

PAUERLIFTING

USLUBIY QO'LLANMA



Toshkent – 2021

**O‘ZBEKISTON RESPUBLIKASI
TURIZM VA SPORT VAZIRLIGI**

**JISMONIY TARBIYA VA SPORT BO‘YICHA
MUTAXASSISLARNI ILMIY-METODIK TA‘MINLASH,
QAYTA TAYYORLASH VA MALAKASINI OSHIRISH
INSTITUTI**

**SPORTNING QISHKI VA MURAKKAB TEXNIK TURLARI
BO‘YICHA RESPUBLIKA OLIY SPORT MAHORATI
MAKTABI**

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PAUERLIFTING

**PAUERLIFTING BILAN SHUG‘ULLANUVCHI
SPORTCHILARNI TRENIROVKA JARAYONINI
REJALASHTIRISH USLUBIYATI**

Uslubiy qo‘llanma

TOSHKENT-2021

Mualliflar:

Qodirov O.Q.- Sportning qishki va murakkab texnik turlari bo'yicha Respublika oliy sport mahorati maktabi yo'riqchi-uslubchisi

Abdullayev Sh. A.- Sportning qishki va murakkab texnik turlari bo'yicha Respublika oliy sport mahorati maktabi yo'riqchi-uslubchisi

Uslubiy qo'llanmada taqdim etilgan materiallar, pauerlifting sport turi bilan shug'ullanadigan sportchilarni tayyorlash tuzilmasining zamonaviy konsepsiyalari va pauerlifting sport turida mazkur jarayonni takomillashtirish bo'yicha mualliflar tomonidan o'tqazilgan tajribaviy tadqiqotlar natijalarini tizimli ravishda tahlil etish asosida ishlab chiqilgan.

Uslubiy qo'llanma Respublika oliy sport mahorati maktablari, olimpiya zahiralari kolleji, sport maktablari trenerlari va umumta'lim maktablarining jismoniy tarbiya o'qituvchilariga hamda pauerlifting sport sektsiyalarida trenerlik faoliyati bilan shug'ullanayotgan mutaxassislariga mo'ljallangan.

Mazkur uslubiy qo'llanma Jismoniy tarbiya va sport bo'yicha mutaxassislarni ilmiy – metodik ta'minlash, qayta tayyorlash va malakasini oshirish markazi Ilmiy - metodik Kengashining yig'ilishida muhokama qilingan va nashrga tavsiya qilingan (2019-yil 4-iyun, 6 – son).

ANNOTATSIYA

Uslubiy-qo'llanmada pauerliftingning rivojlanish tarixi, pauerliftingning jismoniy tayyorgarligini rivojlantirish uslublari va pauerliftingning nozik tomonlari batafsil, tushunarli va sodda tilda bayon etilgan.

SO'Z BOSHI

O'zbekiston mustaqil Respublika maqomiga ega bo'lganidan keyingi o'tgan davr mobaynida mamlakatimizda og'ir atletika, armrestling, bodibilding, pauerlifting kabi sport turlari bo'yicha milliy chempionatlar, kuboklar, Osiyo hamda jahon chempionatlari bo'yicha musobaqalar yuqori saviyada o'tqazilgan.

Mamlakatimizda pauerlifting sport turi– eng ommaviy paralimpiya sport turlaridan biri.

Pauerliftingning bunday keng ommalashuvi uning yuqori tomoshabopligi, bellashuvlarning yuqori emotsional shiddat bilan borishi va insonning harakat, jismoniy, psixik hamda irodaviy sifatlariga har tomonlama ta'sir ko'rsata olishi bilan tushuntiriladi.

Pauerlifting yildan-yilga bolalar-o'smirlar orasida keng tarqalmoqda. Har yili yuqori malakali pauerliftingchilar qatorini katta muvaffaqiyatlarga erishib kelayotgan yosh iqtidorli va yuqori texnikaga ega malakali sportchilar to'ldirmoqdalar.

Paralimpia va Jahon chempionatlarida sportchilar orasida raqobatning yuqori darajada o'sib borishi yuqori malakali pauerliftingchilarning tayyorgarlik vositalari va uslublarni takomillashtirish zaruratini keltirib chiqaradi. Hozirgi kunda zamonaviy yangi mashg'ulot uslublarni ishlab chiqish, ish qobiliyatini oshirishning yangi samarali vositalarini izlab topish o'zbek pauerliftingchilarining sport pedagogik mahoratini oshirish asosi hisoblanadi. Mazkur o'quv-uslubiy qo'llanmada pauerliftingchilar tayyorgarligining nazariy jihatlarini chuqurlashtirilgan va amaliy yo'nalishlari keng bayon qilingan. O'quv qo'llanmani tayyorlashda taniqli chet el mutaxassislari qatorida – O'zbekiston Davlat jismoniy tarbiya instituti professor- o'qituvchilari hamda pauerlifting bo'yicha milliy terma jamoa treynarlari qatnashgan.

PAUERLIFTING TARIXIDAN

Qadimdan ko‘plab xalqlarning milliy sport turlarida hozirgi pauerliftingda qo‘llanilgan mashqlar bo‘lgan (1-rasmga qarang).



(1-rasm) Qadimgi yunoniston olimpia chempioni Milon.

Sport tarixidan kelib chiqib, aytish mumkinki, asosan qadimgi sportchilarda kuch sifatiga e‘tibor katta bo‘lganligi tufayli, og‘ir atletika, uchkurash, beshkurash (kulturizm), bodibilding hamda zamonaviy pauerlifting sporti rivojlanib, har xil kuch sifatiga yo‘naltirilgan sport turlarni ichida munosib o‘rin egallab kelmoqda. Qadimgi rasmlar, mozaykalar, barel’eflar kabi qadimgi Gretsiya, Misr, Iroq, Xitoy hududlarida topilgan haykallar shuning isbotidir. Xitoyning oxirgi Chu sulolasining (e.a.1122-249y) armiyasiga qabul qilinishlari uchun erkaklarning og‘ir toshlar ko‘tarish qobiliyatini tekshirib, sinovdan o‘tishlari majbur edilar. Tarixiy manbaalardan bilamizki, Yunonistonda jismoniy mashqlarga juda katta qiziqish bor edi. Misol uchun qadimgi Yunoniston olimpiya chempioni Milon (1-rasmga qarang). Buyuk yunon atleti Feagen (e.av. 3 asr) u to‘qqiz yashar paytida bronzadan yasalgan haykalni ko‘tara olgan. Kroton viloyatining aholisi o‘zining jismoniy qobiliyatlari bilan alohida ajralib turar edi. Aynan shu viloyat tarbiyalanuvchisi Yunonistonning eng kuchli odami buyuk Milon o‘z yelkasida to‘rt yoshli buqani Olimpiya stadioni bo‘ylab olib o‘tgan edi (1-rasmga qarang).

Milon yoshligidan og'ir buyumlarni ko'tarishga qiziqar edi, keyin u yangi tug'ulgan buzoqni qo'llari bilan tepaga ko'tardi va shu mashg'ulotni har kuni takrorlar edi. Oylar davomida buzoqning vazni ortib bordi, Milonning esa jismoniy imkoniyatlari rivojlanib bordi. Shuning uchun Milonni sport sohasidagi mutaxassislar kuch sifatini rivojlantirishda jismoniy yuklamalarni bosqichma-bosqich printsiplarining asoschisi, deb hisoblaydilar. Olimpiya shaharchasida 143 kilogrammli tosh topilgan. Shu toshning ustida matn yozuv o'yilgandi "Santorine Eumast, Kritobulni o'g'li Bibon polvon e.av. IV-asrda bir qo'li bilan shu toshni yerdan uzgan".

