Hey

Hey, guys!

This program for **8 weeks of progress** of your strength and aesthetic form.

Here we do not just lift weights, but strengthen our ligaments and joints - which will help to be not only strong, but also healthy!

Before starting, do not forget to **fix your current private record** in the press/deadlift/squat to compare with the result 2 months after the completion of the program

I AM SURE YOU WILL BE SURPRISED!

Let's go, champ!

Training program Powerbuilding

Before starting training, do not forget **to watch video tutorials**, there will be all the information **about the warm-up/ rest/ weights!**

Lets go, champ!

Before training

Instructions

Warm-up

Every exercise **15 sec**

How to choose the right weight for your workouts

Selecting the appropriate weight for your workouts is highly individualized. I cannot tell you which weight to use for each exercise because everyone's strength levels are different.

In all working sets, you should choose a weight that will be challenging for you, for example, you can do only 3 sets of 10 reps (as stated in the program), leaving one repetition in reserve for each set. However, for the final set of each exercise, you should go all-out and complete 10 reps with maximum effort.

If you don't choose the right weight, don't worry! Even if you perform 8 reps in the final set, giving it your all, or 12 reps and expending all your energy **WITHOUT** compromising your technique, it will still be great. The 3 sets of 10 reps are just an example or guideline that we follow, and slight variations won't make a difference if you work at 150% effort.

Remember, **TECHNIQUE IS KEY**. As soon as you don't follow, it becomes dangerous! Always control your technique.

When to increase the weight

To make progress, you need to **"surprise"** your muscles by periodically changing exercises and increasing the weight. While varying exercises is straightforward, you can base your weight choices on how easily you complete the designated number of reps. If you're already struggling to complete the last rep, it's too soon to add more weight. On the other hand, if you can still do a few more reps with the usual load, it's time to add a bit more weight.

It may take some time to determine the right weight for each exercise, but eventually, you'll know exactly which weight suits you best. It should be heavy enough to feel a significant load for the last 2-3 reps of each set. However, you should perform those last 2-3 reps without violating the technique. For example, if you plan to complete 12 reps, you should feel like you want to end the set after the eighth repetition.

Remember, what matters most is not the weight your friend uses for an exercise or the weight I use. If you're a beginner, don't rush to increase weight, or you'll risk injury. If you've been working out for a while but can't achieve the desired results, go ahead and add more weight. You can only determine the correct weight for each exercise through trial and error. Be prepared; it may not happen right away. But eventually, you'll progress and achieve the desired results.

ABS and core workout

ABS and core workout we do **once a week!**

ABS AND BACK MUSCLES ARE YOUR CORSET, INJURY PROTECTION AND YOUR STRENGTH!

ABS and core

1. Leg raise on the bars	**3x20**
2. Russian twist with extra weight	**3x20**
3. Hyperextension with extra weight	**3x10**
4. Scissors for abs	**3x40 sec**
5. Plank (maximum, as long as you can)	**max**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 1

Monday
Legs

1. Barbell squats (high trap bar)	**3x12**
2. Leg press (low foot placement)	**2x15**
3. Deadlift with dumbbells (pause for 1 sec at the bottom)	**3x8**
4. Single-leg squats (with or without support)	**3x10**
5. Jumping jacks to maximum height (jump as high as possible)	**4x10**

Wednesday
Chest, Biceps, Shoulders

1. Bench press with 2 sec pause at the bottom	**3x10**
2. Dips (with or without additional weight)	**3x10**
3. Incline dumbbell press (45°)	**3x8**
4. Prayer bench press	**3x15**
5. Hammer curls	**3x8**
6. Dumbbell curls with supination on incline bench (45°)	**3x10**
7. Standing arm swings	**2x20**

Friday
Back, Triceps

1. Deadlift (sumo or conventional, whichever is more comfortable)	**3x10**
2. Bent-over barbell row	**2x10**
3. Wide-grip lat pulldown	**3x10**
4. Dumbbell rows on bench	**3x12**
5. Dumbbell shrugs	**3x12**
6. Triceps extensions with cable machine	**3x12**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 2

Monday
Legs, Shoulders

1. Barbell squats	**2x8**
2. Barbell squats with pause at the bottom	**2x7**
3. Leg press with wide and high stance	**4x12**
4. Walking lunges with dumbbells for each leg	**3x10**
5. Seated dumbbell lateral raises	**3x15**
6. Standing barbell shoulder press	**3x8**

Wednesday
Chest, Triceps

1. Incline bench press (30°)	**3x10**
2. Dumbbell bench press	**3x10**
3. Cable crossovers	**3x12**
4. Close-grip bench press	**3x8**
5. Seated dumbbell front raises	**3x10**
6. Max push-ups	**1 сет**

Friday
Back, Biceps

1. Box deadlift (3-5 cm height)	**3x8**
2. Deadlift	**2x3**
3. Pull-ups (or lat pulldown)	**3x10**
4. Dumbbell rows in bent-over position	**3x10**
5. Seated dumbbell shrugs	**3x10**
6. Straight barbell curls	**3x12**
7. Reverse grip barbell curls	**2x15**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 3

