

CREATE A WEEKLY PLAN FOR BEGINNERS IN WEIGHTLIFTING

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Annotation: This thesis provides enough information about the preparation of newcomers to the sport of weightlifting and their weekly planning.

Keywords: Weightlifting, running, exercise, jumping, arm,

All exercises are performed in 3-4 sets, with a pause of 2-3 minutes between them, until breathing stops. Each exercise is times in one approach. The weight (weight) of the bar is taking into account the possibility of lifting it at least 8-10 times in a row.

Warm-up - 10-12 minutes (running, jumping, gymnastic the upper shoulder girdle, imitation of the technique of barbell in a snatch).

Feet shoulder-width apart, arms bent, elbows raised, hands at the back of the head, fingers holding the bar with a narrow grip, palms facing back. Squeeze the bar up, unbending the arms at the elbow joints (do not lower the elbows) and inhaling, while bending the arms – Take the barbell from the racks on the shoulders behind the feet shoulder-width apart, socks slightly turned outward. Sit and stand up with a barbell without arching your back.

Brushes with dumbbells are pressed to the back of the head. forward and straighten up without bending your knees. When exhale, while straightening - inhale.

Running, acrobatic exercises for the development of dexterity coordination, imitation of the technique of lifting the barbell to chest.

lying on a horizontal bench, the legs are lowered down on the the bench and rest against the floor, the barbell is on the chest, the fingers hold the barbell with a narrow grip, the palms are turned up and forward. Squeeze the bar up (inhale), lower (exhale).

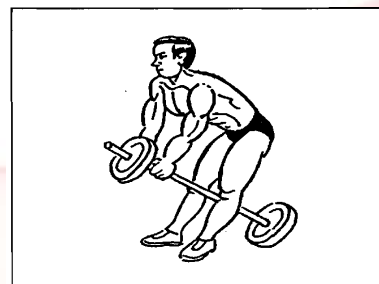
The torso is tilted forward to a horizontal position, the arms lowered down, the palms are turned inward. Raise straight the sides without unbending the torso (inhale), and lower (exhale).

Take the barbell from the racks to the chest, feet shoulder-apart, socks slightly turned outward. Sit down with a barbell and stand up without arching your back (exhale).

Stand facing the disks of one end of the bar so that the neck between the legs; grab the bar with both hands so that the palms are turned inward. Raise the end of the bar to the chest without unbending the torso (inhale), then lower it (exhale).

Running with accelerations, jumping from a running start and from a place, throwing a load in front of you and behind your head.

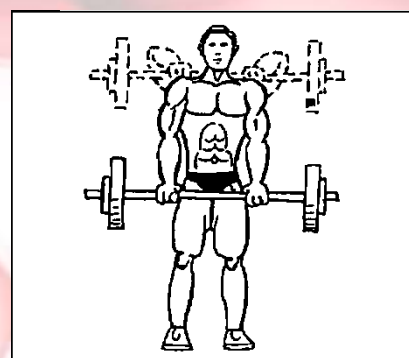
Legs together, arms in front, palms facing back, torso tilted forward. Simultaneously or alternately raise straight arms back and



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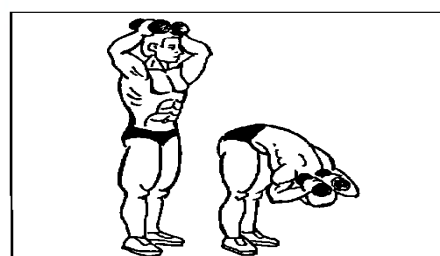


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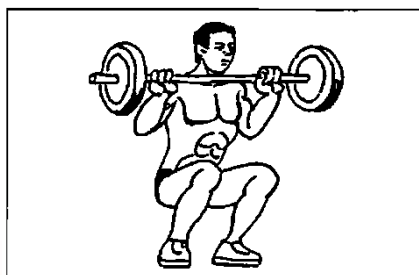
sides of



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forth without a preliminary swing (inhale). Exhale as you move your arms back.

Feet shoulder-width apart, arms down, fingers gripping the barbell, palms facing forward. Bend your arms at the elbows until the bar touches the chest bar (inhale), then unbend (exhale).

Lying on an incline bench, the legs are lowered down on the sides of the bench and rest on the floor, the bar is on the chest, the fingers grab the bar with a narrow or wide grip, the palms are turned up and forward. Squeeze the bar up (inhale) and lower it into I.P. (exhalation).

Feet shoulder-width apart, toes slightly turned, knees and torso straight. Take the barbell on the chest from the platform (or from the racks), while transferring the weight of the body to the heels. Push the bar from the chest up into a high stance. Before performing a push, inhale, after lifting the bar - exhale. When lowering the bar to the chest, take a breath, on the platform - exhale.

References

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