O'RTA ASRLARDA PAUERLIFTING TARIXI



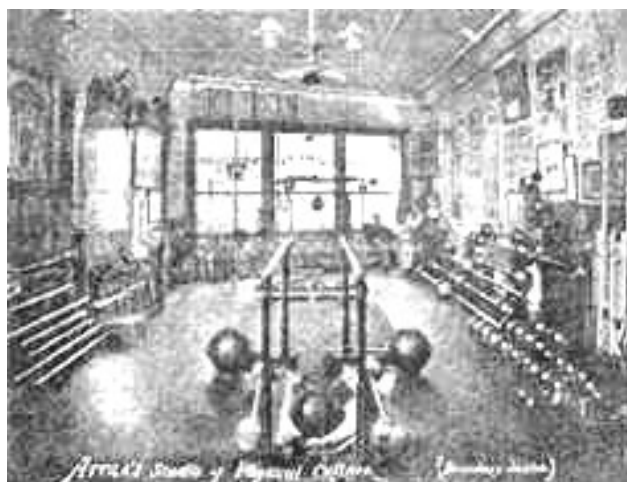
(2-rasm) Sport zal Siegmund Klein New York City. 1920 y

Ingliz olimi Tomas Eliot (1531) o'zining kitoblarida yoshlarning jismoniy sifatlarini yaxshilashi uchun ko'proq og'ir toshlarni uloqtirish, irg'itish, ko'tarish kerak, deb yozib o'tgan. Angliyaning eng taniqli polvoni Tomas Topxem (1741y.) bo'lgan. U yelkasidan boylangan 816 kilogrammga ega bo'lgan suv bilan to'ldirilgan uchta bochka ko'tara olgan.



The back press evolved into the bench press.

XIX asrning Pauerlifting sport turining eng buyuk polvonlaridan biri kanadalik Luis Sir (vazni 136kg 23 yosh). 1886 yilda amerikalik Richard Pennel (vazni 81kg 40 yosh) ustidan g'alaba qozondi. Hamda birinchilardan bo'lib shtangani yotib ko'tarishni, uning eng yaxshi natijasi bir qo'l bilan 124 kg, ikki qo'lda 150 kg, turib ko'tarish 860 kg bir qo'l bilan 447 kg, bir barmoq bilan 247 kg, ozgina yerdan uzish 1950 kg shu paytgacha eng yuksak natija hisoblanadi. Kuch chidamliligi bahslarida ham kuch sinashishgan polvonlardan: Uil'yam Kouture o'zining vazni 67,5 kg bo'la turib bir qo'l bilan 50 kg shtangani ko'targan (1892 y): Xenri Sarteriel (1897 y) bir qo'lda 33 kg shtangani 118 marta ko'targan. Djilmen Lou 1903 u beliga boylangan kanatlarda 453,6 kg 1006 marta 34 minut 35 sekund ichida ko'targan. Bu natija keyinchalik Lu Trevis 1907 yilda o'zgartirdi.



(4-rasm) Sportzal Louis Attila New York City 1898 y.

XX asr boshida yangi sport turlari rivojlana boshladi (Og'ir atletika, bodibilding, kul'turizm) gavdani chiroyli qilib ko'rsatishni birinchilardan bo'lib Yudjin Sendou boshlagan. U o'zining chiqishlarini katta sharsimon shtanga (yechiladigan disklar keyinchalik yigirma yildan keyin paydo bo'lgan). Grifning uzunligi 120 sm ikki sharsimon toshlarning diametri 90 sm bo'lgan.

PAUERLIFTINGDA INNOVATSIYALAR



(5-rasm) Pol Enderson

Zamonaviy uchkurash (pauerlifting) oldingi ana'naviy bosqichlarda uchkurash o'rniga (bitsepsga ko'tarish), (o'tirib bosh orqasidan ko'tarish) kabi mashqlar bo'lgan.

ZAMONAVIY PAUERLIFTING

Zamonaviy pauerlifting 50-60-yillarda AQSH da rivojlana boshlandi. Shundan keyin musobaqa qoidalari takomillashib, doimiy jahon chempionatlari, Osiyo chempionatlari, milliy chempionatlari o'tqazilish boshlandi. Aynan shu davrda pauerlifting sport turi rivojlandi.

Boshlang'ich guruhi sportchilariga rejalashtirish uslubiyati

Dars o'tish jarayonida o'smirlar bilan jamoaviy uslub qo'llaniladi. Jamoaviy uslub ayniqsa, klassik texnik mashqlarni o'rganishda qo'l keladi. Birma-bir hamma guruh ishtrokchilari ko'rsatilgan mashqlarni bajaradi. Trener bir sportchini xatolik bilan bajarilgan mashqni to'g'ri ko'rsatganda, qo'lgan ishtrokchilar bu xatolikni qaytarmaslikka harakat qiladi. Keyinchalik boshlang'ich sportchilar bir-birini xatosini tuzatib o'tishadi. Bu esa o'z o'rnida

o'rgatish jarayonini yanada osonlashtiradi. Boshlang'ich sportchilarni o'rgatayotgan pallada mashqlarni osondan murakkabgacha ko'rsatiladi. Bu shunday mashqlar bo'lishi kerakki, alohida koordinatsiyaga mos mashqlar bo'lishi kerak. Masalan, o'tirib-turish mashqida uzoq vaqt belni, tizzalarni to'g'ri ushlashni tushuntirishga ketib qo'ladi. Agarda o'rindiqqa kerakli balandlikka chiqib bajarilsa, u darhol tushunib oladi. Yoki biz yotib ko'tarish paytida 1 oy davomida sportchinihg belini tagiga sochiq qo'yib bajaradigan bo'lsa u asta-sekin gavnani shu holatda ushlashga ko'nikib boradi. Xuddi shu holat turib ko'tarishga mos keladi. Bizning kuzatuvimizga qaraganda to'g'ri mashq bajarishiga osonroq o'rgatish mumkin, faqatgina o'rgatishni plintdan boshlash kerak. Ammo birinchi hafta grif 10 sm ga yuqoriroq bo'lishi kerak tizzaga nisbatan. Keyinchalik plint balandligini pasaytirib, dastlabki holat (pamostga) o'tamiz. Chunki plintdan turib, o'tirib-turishni bajarish paytida texnik mahorat tezroq yaxshilanadi. Og'ir atletikada bu harakat "Chuqurlikka bajarish" deb ataladi. Sportchi balandligi 50-60 sm, eniga 70-80 smli plintga turadi, hamda ikkala qo'lga toshni olib, belni bukmasdan 5-6 marta o'tirib turadi. Shunday qilib, sportchilar asta-sekin mashqlarni to'g'ri bajarishga o'rganib borishadi. Yosh yigitlar o'rtasida nosog'lom raqobat bo'lgani sababli, ular bir-biridan o'tib ketishni xohlaydilar. Shuning uchun travma olish ehtimoli ko'proq bo'ladi. Yana bir zarur maslahatdan biri, bu guruhga bir yoshga mansub yigitlarni to'plash kerak. Misol uchun 13-14 yosh yoki 14-15 yosh. Treyner boshlang'ich guruhga klassik texnikani o'rgatayotganda, shtanga og'irligi emas, aksincha qaytarish soni ko'proq zarurligini har doim esida tutishi kerak. Shtanga bilan bajariladigan mashg'ulot davrida katta yuklama olish mumkin emas. Texnikani o'rganish uchun o'rta og'irlikdagi toshlar bilan ishlash zarur. Asta-sekinlik bilan shtanga og'irligini oshirib borish zarur. Kuchli va yengil qo'zg'atuvchilar shartli refleks hosil qilishga mos kelmaydi. Maxsus jismoniy sifatlarni rivojlantirish uchun faqatgina o'rta og'irlikdagi toshlar bilan mashg'ulot qilish maqsadga muvofiq. M.T.Lukyanov, A.I.Falameev "Tyajelaya atletika dlya yunoshey" FiS Moskva 1969. Oyning oxirida biz boshlang'ich tarbiyalanuvchilar o'rtasida "Eng yaxshi klassik texnika ustasi" nomli kichik musobaqa o'tqazamiz. Bu yerda barcha uchta mashqni bajarishi shart emas. Ayrim paytda biz

dushanba kuni “o‘tirib-turish”, chorshanba kuni “yotib ko‘tarish”, juma kuni “turib ko‘tarish” mashqlarini bajaramiz. Bu musobaqalar murabbiyga o‘rgatish samaradorligini, hamda texnika mashqlarida qilingan xato-kamchiliklarni bartaraf etishga yo‘l ochib beradi. Ayniqsa, shu qo‘yilgan texnik xatoliklarni o‘z vaqtida to‘g‘rilab bajarishga ko‘nikma hosil bo‘ladi. Shunday qilib boshlang‘ich guruhi tarbiyalanuvchilarga oylik rejani tuzishda, klassik texnik mashqlarga o‘rgatish, hamda umumiy jismoniy tayyorgarlikni yaxshilash asosiy vazifalardan biri hisoblanadi. Ayniqsa, yosh sportchilarni vazn tashlashga yo‘l qo‘ymaslikka e‘tibor qilish zarur. Har qanday vazn tashlash, sportchining sog‘lig‘iga, sportchini umumiy jismoniy tayyorgarlik, sport natijalarni pasayishiga, hamda har xil salbiy oqibatlariga olib keladi. Shuning uchun yosh o‘sayotgan organizmga vazn tashlash qa‘tiyan man etiladi., Chunki bu holat bolada endokrin tizimi o‘zgarishi, bo‘yi, vazni o‘sishi to‘htashiga olib kelishi mumkin. (L. I. Stogova).

