickup 15 reps
- SAS** Core Rotation 20 reps

**Snatch DEADLIFT** 3 sets / 8 reps **M**

**Romanian DEADLIFT** 3 sets / 12 reps **M**

**Bar Lateral PULL** 3 sets / 12 reps **M**

**Bar Biceps CURLS** 3 sets / 15 reps **M**

**Wrist FLEXION** 2 sets / 15 reps **L**

**DISC Juggling** 2 sets / 30 reps **L**

**Stretching**

60 min **SESSION 1 LEGS / SHOULDERS**

**3 ROUNDS**

- BW** Superman cross 16 reps
- BW** Glute Bridge 15 reps
- BW** ABS 15 reps
- SAS** Shoulders Activation 2 15 reps

**Front SQUATS** H

3 sets / 6 reps

**Bench Back SQUATS** M

3 sets / 12 reps

**Forward LUNGES** L

3 sets / 12 + 12 reps

**Snatch Push PRESS** M

3 sets / 10 reps

**Asymmetry PRESS** L

2 + 2 sets / 15 reps

**2 SUPERSETS**

- L** DISC Shoulders FLY 15 reps
- superset with -
- L** DISC Vertical PRESS 15 reps

**Reverse PLANK** BW

2 sets / 45''

**Stretching**

45 min **SESSION 2 CHEST / TRICEPS**

**3 ROUNDS**

- BW** Wide Pushup 10 reps
- SAS** Chest Horizontal FLY 20 reps

**Bench PRESS** H

3 sets / 10 reps

**Asymmetry Bench PRESS** L

2 + 2 sets / 15 reps

**Incline Bench PRESS (narrow grip)** M

3 sets / 15 reps

**One leg triceps EXTENSION** L

2 + 2 sets / 20 reps

**2 SUPERSETS**

- SAS** Triceps EXTENSION 30 + 30 reps
- superset with -
- BW** Reverse Triceps Pushup 20 reps

**Stretching**

35 min **TECHNICAL OPTIONAL SESSION CLEAN & JERK**

**4 - 6 ROUNDS**

- L** PVC Muscle CLEAN + Front SQUAT + PRESS 4+4+4 reps

**CLEAN & JERK** L

4-6 sets / 2+2 reps

50 min **SESSION 3 BACK / BICEPS**

**3 ROUNDS**

- BW** Superman Swim 15 reps
- SAS** Core ROTATION 20 reps

**DEADLIFT** H

3 sets / 8 reps

**Asymmetry DEADLIFT** M

2 + 2 sets / 12 reps

**4 SUPERSETS**

- BW** Pull up (reverse grip) 4 - 8 reps
- superset with -
- L** DISC Lateral PULL 12 reps

**Bar Biceps CURLS (reverse grip)** M

2 sets / 20 reps

**KB Wrists Roller** L

2 sets / up & down

**2 SUPERSETS**

- BW** PLANK 60''
- superset with -
- BW** ABS 20 reps

**Stretching**







65 min

SESSION 1 **LEGS / SHOULDERS**

**2 ROUNDS**

- Superman cross 20 reps
- Glute Bridge 15 reps
- ABS 20 reps
- Shoulders Activation 4 15 reps

**Front SQUATS**

3 sets / 8 reps

**Bench Back SQUATS**

2 sets / 12 reps

**Single leg REACH**

2+2 sets / 15 reps

**Squat REACH**

2 sets / 20 reps

**Push PRESS**

3 sets / 8 reps

**4 SUPERSETS**

- Asymmetry PRESS** 12 reps  
- superset with -
- DISC Vertical PRESS** 12 reps

**2 SUPERSETS**

- DISC Front RISE** 16 reps  
- superset with -
- DISC Russian TWIST** 16 reps

**Stretching**

45 min

SESSION 2 **CHEST / TRICEPS**

**2 ROUNDS**

- Reverse Triceps Pushup 15 reps
- Chest Horizontal FLY 20 reps

**Incline Bench PRESS (wide grip)**

3 sets / 12 reps

**Incline Bench PRESS (narrow grip)**

3 sets / 15 reps

**2 SUPERSETS**

- DISC Bridge PRESS** 20 reps  
- superset with -
- DISC bridge PULLOVER** 20 reps

**One Leg Triceps EXTENSION**

2 + 2 sets / 20 reps

**Military PLANK**

3 sets / 45''