Monday
Legs

1. Barbell squats	**4x6**
2. Front squats	**2x10**
3. Deadlifts	**3x10**
4. Leg press with pause at the bottom for 3 sec	**3x8**
5. Jumping jacks to maximum height	**3x10**

Wednesday
Chest

1. Dumbbell bench press	**3x8**
2. Close-grip barbell bench press	**2x10**
3. Parallel bar dips (weighted if possible)	**3x8**
4. Flyes	**4x12**
5. Plate press	**2x20**

Friday
Back

1. Deadlifts	**3x7**
2. Rack pulls with the bar resting 3-5 cm above the knee	**2x9**
3. Seated cable rows	**3x10**
4. Wide-grip lat pulldowns	**3x10**
5. Straight-arm pulldowns	**4x12**

Saturday
Arms and Shoulders

1. Hammer curls	**3x8**
2. Wide-grip barbell curls	**3x8**
3. Skull crushers	**3x8**
4. Incline dumbbell triceps extensions	**4x12**
5. Seated dumbbell lateral raises	**4x15**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 4

Monday
Legs

1. Squats	**5x5**
2. Leg press (pause for 3 seconds at the bottom)	**3x8**
3. Front squats with dumbbell	**4x12**
4. Long jumps	**3x8**
5. Weighted hyperextensions	**3x10**

Wednesday
Bench press

1. Bench press	**5x5**
2. Narrow dumbbell press	**3x10**
3. Incline flyes (30°)	**3x12**
4. Cable crossovers	**4x15**
5. Triceps pushdowns	**3x12**
6. Close grip bench press, 3 seconds down and 1 second up (important to do with a spotter)	**3x5**

Friday
back and biceps

1. Deadlift	**5x5**
2. Pull-ups (or cable pulldowns)	**4x8**
3. Horizontal cable rows	**4x10**
4. Bent-over barbell rows (important not to use too much weight, focus on feeling the movement)	**3x10**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 5

Monday
Legs

1. Squats	**4x4**
2. Front squats	**3x10**
3. Leg press	**3x10**
4. High jumps	**4x12**
5. Single-leg squats (can be done with support)	**2x10**

Wednesday
Chest

1. Bench press	**4x4**
2. Bench press with a 4-second pause at the bottom	**3x3**
3. Dumbbell bench press	**3x12**
4. Pullover	**3x12**
5. Floor presses	**2x max**

Friday
Back and Legs

1. Deadlift	**4x4**
2. Leg press	**3x10**
3. Cable rows with a 2-second pause at the top	**5x8**
4. Vertical jumps	**3x10**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 6

Monday
Legs

1. Squats	**3x3**
2. Trap bar squats	**3x10**
3. Leg press	**3x10**
4. Sumo squats with dumbbells on chest	**3x10**

Wednesday
Chest

1. Bench press	**3x3**
2. Incline bench press (45°)	**3x8**
3. Standing barbell press	**3x6**
4. Incline dumbbell press (40°)	**4x15**

Friday
Back

1. Deadlift	**3x3**
2. Reverse-grip bent-over rows	**3x8**
3. Lat pulldowns	**3x10**
4. T-bar rows	**4x10**
5. Shrugs with barbell	**4x10**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 7

Monday
Legs and Shoulders

1. Squats	**2x2**
2. Front squats	**3x12**
3. Sumo leg press	**3x10**
4. Standing barbell press	**3x6**
5. Seated dumbbell press	**3x10**

Wednesday
Chest and Triceps

1. Bench press	**2x2**
2. Incline dumbbell press (30°)	**3x10**
3. Dips	**3x15**
4. Dumbbell French press on incline bench (30°)	**3x12**
5. Cable triceps extensions	**4x12**

Friday
Back and Biceps

1. Deadlift	**2x2**
2. Bent-over rows with barbell	**3x8**
3. Bent-over rows with dumbbells	**3x10**
4. Pull-ups	**3x10**
5. Reverse-grip barbell curls	**3x10**
6. Bicep curls on cable machine	**3x20**

Rest between sets in the basic exercise (squat/bench press/deadlift) **4 min**
Between other sets **2 min**
Between exercises **3 min**

Week 8

Monday
Legs and Shoulders

1. Squats (record)	**1x1**
2. Squats	**3x12**
3. Leg press	**3x15**
4. Lateral raises with dumbbells	**4x12**
5. Standing dumbbell press	**3x12**

Wednesday
Chest and Biceps

1. Bench press (record)	**1x1**
2. Bench press	**3x10**
3. Incline dumbbell press	**3x10**
4. Hammer curls	**5x5**
5. Single-arm cable curls	**3x10**

Saturday
Deadlift

1. Bent-over rows	**1x max**
2. Bent-over rows	**3x8**
3. Lat pulldowns	**5x10**
4. Tricep extensions on cable machine	**3x12**
5. Dumbbell French press on flat bench	**3x10**
6. Diamond push-ups	**2x max**

Hey

Hi, my team and I **have done everything** to make sure that your upcoming two months are filled with strength, health, and progress through home workouts.

Don't hesitate, buddy!