Yuklama hajmi shtanga ko‘tarish soniga tushuniladi. Bu bosqichda shu yuklama yetarli xisoblaymiz. Chunki bu bosqichda boshlang‘ich sportchining chegarasi ma‘lum emasligi tufayli, rejaga yuklama hajmi (ya‘ni X) deb minimal vaznidan kilogrammda yoziladi. Albatta, mikro va makrotsikl ichida o‘zgaruvchanlikni rioya qilish shart.

| hafta kunlari | 1-hafta | 2-hafta | 3-hafta | 4-hafta | 5-hafta |
|----------------------|----------------|----------------|----------------|----------------|----------------|
| Dushanba | O‘rta | Katta | O‘rta | Kichik | Katta |
| Chorshanba | Kichik | Kichik | Kichik | Katta | O‘rta |
| Juma | O‘rta | O‘rta | Katta | O‘rta | Katta |

Mikrotsikl tayyorgarlik davrida 3-ta mashg‘ulotning taxminiy yuklama hajmi

Hafta ichida mashg‘ulot soni 3ta bo‘lganligi tufayli, o‘zgaruvchanlik ko‘zga tashlanmaydi, faqatgina 4-5 marta bo‘lsa. Birinchi ikki hafta mashg‘ulotlari mashg‘ulot rejasiga faqatgina bitta klassik mashqni qo‘shish mumkin. Qolgan mashqlar faqat umumiy jismoniy sifatlarni yaxshilashga qaratilgan bo‘lishi lozim.

Boshlang'ich tayyorgarlik davrida umumiy jismoniy tayyorgarlik ichidan maxsus tayyorgarlik mashqlarga qaratiladi. Keyinchalik bu yuklama to'g'irlanib boriladi va klassik texnikaga ko'proq mashqlar berilishi darkor.

Boshlang'ich guruhi sportchilar uchun taxminiy 6- ta haftali reja

1 hafta

| <u>1 kun (dushanba)</u> | |
|---|--|
| 1. Skameykaga o'tirib-turish | X-6mX2p, X+10kg 5mX6p (42) |
| 2. Skameykaga yotib gantel ko'tarish | X-8mX6p (48) |
| 3. Ko'krak mushaklari (qo'llarni yozish gantel bilan yotib) | 10mX5p(50) |
| 4. Turnikda tortilish | 6mX6p.(36) |
| 5. Press | 8mX5p.(40) |
| | Jami: 42 / 174* ko'tarilishlar |
| <u>3 kun (chorshanba)</u> | |
| 1. Burchak ostida o'tirib ko'tarish | X-4mX2p, X+5kg 4mX5p (28) |
| 2. Yerdan gavidani ko'tarib tushish (ko'llar yelka kengligida) | 8mX6p (48) |
| 3. Plintdan tyaga(grif tizza tepasiga, oyoqlar yelka kengligida "sumo") | X-5mX2p, X+10kg 5mX2p, X+15kg 4mX5p (40) |
| 4. Qaychisimon uslubida shtanga bilan o'tirib-turish | X - 5m+5mX5p.(25) |

| | |
|---|---|
| 5. Giperekstenziya | 10mX4p. (40) |
| | Jami: 40/153 ko'tarilishlar |
| <u>5 kun (juma)</u> | |
| 1. Skameykaga o'tirib-turish | X-6mX1p, X+10kg 5mX2p, X+15kg 5mX5p(41) |
| 2. Ingichka ushlab orqali yotib ko'tarish | X-6mX1p, X+5kg 6mX2p. X+10kg 5mX5p(43) |
| 3. Ko'krak mushaklari (qo'llarni yozish gantel bilan yotib) | 10mX5p.(50) |
| 4. O'tiri- egilish | 5mX5p.(25) |
| 5. Sport o'yinlar | 30 minut (futbol, basketbol, s/tennis) |
| | Jami: 84/75 ko'tarish |
| | Jami Haftada: 166/402 ko'tarilishlar |

Izoh:

m- marta,soni, shtanga ko'tarish soni ShKS)bir podxod

p- podxod, podxod soni

()- Shu mashqning ShKS

Jami: ___/___

- birinchi summa- ShKS ko'rsatadi o'rganilayotgan mashqda

- ikkinchi summa-ShKS ko'rsatadi UJT

2-hafta

| | |
|------------------------------|--|
| <u>1 kun (dushanba)</u> | |
| 1. Skameykaga o'tirib-turish | X-8mX1p, X+10kg 6mX2p, X+20kg 4mX5p(40) |
| 2. Bosh orqasidan ko'tarish | X-5mX2p, X+5kg 5mX5p,(40) |

| | |
|--|---|
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Yerdan gavidani ko'tarib tushish (qo'llar yelka kengligidan ko'proq) | 10mX5p (50) |
| 5. Giperekstenziya | 10mX4p.(40) |
| | Jami: 40/180 ko'tarishlar |
| <u>3 kun (chorshanba)</u> | |
| 1. Plintdan tyaga | X-6mX1p, X+10kg 6mX2p, X+20kg 5mX5p(38) |
| 2. Burchak ostida o'tirib ko'tarish | X-5mX1p, X+5kg 5mX2p, X+10kg 4mX5p(35) |
| 3. Tritsepsga gantel ko'tarish | 10mX5p (50) |
| 4. Tyaga yonga | 6mX5p (30) |
| 5. Oyoqlar bilan ko'tarish | X-8mX1p, X+10kg 8mX2p, X+20kg 6mX4p (48) |
| 6. Press | 10mX4p. (40) |
| | Jami: 73/168 ko'tarilishlar |
| <u>5 kun (juma)</u> | |
| 1. O'tirib-turish | X-6mX1p,X+10kg 6mX2p,X+15kg 5mX4p(38) |
| 2. O'rta ushlab bilan yotib ko'tarish | X-5mX1p, X+5kg 5mX2p, X+10kg 5mX5p(40) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Brusda qo'llarni bukib yozish | 8mX5p (40) |
| 5. Shtanga bilan egilib o'tirish | 5mX5p (25) |
| 6. Sport o'yinlar | 30-45 minut |

| | |
|--|--|
| | Jami: 78/115 <i>ko'tarilishlar</i> |
| | Jami haftada: 191/463 <i>ko'tarilish</i> |

3-hafta

| <u>1 kun (dushanba)</u> | |
|--|---|
| 1. Skameykaga o'tirib-turish | X-8mX1p, X+10kg 6mX2p, X+20kg 5mX5p (40) |
| 2. O'rta ushlar bilan yotib ko'tarish | X-8mX1p, X+5kg 6Rx1p, X+10kg 4mX2p, X+15kg 3mX4p (34) |
| 3. Yerdan gavnani ko'tarib - tushish (qo'llar yelka kengligidan ko'proq) | 10mX5p.(50) |
| 4. Oyoqlar bilan ko'tarish | X-8mX1p, X+10kg 8mX1p, X+20kg 6mX5p(46) |
| 5. Shtanga bilan egilib turish (turib) | 5mX5p.(25) |
| | Jami: 74/121 <i>ko'tarilishlar</i> |
| <u>3 kun (chorshanba)</u> | |
| 1. Tyaga tizzagacha | X-5mX1p, X+10kg 5mX2p, X+20kg 4mX6p (39) |
| 2. Og'irlik bilan brussda qo'llarni bukib yozish | 6mX6p (36) |
| 3. Tritsiplarga ko'tarish | 10mX5p (50) |
| 4. Plintlarda o'tirib-turish | 5mX5p.(25)** |
| 5. Press | 10mX4p.(40) |
| | Jami: 39/151 <i>ko'tarilish</i> |

| <u>5 kun (juma)</u> | |
|---|---|
| 1. Yotib ko'tarish keng ushlab bilan | X-6mX1p, X+10kg 5mX2p, X+15kg 5mX5p (41) |
| 2. O'tirib-turish | X-6mX1p, X+10kg 5mX2p, X+20kg 4mX5p (36) |
| 3. Yerdan qo'llar bilan gavnani ko'tarib- tushish (qo'llar yelka kengligidan ko'proq) | 8mX5p (40) |
| 4. Tritsepslar | 10mX5p (50) |
| 5. Egilish ustun orqali | 10mX5p.(50) |
| 6. Sport o'yinlar | 30 minut |
| | Jami: 77 / 140 ko'tarilish |
| | Jami haftada: 190 / 412 ko'tarilishlar |