**Stretching**

35 min

TECHNICAL OPTIONAL SESSION **CLEAN**

**2 ROUNDS**

- Elbow Rotations 6 reps
- Box Front Squat 6 reps

**Clean PULL till power position + Muscle Squat CLEAN**

3-5 sets / 3+3 reps

**CLEAN**

4-6 sets / 3 reps

50 min

SESSION 3 **BACK / BICEPS**

**2 ROUNDS**

- Superman Swim 20 reps
- Core ROTATION 20 reps

**DEADLIFT**

3 sets / 10 reps

**Asymmetry DEADLIFT**

2 + 2 sets / 12 reps

**DISC Lateral PULL**

4 sets / 12 reps

**3 SUPERSETS**

- Bar Biceps CURLS** 15 reps  
- superset with -
- Wrist FLEXION** 20 reps

**DISC Juggling**

2 sets / 40 reps

**Stretching**



## NUTRITION RECOMMENDATION

The first and most essential thing you should remember before planning your daily ration and diet is its compliance with your goals: bulking, cutting or maintaining your body weight.

Three main macronutrients serve as an energy source for our bodies: carbohydrates, proteins and fats.

For your optimal body composition and fat percentage, your daily ration must be adequate, well-balanced and healthy. Sure sometimes it can include some delicious treats or junk food if you have enough skills to dose them right.

### MACRONUTRIENTS

#### CARBOHYDRATES (4 calories per gram)

This word is feared among many athletes, as it is wrongly associated with instant obesity. In fact, carbohydrates are crucial for muscle and strength growth, athlete workability and endurance and must be the basis of all ration plans. **Couscous, wild rice, corn groats, baked sweet potato, whole wheat pasta** – these are great examples of right and good carbs. Carbohydrates can take from **45 to 60%** of your daily calories.

#### PROTEINS (4 calories per gram)

The most important macronutrient for both bulking and cutting. Usually, proteins take about **20-30%** of your daily calories. Products like **red meat, poultry, fish, eggs, whey and vegetarian proteins, tofu, yogurt, cottage cheese** are perfect sources of complete protein with all essential amino acids. Nuts and peanut butter, for example, provide you not only with proteins but also a good amount of healthy fats.

Red meat limited consumption is recommended. But keep in mind that beside proteins it also contains some beneficial nutrients – iron and other minerals.

#### FATS (9 calories per gram)

Fats have always been the subject to discuss, especially healthy ones. Here are some healthy fats sources – **egg yolks, all types of nuts, olive and linen seed oil, avocado**. Fats should take about **25-35%** of your daily calories.



## SUPPLEMENTS RECOMMENDATIONS

We stick to the rule that the supplements number must be close to a minimum if your diet is well prepared. If you have a medical condition, then you'd better get some consultations from the doctor.

We can recommend two supplements that really work, it is caffeine and creatine monohydrate.

Caffeine in 150 mg\* dosage should be taken before the workout, it will help you to tune yourself to the right mood and also deliver energy for heavy weights lifting.

Creatine monohydrate is a time-tested supplement with real science-based efficiency. It boosts the recovery process, muscle gain and growth of strength indices. Taking creatine in therapeutic doses\* for 2 months won't have a negative impact on your health.

**NOTE\***: please consult your doctor if you have a medical condition.

## WHAT YOU NEED TO REMEMBER

- Drink from **1,2 to 2,8** liters of water daily, not taking into account other beverages;
- The substantial rule for maintaining water balance during the training is **constant water consumption**. At the end of the workout the weight of the athlete must be **150-200 g** more than before.
- If there is tea or coffee in the ration they must be **free of sugar** or sweetener.
- Fruit juices or freshes should not be consumed frequently and in big amounts, as they contain **a lot of fructose**.
- Salt, pepper, spices, herbs **have no strict limitations** and can be added to food according to the taste.
- Marinades that may contain **hidden salt or sugar** are not recommended (soy sauce, mustard). It's much better to use natural citrus fresh, balsamic, pepper powder, salt and greens.
- You can take **every meal with water**, if it is comfortable for you and there are no negative reactions from your digestive tract (abdominal distension, build-up of gases, pain and heartburn).
- There is no need to take additional **vitamin supplements** if you are following the [diet plan](#) where not only macro- but micronutrient balance is also taken into account.
- Other sports supplements are not necessary either. Amateur athletes basically should not take anything else besides therapeutic doses of **caffeine and creatine**.
- Training can be done at any time between the mealtimes. It is preferable to take a meal **at least 1,5 hours before** the physical load to prevent negative consequences from the digestive tract during the workout.





- There is no need to take a meal in the first 30 minutes after the workout, you can take any convenient time afterwards, but it would be good to make it **at least in 2 hours**.
- The last meal should be taken **2,5-3 hours** prior to bedtime. If there are no issues with your sleeping and you are still hungry you can push this time limit to **1,5 hours**.
- Mealtimes schedule is up to you. But it is better to **eat every 3-4 hours**. Eating at the same time is good for your digestive tract and will help it to function properly.
- If you skip your meal at your scheduled time – have it later, the point is **not to miss it completely!**
- If for some reason you are away from the meal that you have planned to eat, **eat something at hand!** Especially if you are trying to get some gains.
- You don't have to count calories when you are using **our diet plans**.