Sweat, pain, and hard work **won't stop you.**

Let's go, champ!

Strength Test

Important:

Before starting the exercises, we do a strength test to track the results.

Strength Test

Pull-ups 1 set of maximum reps

Rest for 15 minutes

Parallel bar dips, 1 set of maximum reps

Rest for 20 minutes

Push-ups, 1 round of maximum reps

On the same day, or **preferably the next day,** start the workouts.

Week 1

Monday
Legs

1.Pistol squats (each leg) can be done with support	**3x12**
2. Box jumps	**3x10**
3. Step-ups with additional weight on an elevation (each leg)	**3x14**
4. Standing calf raises with additional weight on one leg	**4x20**
5. Chair pose	**1 x max**

Wednesday
Back + Biceps

1. Wide-grip pull-ups	**3x10**
2. Reverse-grip pull-ups	**3x8**
3. Single-arm low bar pull-ups	**3x8**
4. Reverse narrow grip low bar pull-ups	**3x8**

Friday
Chest + Triceps

1. Dips	**3x10**
2. Elevated feet push-ups	**3x12**
3. Close-grip push-ups	**3x12**
4. Archer push-ups	**3x10**
5. French press	**3x8**

Saturday
Abs + Static

1. Hanging leg raises	**3x12**
2. Leg raises on parallel bars	**3x12**
3. Crunches	**3x20**
4. Plank	**2x MAX**

Week 2

Monday
Legs

1. Weighted squats with jump	**3x15**
2. Pistol squats	**3x10**
3. Weighted lunges (each leg)	**3x15**
4. Chair pose with weight	**1x MAX**
5. Single-leg calf raises with weight	**4x25**

Wednesday
Back + Biceps

1. Reverse-grip pull-ups	**4x12**
2. Wide-grip alternating pull-ups	**3x8**
3. Close-grip low bar pull-ups	**3x10**
4. Pull-ups behind the neck	**5x6**

Friday
Chest + Triceps

1. Dips	**4x10**
2. One-leg elevated feet push-ups	**4x10**
3. Triceps push-ups	**4x12**
4. French press	**4x8**
5. Push-ups	**1x Max**

Saturday
Abs + Static

1. Hanging leg raises	**3x12**
2. Crunches	**3x20**
3. Alternating heel touches	**3x15**
4. Lying leg raises	**3x20**
5. Plank	**2x Max**

Week 3

Monday
Legs

1. Squats with jump	**3x18**
2-3. Step-up jumps	**3x10**
+Each leg step-ups (combined approach)	**3x12**
4. Chair pose with weight in front	**2x25**

Wednesday
Back + Biceps

1.Wide-grip pull-ups with pause	**3x10**
2. Parallel grip pull-ups	**3x10**
3.Low bar pull-ups	**3x12**
4. Low bar parallel grip pull-ups	**3x8**
5.Bent-over barbell rows (with weight)	**3x15**

Friday
Chest + Triceps

1. Wide-grip dips with a slight forward lean	**3x12**
2. Elevated push-ups	**3x12**
3. Close-grip push-ups	**3x12**
4. Weighted back extensions (using dumbbells, weights, or water bottles for resistance) in a bent-over position	**3x10**
5. French press	**3x10**

Saturday
Abs + Static holds

1. Leg raises on a bar	**3x12**
2. Leg raises on parallel bars	**3x12**
3. Crunches (with knees bent on an elevated surface	**3x20**
4. Chair pose	**2x Max**
5. Plank	**1x Max**

Week 4

Monday
Legs

1. Plie squats with added weight between legs (wide stance)	**3x15**
2. Pistol squats with weight	**3x12**
3. Bulgarian split squats	**3x15**
4. Deadlift with added weight	**3x12**

Wednesday
Back + Biceps

1. Chin-ups from below	**4x10**
2. Bent-over rows (dumbbells, weights, or water bottles - anything that adds resistance)	**4x12**
3. Horizontal pull-ups	**3x12**
4. Pull-ups behind the head	**4x6**

Friday
Chest + Triceps

1. Weighted push-ups on the back	**4x10**
2. Wide grip push-ups on parallel bars	**4x10**
3. Reverse dips with straight legs for triceps	**4x12**
4. French press	**4x8**
5. Flyes (dumbbells, weights, or water bottles - anything that adds resistance) with palms facing forward	**3x12**

Saturday
Abs + Static holds

1. Knee raises on a pull-up bar	**3x10**
2. Sit-ups	**3x20**
3. Alternate heel touches	**3x15**
4. Scissors while lying down	**3x25**
5. Plank	**2x Max**

Week 5

Monday
Legs

1. Lateral lunges	**3x12**
2.One-legged squats with support (wall or any other vertical support)	**3x8**
3. Standing calf raises with added weight	**3x25**
4. Chair pose	**1x MAX**

Wednesday
Back + Biceps

1. Back + Biceps	**3x6**
2. Dumbbell rows (weights, or water bottles - anything that adds resistance) alternating sides while bent over	**3x12**
3. Low bar rows	**3x8**
4. Shrugs with added weight and shoulder blades pinched together (without circular movements)	**3x12**