** Plintlarda o'tirib-turish: Sportchi 2 ta plintga turadi, oyoqlar yelka kengligidan ko'proq, qo'larida girya. Girya bilan bedrogacha o'tirib-turadi to'g'ri burchak

4 hafta

| <u>1 kun (dushanba)</u> | |
|---------------------------------------|--|
| 1. O'tirib-turish | X-8mX1p, X+10kg 6mX2p, X+20kg 5mX5p (45) |
| 2. O'rta ushlab bilan yotib ko'tarish | X-8mX1p, X+10kg 6mX2p, X+15kg 5mX4p (40) |
| 3. Brussda gavnani ko'tarib tushish | 8mX5p.(40) |
| 4. Oyoqlar bilan ko'tarish | 8mX5p (40) |

| | |
|---|--|
| 5. Shtanga bilan egilib turish (o'tirib) | 5mX5p.(25) |
| | Jami: 85/105 ko'tarilish |
| <u>3 kun (chorshanba)</u> | |
| 1. Keng ushlab yotib ko'tarish | X-6mX1p, X+10kg 5mX1p, X+15kg 4mX5p (31) |
| 2. Tiyaga plintdan | X-5mX1p, X+10kg 5mX1p, X+20kg 4mX2p, X+25kg 3mX4p (30) |
| 3. Tyaga egilib | 6mX5p (30) |
| 4. Ko'krak mushaklari | 10mX5p.(50) |
| 5. Plintlarda o'tirib-turish | 6mx6p.(25) |
| | Jami: 61/105 ko'tarilish |
| <u>5 kun (juma)</u> | |
| 1. O'tirib-turish | X-6mX1p, X+10kg 6mX1p, X+15kg 6mX5p (42) |
| 2. Yotib ko'tarish kl. | X-8mX1p, X+10kg 6mX2p, X+20kg 4mX5p (40) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Yerdan gavidani ko'tarib tushish (qo'llar yelka kengligidan ko'proq) | 8mX5p.(40) |
| 5. Egilish ustun orqali | 10mX4p.(40) |
| 6. Press | 10mX3p.(30) |
| | Jami: 82/160 ko'tarilishlar |
| | Jami haftada: 228/370 ko'tarilishlar |

5 hafta

| <u>1 kun (dushanba)</u> | |
|---|--|
| 1. Skameykaga o'tirib-turish | X-6mX1p, X+10kg.6mX1p, X+20kg.5mX4p (32) |
| 2. Yotib ko'tarish kl. | X-8mX1p, X+10kg.6mX1p, X+15kg.4mX5p (34) |
| 3. Yerdan qo'llar bilan gavnani ko'tarib tushish(qo'llar yelka kengligidan ko'proq) | 6mX5p (30) |
| 4. O'tirib-turish | X-6mX1p, X+10kg.5mX1p, X+15kg.5mX4p (31) |
| 5. Press | 10mX4p (40) |
| Jami: 97/70 ko'tarilish | |
| <u>3 kun (chorshanba)</u> | |
| 1. Tiyaga "sumo" | X-5mX2p, X+10kg.4mX2p, X+15kg.4mX5p (38) |
| 2. Yotib ko'tarish ingichka ushlab bilan | X-6mX1p, X+10kg.6mX5p (36) |
| 3. Ko'krak mushaklari (tashqariga yozish) | 10mX5p.(50) |
| 4. Plintlarda o'tirib-turish | 5mX5p.(25) |
| 5. Giperekstenziya | 8mX4p.(32) |
| Jami: 74/107 ko'tarilishlar | |

| <u>5 kun (juma)</u> | |
|-------------------------------------|--|
| 1. Burchak ostida o'tirib ko'tarish | X-4mX5p. (20) |
| 2. O'tirib-turish | X-6mX1p,X+10kg.5mX1p,X+20kg.4mX2p,X+25kg.3mX3p(28) |
| 3. Yotib ko'tarish | X-5mX1p, X+10kg.5mX1p, X+20kg.5mX5p (35) |
| 4. Oyoqlar bilan ko'tarish | X-8mX1p, X+10kg.8mX2p, X+15kg.8mX4p (56) |
| 5. Sport o'yinlar | 30-40 minut |
| | <i>Jami: 63/76 ko'tarilish</i> |
| | <i>Jami Haftada: 234/253 ko'tarish</i> |

6 hafta

1 kun (dushanba)

| 1. O'tirib-turish | X-5mX1p,X+10kg,4mX1p,X+20kg.3mX2p,X+30kg.2mX3p(21) |
|---|---|
| 2. Yotib ko'tarish | X-6mX1p,X+10kg.5mX1p, X+20kg.4mX1p,X+25kg.3mX4p(27) |
| 3. Ko'krak mushaklari (tashqariga yozish) | 10mX5p (50) |
| 4. Press | 10mX4p (40) |
| | <i>Jami: 48/90 ko'tarilish</i> |
| <u>3 kun (chorshanba)</u> | |
| 1. Tiyaga turib ustun ustiga | X-4mX2p, X+10kg.3mX4p (20) |

| | |
|-----------------------------------|--|
| 2. Bosh orqasidan ko'tarish turib | X-5mX1p, X+5kg.4mX5p (25) |
| 3. brusda qo'llarni bukib yozish | 5mX5p (25) |
| 4. Plintdan tyaga "sumo" | X-4mX1p,X+10kg.4mX1p,X+20kg.3mX4p(20) |
| 5. Giperekstenziya | 8mX4p (32) |
| | <i>Jami: 40/82 ko'tarilish</i> |
| <u>5 kun (juma)</u> | |
| 1. O'tirib-turish | X-6mX1p,X+10kg.6mX2p.X+15kg.6mX4p (42) |
| 2. Yotib ko'tarish | X-8mX1p,X+10kg.6mX1p,X+15kg.5mX5p (39) |
| 3. Plintlarda o'tirib turish | 5mX5p (25) |
| 4. Tyaga egilib | 5mX5p (25) |
| 5. Sport o'yinlar | 20-30 minut |
| | <i>Jami: 81/50 ko'tarilish</i> |
| | <i>Jami haftada: 169/222 ko'tarilishlar</i> |

Hafta tsikllarga 6-haftali yuklama hajmini tarqatish

| Mashq | 1 hafta | 2 hafta | 3 hafta | 4 hafta | 5 hafta | 6 hafta | Jami Oyiga |
|----------------|---------|---------|---------|---------|---------|---------|------------|
| O'tirib-turish | 83 | 78 | 76 | 87 | 91 | 63 | 478 |
| Ko'tarishlar | 43 | 40 | 75 | 111 | 105 | 66 | 440 |
| Tyagalar | 40 | 38 | 39 | 30 | 38 | 40 | 225 |

| | | | | | | | |
|-------------------|-----|-----|-----|-----|-----|-----|------|
| Jami hafta ichida | 166 | 156 | 190 | 228 | 234 | 169 | 1143 |
| Egilishlar | 65 | 65 | 75 | 65 | 32 | 32 | 334 |
| Boshqalar | | | | | | | |