Keep in mind that taking everything **IN MODERATION** will help you get healthier, wealthier and happier. Don't deny your desire to include your favorite meal or beverage in your ration, make it from time to time and within the calorie limit.



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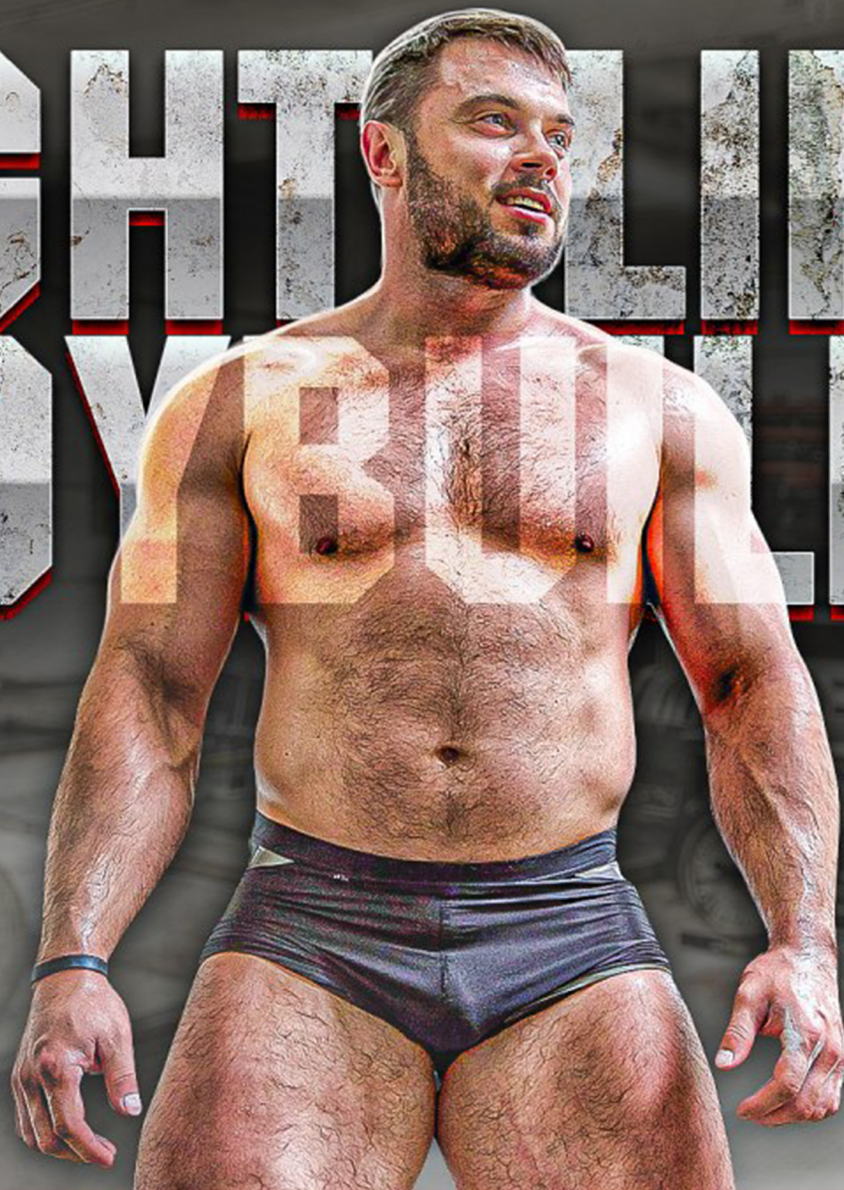
<b>DURATION</b>	all year round	5 weeks	5 weeks	5 weeks
<b>GOOD FOR</b>	all year round training	off season	off season	off season
<b>VIDEO LAB ACCESS</b>	✓	✓	✓	✓
<b>MOBILE VERSION</b>	✓	✓	✓	✓
<b>TECHNICAL PREPARATION</b>	✓	✓	✓	✓
<b>MOBILITY IMPACT</b>	✓	✓	✓	✓
<b>PAYMENT</b>	monthly subscription	onetime	onetime	onetime
<b>PRICE</b>	<del>15 \$</del> 10 \$ /month <b>BUY NOW</b>	<del>29 \$</del> 20 \$ <b>BUY NOW</b>	<del>29 \$</del> 20 \$ <b>BUY NOW</b>	<del>29 \$</del> 20 \$ <b>BUY NOW</b>

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**WARM BODY COLD MIND**

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