Friday
Chest + Triceps

1. Flyes (dumbbells, weights, or water bottles - anything that adds resistance) lying down	**3x15**
2. Push-ups with feet elevated	**3x8**
3. Close grip push-ups with feet elevated	**3x15**
4. Archer push-ups	**3x7**
5. Alternating dumbbell triceps extensions behind the	**3x10**

Saturday
Abs + Static

1. Hanging knee raises with bent knees (do not lower below parallel)	**3x8**
2. Hanging leg raises with added weight	**3x8**
3. Weighted crunches	**3x15**
4.L-sit	**2x Max**

Week 6

Monday
Legs

1. Front squats with weight in front (emphasis on negative repetitions)	**3x8**
2. Pistol squats	**3x8**
3. Reverse lunges (on each leg)	**3x10**
5. Burpees	**1x Max**

Wednesday
Back + biceps

1. Scapular retraction in hang	**2x15**
2. Wide grip pull-ups, alternating each	**3x7**
3. Close grip pull-ups on low bar	**3x8**
4. Bicep curls with dumbbell, weight, or water bottle with supination	**4x10**

Friday
Chest + triceps

1. Dips	**4x7**
2. Press with dumbbell, weight, or water bottle lying on the floor	**4x Max**
3. Press with dumbbell, weight, or water bottle lying on the floor with a pause at the top for 2 seconds	**4x7**
4. Triceps pushdown with extra weigh	**4x8**
5. French press with weight (dumbbell, water bottle)	**4x10**
6. Push-ups	**1x Max**

Saturday
Abs + Static holds

1. Leg raises on a bar	**3x8**
2. Leg raises on parallel bars	**3x8**
3. Crunches	**3x15**
4. Plank	**2x Max**

Week 7

Monday
Legs

1. Reverse lunges (on each leg)	**4x12**
2. Squat jumps with weight	**3x12**
4. Front squats with weight in front (emphasis on negative repetitions)	**4x12**
5. Lunges with weight on shoulders	**3x12**

Wednesday
Back + biceps

1. Wide grip pull-ups behind the neck	**3x10**
2. Scapular retraction in hang	**3x15**
3. Pull-ups behind the neck	**3x10**
4. Close grip pull-ups on low bar with reverse grip	**3x18**
5. Bicep curls with barbell with supination	**4x10**

Friday
Chest + triceps

1. Dips	**4x12**
2. Push-ups (superset)	**4x12**
3. Shoulder push-ups (legs on elevation, pelvis bent)	**4x15**
4. Triceps push-up from a bar with extra weight	**4x12**
5. Close grip dips	**4x12**
6. French press with dumbbell (one arm at a time)	**4x12**
7. Push-ups with legs on elevation	**1x Max**

Saturday
Sprints + static holds

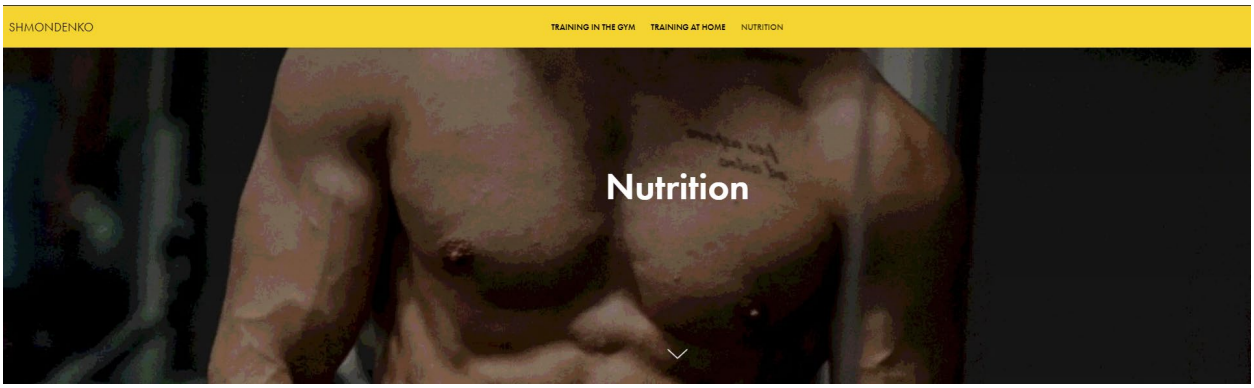
1. 4 sprints (60 meters)	**4 x Max**
2. Plank 2 sets	**2x Max**

Final test of strength

Wednesday

Final test of strength

1. Pull-ups 1 set to max reps	**1 x Max**
Rest for 15 minutes	
2. Dips on parallel bars 1 set to max reps	**1x Max**
Rest for 20 minutes	
3. Push-ups from the floor 1 set to max reps	**1 x Max**



Basic Concepts of PFC

PFC stands for the three main sources of energy for our bodies: P for protein, F for fat, and C for carbohydrates.