Taxminiy Oylik reja - boshlang'ich lifter 2 ta mashg'ulotlar 1 hafta

| <u>1 kun (dushanba)</u> | | |
|---|--|------------------------------|
| 1. Skameykaga o'tirib-turish | X-6mX2p,X+10kg (32) | 5mX4p |
| 2. Yotib ko'tarish ingichka ushlash bilan | X-5mX2p,X+10kg (35) | 5mX5p |
| 3. Ko'krak mushaklari (qo'llarni yozish gantel bilan yotib) | 10mX5p(50) | |
| 4. brusda qo'llarni bukib yozish | 8mX6p.(48) | |
| 5. Shtanga bilan egilib turish (turib) | 5mX5p.(25) | |
| | | Jami: 190 ko'tarilish |
| <u>3 kun (chorshanba)</u> | | |
| 1. Burchak ostida o'tirib-ko'tarish | X-4mX2p,X+5kg (24) | 4mX4p |
| 2. Yerdan gavidani ko'tarib tushish (ko'llar yelka kengligida) | 8mX6p (48) | |
| 3. Plintdan tyaga(tizzadan balandroq grif,oyoqlar kengligi"sumo") | X-5mX2p,X+10kg 5mX2p,X+15kg (36) | 4mX4p |
| 4. O'tirib-turish qaychisimon shtanga bilan | X-5m+5mX5p.(25) | |

| | |
|---|--|
| 5. Press 10mX4p. (40) | |
| | Jami: 173 ko'tarilishlar |
| <u>5 kun (juma)</u> | |
| 1. Skameykaga o'tirib-turish | X-6mX1p,X+10kg 5mX2p,X+15kg 5mX4p(36) |
| 2. Bosh orqasidan ko'tarish turib | X-5mX5p (25) |
| 3. Yotib ko'tarish ingichka ushlab bilan | X-6mX1p,X+10kg 6mX2p.X+15kg 5mX4p(38) |
| 4. Ko'krak mushaklari (qo'llarni yozish gantel bilan yotib) | 10mX5p.(50) |
| 5. O'tirib-turish | X- 5mX1p,X+10kg 5mX5p (30) |
| 6. Shtanga bilan egilib turish (o'tirib) | 5mX5p.(25) |
| | Jami: 204 ko'tarilishlar |
| | Jami haftada: 567 ko'tarilishlar |

2 hafta

| | |
|--|---|
| <u>1 kun (dushanba)</u> | |
| 1. Skameykaga o'tirib turish | X-8mX1p,X+10kg 6mX2p,X+15kg 6mX4p(44) |
| 2. O'rta ushlab bilan yotib ko'tarish | X-5mX2p,X+5kg 5mX2p,X+10kg 5mX5p(45) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Yerdan gavnani ko'tarib tushish (qo'llar yelka kengligidan) | 10mX5p (50) |

| | |
|---------------------------------------|--|
| ko'proq) | |
| 5. O'tirib-turish | X-5mX2p,X+10kg 5mX5p (35) |
| 6. Egilish ustun orqali | 10mX4p.(40) |
| | Jami: 264 ko'tarilishlar |
| <u>3 kun (chorshanba)</u> | |
| 1. Tyaga plintdan | X-6mX2p,X+10kg 6mX2p,X+20kg 5mX4p(44) |
| 2. Burchak ostida o'tirib ko'tarish | X-5mX1p,X+5kg 5mX2p,X+10kg 4mX5p(35) |
| 3. Tritsepsga gantel ko'tarish | 10mX5p (50) |
| 4. Del'talar | 10mX5p (50) |
| 5. Oyoqlar bilan ko'tarish | X-8mX1p,X+10kg 8mX2p,X+20kg 6mX4p (48) |
| | Jami: 227 ko'tarilish |
| <u>5 kun (juma)</u> | |
| 1. O'tirib-turish | X-6mX1p,X+10kg 6mX2p,X+15kg 5mX4p(38) |
| 2. O'rta ushlar bilan yotib ko'tarish | X-5mX2p,X+5kg 5mX2p,X+10kg 5mX5p(45) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. O'tirib-turish v nojnitsax | X-5m+5mX1p, X+10kg 5m+5mX5p (30) |

| | |
|-------------------------------------|---|
| 5. Egilishlar shtanga bilan o'tirib | 5mX5p (25) |
| 6. Press | 10mX5p.(50) |
| | Jami: 238 ko'tarilishlar |
| | Jami haftada: 729 ko'tarilishlar |

3 hafta

| <u>1 kun (dushanba)</u> | |
|--|---|
| 1. Skameykaga o'tirib-turish | X-8mX1p,X+10kg 6mX2p,X+20kg 5mX4p(40) |
| 2. O'rta ushlar bilan yotib ko'tarish | X-6mX1p,X+5kg 5mX2p,X+10kg 4mX2p, X+15kg 3mX4p (36) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Yerdan gavnani ko'tarib tushish (qo'llar yelka kengligidan ko'proq) | 10mX5p.(50) |
| 5. Oyoqlar bilan ko'tarish | X-6mX1p,X+10kg 6mX2p,X+20kg 5mX4p(38) |
| 6. Shtanga bilan egilib turish (turib) | 5mX5p.(25) |
| | Jami: 239 ko'tarilish |
| <u>3 kun (chorshanba)</u> | |
| 1. Tyaga tizzagacha | X-5mX2p,X+5kg 5mX5p (35) |
| 2. Yotib-ko'tarish ingichka ushlar bilan | X-5mX1p,X+5kg 5mX2p,X+10kg 4mX4p(31) |
| 3. Og'irliq bilan brussda qo'llarni bukib yozish | 6mX6p (36) |

| | |
|--|---|
| 4. Tyaga plintdan | X- 5mX1p,X+10kg 5mX2p,X+20kg 4mX4p(31) |
| 5. O'tirib-turish «trenajor»da | 5mX5p.(25)** |
| 6. Press | 10mX4p.(40) |
| | Jami: 198 ko'tarilish |
| <u>5 kun (juma)</u> | |
| 1. O'rta ushlash bilan yotib ko'tarish | X6mX1p,X+10kg 5mX2p,X+15kg 4mX4p(32) |
| 2. O'tirib-turish | X-5mX1p,X+10kg 5mX2p,X+15kg 5mX4p(35) |
| 3. Yerdan qo'llar bilan gavidani ko'tarib- tushish (qo'llar yelka kengligidan ko'proq) | 8mX5p (40) |
| 4. Tritsepslar | 10mX5p (50) |
| 5. Egilish ustun orqali | 10mX5p.(50) |
| | Jami: 207 ko'tarilish |
| | Jami haftada: 644 ko'tarilish |

** O'tirib-turish trenajorda: sportchi 2 ta plintga turib oyoqlar yelka kengligidan ko'proq, qo'lida girya. Girya bilan o'tirib turishni bajaradi to'g'ri burchak ostidan koproq.

4 hafta

| | |
|--|---|
| <u>1 kun (dushanba)</u> | |
| 1. O'tirib-turish | X-5mX1p,X+10kg 4mX2p,X+20kg 3mX5p (28) |
| 2. O'rta ushlash bilan yotib ko'tarish | X-6mX1p,X+5kg 5mX2p, X+10kg 4mX2p,X+15kg |

| | |
|--|--|
| | 3mX4p (36) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Brussda gavidani ko'tarib tushish | 8mX5p.(40) |
| 5. Oyoqlar bilan ko'tarish | 6mX5p (30) |
| 6. Shtanga bilan egilib turish(o'tirib) | 5mX5p.(25) |
| | <i>Jami: 209 ko'tarilish</i> |
| <u>3 kun (chorshanba)</u> | |
| 1. O'rta ushlar bilan yotib-ko'tarish | X-5mX1p,X+10kg 4mX2p, X+15kg 3mX2p,X+20kg 2mX3p (25) |
| 2. Tiyaga plintdan | X-5mX1p,X+10kg 4mX1p,X+15kg 3mX2p, X+20kg 3mX4p (27) |
| 3. Yotib-ko'tarish ingichka ushlar bilan | X-5mX1p,X+10kg 5mX2p,X+10kg 5mX4p(35) |
| 4. Ko'krak mushaklari | 10mX5p. (50) |
| 5. O'tirib-turish trenajorda | 5mX5p.(25) |
| | <i>Jami: 162 ko'tarilishlar</i> |
| <u>5 kun (juma)</u> | |
| 1. O'tirib-turish | X-6mX1p,X+10kg 5mX2p,X+15kg 5mX5p (41) |
| 2. Yotib-ko'tarish | X-5mX1p,X+10kg 5mX2p,X+15kg 4mX5p (35) |
| 3. Ko'krak mushaklari | 10mX5p.(50) |
| 4. Yerdan gavidani ko'tarib tushish (qo'llar yelka | 8mX5p.(40) |

| | |
|-------------------------|--|
| kengligidan ko‘proq) | |
| 5. Egilish ustun orqali | 10mX4p.(40) |
| 6. Press | 10mX3p.(30) |
| | Jami: 236 ko‘tarilish |
| | <i>Jami haftada: 607 ko‘tarilishlar</i> |
| | <i>Jami Oyiga: 2419 ko‘tarilishlar</i> |

