

Bodybuilding

Презентация студента
Могиля Павла Васильевича
Группа: ПОфк/м-19-23



Bodybuilding

Bodybuilding is a special sport that differs from most other disciplines. He combined the technique of performing exercises, and strict adherence to the diet, training and recreation, as well as it has absorbed the aesthetic value.

Bodybuilding is a system of exercises aimed at the fastest possible strengthening and growth of muscles. Bodybuilding itself is aimed at developing, strengthening and improving the body.

Power increase

Such training can also include strength training, such as powerlifting. You can also increase your strength in the gym by performing exercises in a specific training mode, with an average of 3-6 repetitions per approach. That is, it is the ability to perform a load with a large weight with a small number of repetitions.



Capacity development

Power is an indicator at which the maximum allowable load is performed in 1-2 repetitions. Again a good example of this is powerlifting or weightlifting, in which a pull, lift, bench press, or push is performed at one time with the maximum allowed weight of the load.



Muscle tone

To strengthen the muscles, without developing their volume or reducing subcutaneous fat, most fitness areas are suitable – from aerobics to swimming or Pilates.



Bodybuilding- dictionary

- Жим штанги от груди — *bench pressing, benchpress.*
- Тяга штанги к подбородку — *barbell upright rowing.*
- Приседания со штангой — *back squat.*
- Становая тяга — *deadlift.*
- Жим гантелей на наклонной скамье — *incline dumbbell press.*
- Подтягивания — *pull-up.*
- Отжимания на брусьях — *dips.*
- Качать пресс — *to do situps.*

Used material:

1. <https://bodybuilding-and-fitness.ru/bodybuilding>
2. photos from the gym