Protein	Fats	Carbohydrates
is essential for building and repairing tissues and for metabolic reactions	help absorb certain vitamins and produce hormones	provide energy and strength

It's important to ensure we get the right amount of each element every day

Protein	Fats	Carbohydrates
1g of protein per 1kg of body weight	1g of fat per 1kg of body weight	weight multiplied by 4g for carbohydrates

For instance, a woman weighing **60kg** should consume **60g** of protein, **60g** of fat, and **240g** of carbohydrates daily.

Another crucial concept in maintaining a healthy diet is calories.

Many people mistakenly believe that a food's energy value determines its usefulness, but this is not true.

To calculate the minimum daily calories, use the formula.Keep in mind that this figure doesn't take into account any physical activity during the day:

for women, minimum = your weight x 22 kcal

for men, minimum = your weight x 24.2 kcal

Also, each item has a different caloric value:

What kinds of PFCs are there?

Protein Fats Carbohydrates

Protein	Fats	Carbohydrates
contains 4 kcal/g	**contain 9 kcal/g**	**contain 4 kcal/g**

Protein

Protein can come from plant or animal sources.

Protein is made up of 22 types of amino acids, and 9 of them are essential amino acids that we must get from food

The main difference between plant and animal proteins is the composition of different amino acids.

Animal proteins

Fish
Eggs
Dairy products
Red meat
Poultry

They are complete sources of protein because they contain all 9 essential amino acids.

Plants (the ones with the most protein)

Whole grains
Lentils
Nuts
Beans
Legumes
Certain fruits, such as avocados
Soybeans
Hemp seeds
Rice
Peas

What kinds of PFCs are there?

Protein **Fats** Carbohydrates

Protein	Fats	Carbohydrates
contains 4 kcal/g	**contain 9 kcal/g**	**contain 4 kcal/g**

Fats

Also come in several varieties

Saturated fatty acids

They are found in varying quantities in:

Lard
Fatty meat
Fish
Eggs
Dairy products

Unsaturated fatty acids

These are found mainly in plant foods and fish. They are not very resistant to heat, so it is better to eat them raw.

Also unsaturated fats are divided into 2 groups:

Monounsaturated and polyunsaturated, products containing them:

Fish oil
Avocado
Peanuts
Olives
Cashewnuts
Olive, sesame and rapeseed oils
Walnuts
Fish
Almonds
Flax
Soya oil
Etc.

What kinds of PFCs are there?

Protein Fats **Carbohydrates**

Protein	Fats	Carbohydrates
contains 4 kcal/g	**contain 9 kcal/g**	**contain 4 kcal/g**

Carbohydrates

Simple (fast) carbohydrates and sugar are easily digestible carbohydrates that have a high glycemic index.

The glycemic index is a very important indicator when choosing carbohydrates. The GI index is a measure of the rate at which glucose enters the bloodstream. The higher this index, the faster the glucose enters the blood and the sharper will be the jump in its level, respectively the release of insulin. (See an example of a GI food table)

Simple (fast) carbohydrates

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The harm of fast carbohydrates for the body is that they sharply increase blood sugar levels - this disrupts the mechanisms of insulin production. The fact that calories produced by fast carbohydrates tend to be deposited in subcutaneous fat also plays a role.

Fast carbs include foods such as:
White sugar
Jams
Honey
Flour products
Sugary fruits
Juices
Starchy vegetables

Although in most cases, fast carbohydrates are detrimental to normal body function, they can be beneficial. Consuming 20-30 g of fast carbohydrates before a workout (about half an hour before the workout) increases overall performance, endurance, and training efficiency.

Complex carbohydrates.

The list of foods with complex carbohydrates includes most cereals and cereal-derived grains. They contain both starch and fiber - while the presence of sugar is minimal. They have a medium glycemic index and are absorbed gradually

Vegetables and some fruits
Beans, lentils
Nuts and plant seeds
Cereals, whole grain flour
Bran

One of the main principles of nutrition that I advise to adhere to - this is collagen diet

What is collagen? What is the collagen diet?

Collagen

Collagen is a general term for the main structural proteins found in the skin and connective tissues in humans and animals and makes up about 30% of the protein in the human body. The principal function of collagen is to keep the skin healthy and help wounds and scars heal properly. It is broken down in the body into amino acids, which are then used for cell building and regeneration.

Collagen is comprised of 19 amino acids (for example, glycine, proline, hydroxyproline, lysine, and arginine). There are at least 29 types of collagen. Humans have mainly Types I-III:

- Type I exists mainly in the skin, tendon, vasculature, organs, and bone.
- Type II is in cartilage, and
- Type III is in reticular fibers (thin branching fibers in connective tissue).

The collagen diet

The collagen diet is an eating plan that emphasizes avoiding too much sugar and refined carbohydrates and consuming foods high in collagen. Since collagen levels decline with age, eating more collagen can help maintain youthfulness, energy, and beauty.

What are food sources of collagen?