Haftalik tsiklga ko‘tarish yuklama hajmini tarqatish

| Mashq | 1 hafta | 2 hafta | 3 hafta | 4 hafta | Jami oyiga |
|-----------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|
| O‘tirib-turish | 123 | 147 | 75 | 69 | 414 |
| Ko‘tarishlar | 122 | 125 | 99 | 131 | 477 |
| Tyagalar | 36 | 44 | 66 | 27 | 173 |
| Jami Xafta ichida | 281 | 316 | 240 | 227 | 1064 |
| Egilishlar | 50 | 65 | 75 | 65 | 255 |
| Boshqalar | 236 | 348 | 329 | 315 | 1228 |
| Jami Xafta ichida | 567 | 729 | 644 | 607 | 2547 |
| Mashg‘ulotlar soni | 3 | 3 | 3 | 3 | |

Toifaga ega sportchilarni rejalashtirish uslubiyati (O'quv mashg'ulot guruxi)

Toifasi bor sportchilarni rejasida hamda boshlang'ich tayyorgarlikka ega sportchilarda ish qobiliyati ShKSGa qarab bo'linadi. Lekin shu yerda ShKS musobaqa mashqlarini ShKS oddiy mashqlarga ajratamiz.

Uch martali mashg'ulot turini quyidagicha ajrata olamiz:

| Dushanba | | Chorshanba | | Juma |
|-----------------|--|-------------------|--|----------------|
| O'tirib-turish | | Ko'tarish | | O'tirib-turish |
| Ko'tarish | | Tyaga | | Ko'tarish |

O'tirib-turish mashqini haftada ikki marotaba bajarishni ma'qullaymiz. Chunki hafta boshida o'tirib-turishni bajarish, ko'proq kuchlanish bilan 2-3 sonli ko'tarishlarni bajaradi. Hafta oxirida esa shu mashqlarni 4-6 marta bajaramiz va teskari. Ko'tarish mashqlarni har mashg'ulotda qaytarmiz. Chunki qo'l mushaklari va yelka bo'g'imlari tez tiklanadi.

Sababi, toifali sportchilar o'z imkoniyatlarini musobaqada to'liq tushungan holda mashqlarni bajara oladi. Yuklama hajmi foizda yoziladi. Reja tuzishda bu uslub eng ma'qul bo'ladi. Chunki guruhda har xil toifadagi hamda har xil vaznga ega sportchilar birga shug'ullanishi mumkin. Albatta, reja tuzishda individual sifatlarga ahamiyat qaratish noto'g'ri. Shuning uchun har bir sportchiga u yoki bu mushaklarga alohida qo'shimcha mashq berish lozim. Ushbu guruh sportchilarda keyingi asosiy vazifa bu kuchni va klassik texnikani rivojlantirishdan iborat. Ushbu uchta reja bir-birini davom ettiradi. Ya'ni bu guruhlarda musobaqa davri qachonligini bilgan holda bema'lol reja bo'yicha uch oy oldin ishni boshlash mumkin. Birinchi hafta, birinchi reja og'ir yuklama olishga tayyorgarlik qismi deb hisoblasak? ikkita katta mashg'ulot (ShKS) dushanba, juma va bitta kichkina mashg'ulot chorshanba kuni kichik foizda, maksimum 75 foizda o'tkaziladi. Keyingi haftadan 80-85 foizga og'irlik oshib boradi. Majburiy tayyorgarlik qismida 50-60 va 70 foiz, asosiy ish 80 va undan yuqori foizda bo'lib o'tadi. Musobaqadan uch yoki uch yarim hafta

oldin 3 ta mashqni bajarish lozim. Bu esa o'z o'rnida kelayotgan musobaqadan oldin boshlang'ich og'irliklarni qaytarishni rejalashtirishga yordam qiladi. Ayrim murabbiylar va sportchilar bir hafta oldin tayyorgarlikni kuchaytirishadi, buning sababi oddiy, murabbiylarni o'z kuchiga ishonmasliklari, sportchi kuchini tekshirish, deb izohlash mumkin. Bu esa mutloq noto'g'ri. Chunki sportchi o'z kuchini, ruhiy holatini tiklashi mushkul. Musobaqadan ikki hafta oldin biz sportchilarga yuklama hajmini foizda kamaytirib boramiz. O'ylaymizki, agar sportchi 2-2,5 oy ichida o'z rekordini bajarishga loyiq bo'lmasa, h ikki hafta qolganda rekord qilishiga ishonish mushkul. Lekin shu holat, ruhiy sinishga olib kelishi mumkin. Shu davrda sportchi o'z imkoniyatlari baland bo'lib turgan paytida uni 90 foiz va undanda baland yuklama berib qo'yishdan ehtiyot bo'lishi kerak. Murabbiyning asosiy vazifalaridan biri bu sportchining maksimal ko'tarish ishtiyoqini musobaqadan oldin so'ndirmaslik. Murabbiyni mahorati shundan iboratki, sportchini aynan kerakli musobaqa davriga eng yuqori sport formasiga olib chiqish hisoblanadi.

Taxminiy oylik reja - birinchi mashg'ulot toifaga ega sportchilarning tayyorgarlik davri

1-Hafta

| <u>1-kun (dushanba)</u> | |
|---|--|
| 1. Yotib ko'tarish | 50% 5mX1p,60% 4mX2p,70% 3mX2p,75% 3mX5p.(34) |
| 2. O'tirib-turish | 50% 5mX1p,60% 5mX2p,70% 5mX5p.(40) |
| 3. Yotib ko'tarish | 50% 6mX1p,60% 6mX2p,65% 6mX4p.(42) |
| 4. Ko'krak mushaklari (yotib yon tomonga qo'llarni gantel bilan yoyish) | 10mX5p. |
| 5. Shtanga bilan egilib turish (turib) | 5mX5p. |
| Jami: 116 ko'tarilish | |

| <u>3-kun (chorshanba)</u> | |
|---|--|
| 1. Tyaga | 50% 5mX1p,60% 5mX2p,70% 4mX2p,75% 3mX4p.(35) |
| 2. Burchak ostida o'tirib ko'tarish | 4mX6p. |
| 3.Brussda gavidani ko'tarib tushish og'irlik bilan | 5mX5p. |
| 4. Tyaga plintdan | 50% 5mX1p,60% 5mX2p,70% 4mX2p,80% 3mX4p.(35) |
| 5. O'tirib-turish qaychisimon shtanga bilan | 5m+5mX5p. |
| 6. Press | 10mX3p. |
| | Jami: 65 ko'tarilish |
| <u>5-kun (juma)</u> | |
| 1. Yotib ko'tarish | 50% 7mX1p,55% 6mX1p,60% 5mX1p,65% 4mX1p, |
| | 70% 3mX2p,75% 2mX2p,70% 3mX2p,65% 4mX1p, |
| | 60% 6mX1p,55% 8mX1p,50% 10mX1p.(66) |
| 2. Ko'krak mushaklari (yotib yon tomonga qo'llarni gantel bilan yoyish) | 10mX5p. |
| 3. O'tirib-turish | 50% 5mX1p,60% 4mX2p,70% 3mX2p,75% 3mX5p.(34) |
| 4. Shtangani tritsepsga ko'tarish | 10mX5p. |
| 5.Shtanga bilan egilib turish | 5mX5p. |

| | |
|-----------|---|
| (o'tirib) | |
| | Jami: 100 ko'tarilish |
| | Jami haftada: 286 ko'tarilishlar |

Izoh: r- soni; p- qaytarish;.