- Fish
- Chicken
- Egg whites
- Citrus fruits
- Berries
- Red and yellow vegetables
- Garlic
- White tea
- Leafy greens
- Cashews
- Tomatoes
- Bell peppers
- Beans
- Avocados
- Soy
- Herbs high in collagen (Chinese knotweed, horsetail, gynostemma)
- Herbs that help to produce collagen (gotukola, bala, ashwagandha)

7 possible health benefits of a collagen diet

7 possible health benefits of a collagen diet

Collagen plays an important role in many functions of the body, and following a collagen diet may have the following health benefits:

1. Improves skin health
Collagen improves skin elasticity and moisture. As you get older, your body stops creating as much collagen, which can lead to dry skin and wrinkles.

2. Prevents bone density loss
Collagen is a major part of bone mass. Winc your body produces less collagen as you age, it is important to eat foods that promote collagen production.

3. Eases joint pain
Advancing age increases the risk of osteoporosis (weak bones) which can also have an impact on joints. Collagen maintains the balance of cartilage in the body, which plays a crucial role in maintaining joint health and protecting bones from damage.

4. Promotes heart health
Without enough collagen, your arteries can weaken, constrict, and transport blood less effectively. Lack of collagen can lead to atherosclerosis, which is a condition in which plaque builds up in the arteries and leads to hardening or narrowing.

5. Promotes hair and nail growth
Collagen helps you maintain healthy hair and nails, encouraging shine and strength.

6. Promotes gut health
Collagen is beneficial to intestinal health, aiding digestion, repairing the lining of the gut, and promoting the growth of healthy gut bacteria.

7. Boosts metabolism
Collagen may boost metabolism, which improves your ability to burn fat and manage weight.

Although many of these claims have not been scientifically proven, the overall diet recommendations of the collagen diet (minus the supplements) often contain many foods that are recommended for a healthy diet.

How do I make up my own diet?

The well-known golden rule of gaining muscles is to consume more than you spend!

You can do your own calculation using the following formula:

For men:
Weight (kg) x 30 = number of kcal **+500 kcal** (everything is strictly individual, this is an average value, adjust it based on your body's constitution and physical activity during the day and on training)

For women:
Weight (kg) x 30 = number of kcal **+300 kcal** (everything is strictly individual, this is an average value, adjust it based on your body's constitution and physical activity during the day and on training)

I advise you to include daily in your diet:
Meat (poultry)
Cereals
Cottage cheese (for those who eat dairy products)
Eggs
Vegetables
Water (at least 1.5 liters)

To gain muscle mass	Slimming down or shredding

Where the ratio of proteins, fats and carbohydrates was in the following proportions:

For men

Protein	Fats	Carbohydrates
20%-30%	**10%-20%**	**50%-60%**

For women

Protein	Fats	Carbohydrates
40%	**20%**	**40%**

To put it simply, the recommended daily intake of fats is at least **0.8 grams per kilogram of body weight**, while the recommended daily intake of protein is **2 grams per kilogram of body weight**. As for carbohydrates, it's recommended to consume twice as many grams of carbohydrates as protein

Sample menus

Menu 1 | Menu 2 | Menu 3

Menu 1

Here are sample menus, each providing around 3,000 calories:

Breakfast:

- 100g dry oatmeal with 200ml 1.5% milk
- 3 boiled eggs (2 whites + 1 whole egg)
- 1 slice of whole wheat toast

Second breakfast:

- 1 banana
- 1 poppy seed roll

Lunch:

- 100g dry white rice
- 1/2 chicken breast
- 100g vegetables
- 1 slice of whole-grain bread

Afternoon snack:	• 100g cooked rice • 1/2 chicken breast • 100g vegetable salad
Dinner:	• 200g pollock • 150g potatoes • 150g vegetable salad with sour cream
Last meal:	• 150g skimmed cottage cheese • 150g kefir (1%)

Menu 2:

Breakfast:

- 100g dry buckwheat porridge
- An omelet made of 1 egg and 2 egg whites
- 1 slice of whole wheat toast
- 30g hard cheese

Second breakfast:

- 1 apple
- 100g dried apricots/raisins/other dried fruits

Lunch:

- 100g dry wheat porridge
- 200g turkey filet/steak
- 100g vinaigrette
- 1 slice of grain bread

Afternoon snack:

- 100g cooked wheat porridge
- 200g turkey filet

Afternoon snack:

- 100g cooked wheat porridge
- 200g turkey filet
- 100g vinaigrette

Dinner:

- 200g hake
- 100g green beans/stewed vegetables
- 150g vegetable salad with sour cream

Last meal:

- 150g cottage cheese
- 1 banana

Menu 3

Breakfast:

- 100g corn porridge with 200ml 1.5% milk
- 1 sunny side up egg and 2 egg whites
- 1 slice of corn bread
- 1 tsp. butter

Second breakfast:

- 1 pear
- 30g nuts (walnut, peanut, almond)
- 100g marshmallow (marmalade)

Lunch:

- 100g dry pearl porridge
- 200g beef goulash/steak
- 150g vegetable salad
- 1 slice of rye bread

Afternoon snack:

- 100g cooked pearl porridge
- 200g beef goulash/red meat
- 150g vegetable salad

Afternoon snack:

- 100g cooked pearl porridge
- 200g beef goulash/red meat
- 150g vegetable salad

Dinner:

- 1/2 chicken breast
- 150g canned/fresh vegetables
- 100g dry rice

Last meal:

- 150g low-fat cottage cheese
- 1 cup of ryazhenka

To gain muscle mass | **Slimming down or shredding**

It is a common misconception that weight loss and shedding are the same process. However, they are not the same.