2-Hafta

| <u>1-kun (dushanba)</u> | |
|--|---|
| 1. O'tirib-turish | 50% 5mX1p,60% 4mX2p,70% 3mX2p,80%2mX5p.(29) |
| 2. Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 2mX6p.(27) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Yerdan gavnani ko'tarib tushish (qo'llar yelka kengligidan ko'proq) | 10mX5p |
| 5. O'tirib-turish | 55% 3mX1p,65% 3mX1p,75% 3mX4p.(18) |
| 6. Shtanga bilan egilib turish (turib) | 5mX5p. |
| | Jami: 74 ko'tarilishlar |
| <u>3-kun (chorshanba)</u> | |
| 1. Tyaga tizzagacha | 50% 4mX1p,60% 4mX2p,70% 4mX4p.(28) |
| 2. Yotib ko'tarish | 50% 5mX1p,60% 5mX2p,70% 4mX5p.(35) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Tyaga stanovaya | 50% 4mX1p,60% 4mX1p,70% 3mX2p,75% 3mX5p.(29) |

| | |
|---|--|
| 5. O'tirib-turish qaychisimon shtanga bilan | 5m+5mX5p. |
| | Jami: 92 ko'tarilishlar |
| <u>5-kun (juma)</u> | |
| 1. O'tirib-turish | 50% 4mX1p,60% 4mX1p,70% 3mX2p,75% 3mX6p(29) |
| 2. Yotib ko'tarish | 50% 6mX1p,60% 5mX1p,70% 4mX2p,75% 3mX2p,80% 2mX2p, |
| | 75% 4mX1p,70% 5mX1p,60% 6mX1p,50% 7mX1p.(51) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Tritsepslar | 10mX5p. |
| 5. O'tirib-turish | 55% 3mX1p,65% 3mX1p,75% 2mX4p.(14) |
| 6. Shtanga bilan egilib turish (o'tirib) | 6mX5p. |
| | Jami: 80 ko'tarilishlar |
| | Jami haftada: 246 ko'tarilishlar |

3-Hafta

| | |
|-------------------------|--|
| <u>1-kun (dushanba)</u> | |
| 1. O'tirib-turish | 50% 5mX1p,60% 4mX2p,70% 3mX2p,80% 3mX5p.(34) |
| 2. Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p.(30) |
| 3. Ko'krak mushaklari | 10mX5p. |

| | |
|--|---|
| 4. Yerdan gavgani ko'tarib tushish (qo'llar yelka kengligidan ko'proq) | 10mX5p. |
| 5. O'tirib-turish | 50% 5mX1p,60% 5mX1p,70% 5mX5p.(35) |
| 6. Shtanga bilan egilib turish (turib) | 5mX5p. |
| | Jami: 99 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1. Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX2p,75% 4mX4p(32) |
| 2. Yotib ko'tarish | 50% 6mX1p,60% 5mX1p,70% 4mX2p,75% 3mX2p, |
| | 80% 2mX2p,75% 3mx2p,70% 4mX1p,65% 5mX1p, |
| | 60% 6mX1p,55% 7mX1p,50% 8mX1p.(65) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Tyaga plintdan | 60% 5mX1p,70% 5mX2p,80% 4mX4p.(31) |
| 5. O'tirib-turish qaychisimon shtanga bilan | 5m+5mX5p. |
| 6. Press | 10mX3p. |
| | Jami: 123 ko'tarilishlar |
| <u>5-kun (juma)</u> | |
| 1. Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% |

| | |
|--|--|
| | 2mX5p.(25) |
| 2. O'tirib-turish | 50% 5mX1p,60% 5mX1p,70% 5mX2p,75% 4mX5p.(40) |
| 3. Yotib ko'tarish | 50% 6mX1p,60% 6mX2p,65% 6mX4p.(42) |
| 4. Ko'krak mushaklari | 10mX5p. |
| 5. Shtanga bilan egilib turish (o'tirib) | 5mX5p. |
| | Jami: 107 ko'tarilish |
| | Jami haftada: 329 ko'tarilishlar |

4-Hafta

| <u>1-kun (dushanba)</u> | |
|--|---|
| 1. O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, 85% 2mX3p.(27) |
| 2. Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p.(30) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Brusda gavidani ko'tarib tushish | 8mX5p. |
| 5. O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 2mX4p.(23) |
| 6. Shtanga bilan egilib turish (turib) | 5mX5p. |
| | Jami: 80 ko'tarilish |

| <u>3-kun (chorshanba)</u> | |
|---|--|
| 1. Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, |
| | 85% 2mX3p.(27) |
| 2. Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, |
| | 85% 2mX3p.(26) |
| 3. Yotib ko‘tarish | 55% 5mX1p,65% 5mX1p,75% 4mX4p.(26) |
| 4. Ko‘krak mushaklari | 10mX5p. |
| 5. O‘tirib-turish qaychisimon shtanga bilan | 5m+5mX5p. |
| | <i>Jami: 79 ko‘tarilish</i> |
| <u>5-kun (juma)</u> | |
| 1. O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p.(33) |
| 2. Yotib ko‘tarish | 50% 5mX1p,60% 5mX1p,70% 5mX5p.(40) |
| 3. Ko‘krak mushaklari | 10mX5p. |
| 4. Brussda gavidani ko‘tarib tushish | 8mX5p. |
| 5. Shtanga bilan egilib turish (o‘tirib) | 5mX5p. |
| 6. Press | 10mX3p. |
| | <i>Jami: 73 ko‘tarilishlar</i> |
| | <i>Jami haftada: 232 ko‘tarish</i> |
| | <i>Jami Oyiga: 1093 ko‘tarish</i> |

Oylik yuklama hajmini hafta sikliga tarqatish

| Mashq | 1-Hafta | 2-Hafta | 3-Hafta | 4-Hafta | Jami Oyiga |
|--------------------|---------|---------|---------|---------|------------|
| O'tirib-turish | 74 | 90 | 109 | 83 | 356 |
| Ko'tarishlar | 142 | 113 | 162 | 123 | 540 |
| Tyagalar | 70 | 57 | 63 | 26 | 216 |
| Jami hafta ichida | 286 | 260 | 334 | 232 | 1112 |
| Egilishlar | 50 | 55 | 50 | 50 | 205 |
| Boshqalar | 254 | 275 | 255 | 285 | 1069 |
| Jami hafta ichida | 590 | 590 | 639 | 567 | 2386 |
| Mashg'ulotlar soni | 3 | 3 | 3 | 3 | 12 |

Toifali sportchilarning musobaqa davridagi taxminiy oylik rejasi

1-Hafta

| <u>1-kun (dushanba)</u> | |
|---|--|
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.75% 2mX3p(18) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.75% 2mX3p(18) |
| 3. Press | 10mX3p |
| <i>Jami: 36 ko'tarilish</i> | |
| <u>3-kun (chorshanba) - Qaytarish *</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 2mX2p.80% 2mX1p. |
| | 90% 1mX1p.100-105% 1mX2-3p (18) |

| | |
|--------------------------|---|
| 2. Yotib ko‘tarish | 50% 3mX1p.60% 3mX1p.70% 2mX2p.80% 2mX1p. |
| | 90% 1mX1p.100-105% 1mX2-3p.(15) |
| 3. Tyaga | 50% 3mX1p.60% 2mX1p.70% 2mX2p.80% 1mX1p. |
| | 90% 1mX1p.100-105% 1mX2-3p.(13) |
| | Jami: 46 ko‘tarilish |
| <u>5 kun (juma)</u> | |
| 1. O‘tirib-turish | 50% 3mX1p.60% 3mX2p.70% 3mX2p.75% 2mX4p.(23) |
| 2. Yotib ko‘tarish | 55% 3mX1p.65% 3mX2p.75% 3mX6p.(30) |
| 3. Ko‘krak mushaklari | 10mX5p. |
| 4. Egilishlar (turib) | 5mX5p. |
| 5. Press | 10mX3p. |
| | Jami: 53 ko‘tarilishlar |
| | Jami haftada: 135 ko‘tarilishlar |

*Izoh: agar sportchi o‘z shaxsiy rekordini yaxshilagan bo‘lsa, yoki keyingi musobaqada foizini va natijasini qaytarsa, faqat shundagina ushbu mashg‘ulotni olish tavsiya qilinadi. Agarda musobaqaga bir oy vaqt qolgan bo‘lsa.