Losing weight doesn't necessarily mean losing only fat mass. It can also lead to a reduction in water mass, glycogen, and muscle mass (fat-free mass)

When it comes to reducing total body weight, a balanced diet and caloric deficit are usually sufficient.

On the other hand, when the goal is to achieve a leaner physique, the focus should be on reducing fat deposits while minimizing muscle loss.

Step 1
Set a goal

If you want to lose **more than 5-10%** of your total body weight, the time frame ranges from **12 to 20 weeks or more**.

The average rate at which our bodies can get rid of fat painlessly is less than **0.5-1%** of the body weight per week.

Step 2.
Determine calorie requirements

First, we need to determine the number of calories our body needs to function (basal metabolic rate). The value shows how many calories we burn during a day at rest.

The calculation formula is a mathematical model that takes into account our height; weight, age and gender.

For men: (**10** x weight in kg) + (**6.25** x height in cm) - (**5** x age in years) + 5

For women: (**10** x weight in kg) + (**6.25** x height in cm) - (**5** x age in years)

Step 3.
Determining activity level

After calculating your BMR, we can calculate the amount of kcal to maintain based on your level of physical activity.

To do this, **multiply your BMP result by your activity rate** for the week:

1.2 for a sedentary lifestyle.

1.375 for irregular exercise (one to three times a week)

1.55 for moderate frequency of activity (3 to 5 workouts per week)

1.725 - for daily workouts (6 to 7 per week)

1.9 for high frequency of training (more than 7 times a week)

Step 4.
Determine calorie deficiency

To lose **0.4 kg** of fat in a week, you need to create a deficit of **≈3500 kcal**, or **≈500 kcal** per day.

This is a safe and reasonable rate of fat loss that will lead to positive changes in physical condition over time without sacrificing muscle mass.

Step 5.
Determine the protein, carbohydrate, and fat fraction

Protein contains **4 kcal/g**;

Carbohydrates contain **4 kcal/g**;

Fat contains **9 kcal/g**.

Protein

The recommended daily allowance for protein in lean body **is 2 to 3.5 g** per 1 kg of body weight. This ratio allows you to get rid of excess fat while maintaining muscle mass.

Fats

The recommended daily allowance for fat in lean body **is 0.5 to 1 g per 1 kg** of body weight.

When developing a diet to shed a body, it's important to choose foods that contain unsaturated fats to minimize the risk of heart disease. We recommend limiting saturated fat intake to no more than 10% of your total caloric intake

Carbohydrates

To calculate the amount of carbohydrates in a shredding body diet, you need **to subtract the proportion that comes from protein and fats from the total amount of calories needed**. After dividing this figure **by 4**, you will get the optimal number of carbohydrates in grams.

Menu samples:

Menu samples:

Stage 1	Stage 2	Stage 3	Stage 4

First stage (losing weight/shredding)

PFC - Protein 50%; fat 20%; carbohydrates 30%

The first stage lasts 4 weeks

Breakfast:

- nonfat cottage cheese - 200 g
- wholemeal toast
- fruit

Lunch:

- steamed fish, braised breast or beef - 200 g
- porridge boiled in water without sugar, milk and butter (any kind, except white rice) - 100 g
- vegetables - 100 g

Dinner:

- poultry - 150g
- stewed vegetables - 100g
- porridge - 100g

Menu samples:

Second stage (no carbohydrate)

The second stage lasts only 7 days. **Fats:** 70% proteins, 20% fats, and 10% carbohydrates.

Only **complex carbohydrates** are allowed (in the first half of the day). Toast and any bread, even wholemeal, are excluded, fruit - too. The amount of cooked porridge is drastically reduced. Otherwise, you can follow the scheme of the first stage.

Breakfast:

- nonfat cottage cheese - 200 g
- bread
- fruit

Lunch:

- steamed fish or stewed breast or beef - 200 g
- porridge boiled on water without sugar, milk and butter (any kind, except white rice) - 100 g
- salad with fresh vegetables - 100 g

Dinner:

- poultry - 150g
- stewed vegetables - 100g

Third stage (water elimination)

Duration - one week (7 days).

During this period of drying **all carbohydrates are excluded** from the menu, and regular water is replaced **by distilled** water. Other products from the first stage remain in limited quantities.

Breakfast:	• salad with fresh vegetables - 120 g • boiled white egg - 7 pcs • 1 tbsp. spoon of any boiled grits
Second breakfast:	• 2 tbsp. any boiled grits • chicken breast - 120 g • fresh vegetables
Lunch:	• fish stew or steamed - 200g • salad with fresh vegetables without any salt
Afternoon snack:	• sport nutrition
Dinner:	• boiled or steamed seafood - 200 grams • greens

Stage 4 (recovery stage)

This stage lasts for 5 to 6 days.

During this period, it is recommended to reintroduce **slow carbohydrates** with a low glycemic index into the diet. In general, you can follow the menu scheme of the **first stage.**

I have written menu samples, but keep in mind that nutrition is an individual thing! Guided by the menus, you can change the variation of products and number of meals! The main thing is to remember about PFC!

Vitamins

Vitamins are essential organic compounds that help enhance the action of proteins, which, in turn, facilitate chemical reactions such as building muscle mass, burning fat, and producing energy.

While a healthy body and a balanced diet are usually sufficient for most people to synthesize the required vitamins, athletes and individuals who engage in intense physical activities may require two to four times more vitamins due to their faster metabolism.

There are several types of vitamins, each with its specific functions and benefits.

Vitamin A (also known as Retinol)	Plays a crucial role in bone fusion, the formation of new bone cells, and vision.
Vitamin D (or Calciferol)	Influences bone strength and regulates phosphorus and calcium metabolism
Vitamin E (also known as Tocopherol)	Slows down cell oxidation, strengthens the heart muscle, and prevents blood clots.
Vitamin K	Participates in connective tissue and bone metabolism, helps with normal blood clotting, and improves muscle function, making blood vessels stronger and providing the body with energy.
Vitamin C (or ascorbic acid)	Is vital in collagen fiber synthesis, metabolism, and overall body development.
Vitamin B1 (also known as Thiamine)	Helps the body to assimilate carbohydrates completely, and its deficiency can cause nervous system disorders and paralysis of the lower extremities.
Vitamin B2 (or Riboflavin)	Is essential for healthy skin and mucous membrane, and a deficiency can cause stunted growth.
Vitamin B6 (also known as Pyridoxine)	Is crucial for amino acid formation, and a deficiency can lead to impairment in the process.

Vitamin B9 (or folic acid)(or folic acid)	Is responsible for normal hematopoiesis, and its deficiency can lead to various forms of anemia.
Vitamin B12 (also known as cyanocobalamin)	Is involved in the process of protein synthesis, promotes the creation of red blood cells, and a lack of it can cause pernicious anemia.
Vitamin B5 (or pantothenic acid)	Affects growth, the nervous system, and coordination of movement.
Vitamin P (or citrine)	Strengthens thin blood vessels and protects the body from bleeding.
Vitamin PP (or nicotinic acid)	Is crucial for healthy skin, and a deficiency can adversely affect the digestive organs and the nervous system.
Vitamin H (or biotin)	Regulates the nervous system.
Chromium	Accelerates insulin production and improves carbohydrate metabolism. When it is deficient in the body, the nails, hair and bones are the first to suffer.
Copper	Is an essential mineral that plays a vital role in the body. It is primarily concentrated in the liver and is involved in the process of pigmentation and collagen formation. Copper also helps with the absorption of iron.

Iron	Is another mineral that is critical for various bodily functions. It is an essential component of hemoglobin, a protein in red blood cells that helps carry oxygen throughout the body. Iron is also responsible for hematopoiesis, the process of producing new blood cells. It plays a particularly important role in the health of skin, gastrointestinal tract, and oral cavity.
Zinc	Is a trace mineral that is involved in several vital functions of the body. It helps regulate metabolism, plays a role in the production of hormones in the thymus gland, and supports reproductive function and hematopoiesis. Foods like wheat germ and sesame contain zinc, but deficiency in the body can lead to symptoms such as white spots on the nails, fatigue, frequent infections, and allergic diseases.

Amino Acids

Amino acids are the building blocks of protein and have numerous benefits for the body.

However, it's essential to remember that sports supplements and vitamins are not a substitute for a balanced diet and regular exercise.

Amino Acids

Amino acids are the building blocks of protein and have numerous benefits for the body.

Glutamine	Is an essential amino acid that is particularly important for the immune system. Supplementing with glutamine can help boost the body's resistance to infections and promote healing after heavy training or injury.
Leucine, isoleucine, and valine	Are branched-chain amino acids that are crucial for muscle building and recovery. They are involved in building muscle proteins and serve as a reserve source of energy. These amino acids also help regulate nervous processes and stabilize hormonal levels.
Ornithine	Is an amino acid that promotes fat burning and enhances metabolic processes. It has been shown to increase growth hormone levels.
Carnitine (which is a derivative of vitamin B)	Is known for its ability to promote fat loss. Taking carnitine supplements can help boost weight loss efforts while preserving muscle mass.

Creatine monohydrate	Is one of the most popular sports supplements for muscle building. It has been shown to increase muscle mass and strength when taken at a dose of 7 grams per day.

However, it's essential to remember that sports supplements and vitamins are not a substitute for a balanced diet and regular exercise.

Important!

1. When taking supplements, it's crucial to follow the recommended dose and course of intake recommended by specialists or your doctor.
2. Always be aware of any unhealthy reactions and consider changing the brand or completely discontinuing use if necessary.
3. Each supplement has its own contraindications, so it's essential to study their list.
4. Some supplements should be taken on an empty stomach, before or after a workout, according to the manufacturer's, specialist's, or doctor's instructions.
5. By incorporating supplements into a well-balanced diet and exercise routine, you can reap the maximum benefits of sports nutrition.