2-Hafta

| | |
|--------------------|---|
| <u>1-kun</u> | |
| 1. O‘tirib-turish | 50% 3mX1p.60% 3mX2p.70% 3mX2p.80% 2mX4p.(23) |
| 2. Yotib ko‘tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX5p.(27) |

| | |
|-----------------------|---|
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. O'tirib-turish | 55% 3mX1p.65% 3mX2p.75% 3mX4p.(21) |
| | Jami: 71 ko'tarilish |
| <u>3-kun</u> | |
| 1. Tyaga ustun ustiga | 50% 3mX1p.60% 2mX2p.65% 2mX2p.70% 1mX3p(14) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX2p.85% 2mX3p(24) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Tyaga | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX5p.(27) |
| 5. Press | 10mX3p. |
| | Jami: 65 ko'tarilish |
| <u>5-kun</u> | |
| 1. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX5p.(27) |
| 2. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 3mX2p.80% 3mX6p.(33) |
| 3. Yotib ko'tarish | 50% 4mX1p.60% 4mX1p.70% 4mX4p.(24) |
| 4. Ko'krak mushaklari | 10mX5p. |
| 5. Egilishlar (turib) | 5mX5p. |
| | Jami: 84 ko'tarilishlar |
| | Jami haftada: 220 ko'tarilishlar |

3-Hafta

| <u>1-kun</u> | |
|--------------------------|--|
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 2mX5p.(22) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 2mX3p.85% 1mX3p(21) |
| 3. Ko'krak mushaklari | 8mX4p. |
| 4. Press | 8mX3p. |
| | Jami: 43 ko'tarilishlar |
| <u>3-kun</u> | |
| 1. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 2mX5p.(22) |
| 2. Ko'krak mushaklari | 8mX4p. |
| 3. Tyaga | 50% 3mX1p.60% 3mX2p.70% 3mX2p.75% 2mX5p.(25) |
| 4. Egilishlar turib | 5mX4p. |
| | Jami: 47 ko'tarilish |
| <u>5-kun</u> | |
| 1. O'tirib- turish | 50% 3mX1p.60% 3mX2p.70% 2mX2p.75% 2mX3p.(19) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.75% 2mX4p.(20) |
| 3. Press | 8mX3p. |
| | Jami: 39 ko'tarilish |
| | Jami haftada: 129 ko'tarilishlar |

4-Hafta

| <u>1-kun</u> | |
|---------------------|--|
| 1. Yotib ko'tarish | 50% 3mX1p.60% 3mX2p.70% 2mX2p.75% 1mX4p.(17) |
| 2. Tyaga | 50% 3mX1p.60% 2mX2p.70% 2mX4p.(15) |
| 3. Press | 8mX2p. |
| | Jami: 32 ko'tarilishlar |
| <u>3-4 kunlar *</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 2mX3p.(15) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX2p.70% 2mX3p.(15) |
| | Jami: 30 ko'tarilish |
| | Jami haftada: 62 ko'tarish |
| <u>5-kun</u> | |
| Dam olish | |
| <u>6-7 kunlar</u> | |
| Musobaqa | |

* Izoh: Shanba kuni musobaqada qatnashadigan sportchilar oxirgi mashg'ulotini chorshanba kuni o'tqazadilar. Payshanba va juma kuni dam olishadi. Yakshanba kuni musobaqada qatnashadigan sportchilar oxirgi mashg'ulotni payshanba kuni o'tqazishadi, juma va shanba kuni dam olishadi.

Oylik yuklamani haftalik siklga tarqatish

| Mashq | 1-Hafta | 2-Hafta | 3-Hafta | 4-Hafta | Jami Oyiga |
|----------------|---------|---------|---------|---------|------------|
| O'tirib-turish | 59 | 77 | 41 | 15 | 192 |

| | | | | | |
|--------------------|-----|-----|-----|----|------|
| Yotib ko'tarish | 63 | 102 | 63 | 32 | 260 |
| Tyaga | 13 | 41 | 25 | 15 | 94 |
| Jami hafta ichida | 135 | 220 | 129 | 62 | 546 |
| Egilishlar | 25 | 25 | 20 | - | 70 |
| Boshqalar | 110 | 180 | 112 | 16 | 418 |
| Jami hafta ichida | 270 | 425 | 261 | 78 | 1034 |
| Mashg'ulotlar soni | 3 | 3 | 3 | 2 | 11 |

Musobaqa davrida toifali sportchilarning tahminiy mashg'ulot oylik rejasi

1-Hafta

| <u>1-kun (dushanba)</u> | |
|--------------------------------------|--|
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.75% 2mX3p(18) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.75% 2mX3p(18) |
| 3. Press | 10mX3p |
| <i>Jami: 36 ko'tarilish</i> | |
| <u>3-kun (chorshanba) - O'tish *</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 2mX2p.80% 2mX1p. |
| | 90% 1mX1p.100-105% 1mX2-3p (18) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 2mX2p.80% 2mX1p. |
| | 90% 1mX1p.100-105% 1mX2-3p.(15) |
| 3. Tyaga | 50% 3mX1p.60% 2mX1p.70% 2mX2p.80% |

| | |
|--------------------------|---|
| | 1mX1p. |
| | 90% 1mX1p.100-105% 1mX2-3p.(13) |
| | Jami: 46 ko'tarilish |
| <u>5-kun (juma)</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 3mX2p.75% 2mX4p.(23) |
| 2. Yotib ko'tarish | 55% 3mX1p.65% 3mX2p.75% 3mX6p.(30) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Egilishlar turib | 5mX5p. |
| 5. Press | 10mX3p. |
| | Jami: 53 ko'tarilishlar |
| | Jami haftada: 135 ko'tarilishlar |

*Izoh: agar sportchi o'z shaxsiy rekordini yaxshilagan bo'lsa, o'zini foizini keyingi musobaqada qaytarsa, faqat shundagina ushbu mashg'ulotni olish tavsiya qilinadi. Agarda musobaqaga bir oy vaqt qo'lgan bo'lsa.

2-Hafta

| | |
|--------------------------|---|
| <u>1-kun</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 3mX2p.80% 2mX4p.(23) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX5p.(27) |
| 3. Ko'krak mushaklari | 10mX5p. |

| | |
|-----------------------|---|
| 4. O'tirib-turish | 55% 3mX1p.65% 3mX2p.75% 3mX4p.(21) |
| | Jami: 71 ko'tarilish |
| <u>3-kun</u> | |
| 1. Tyaga ustun ustiga | 50% 3mX1p.60% 2mX2p.65% 2mX2p.70% 1mX3p(14) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX2p.85% 2mX3p(24) |
| 3. Ko'krak mushaklari | 10mX5p. |
| 4. Tyaga | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX5p.(27) |
| 5. Press | 10mX3p. |
| | Jami: 65 ko'tarilish |
| <u>5-kun</u> | |
| 1. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 3mX5p.(27) |
| 2. O'tirib turish | 50% 3mX1p.60% 3mX2p.70% 3mX2p.80% 3mX6p.(33) |
| 3. Yotib ko'tarish | 50% 4mX1p.60% 4mX1p.70% 4mX4p.(24) |
| 4. Ko'krak mushaklari | 10mX5p. |
| 5. Egilishlar turib | 5mX5p. |
| | Jami: 84 ko'tarilishlar |
| | Jami haftada: 220 ko'tarilishlar |

3-Hafta

| <u>1-kun</u> | |
|--------------------------|--|
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 2mX5p.(22) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 2mX3p.85% 1mX3p(21) |
| 3. Ko'krak mushaklari | 8mX4p. |
| 4. Press | 8mX3p. |
| | Jami: 43 ko'tarilishlar |
| <u>3-kun</u> | |
| 1. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.80% 2mX5p.(22) |
| 2. Ko'krak mushaklari | 8mX4p. |
| 3. Tyaga | 50% 3mX1p.60% 3mX2p.70% 3mX2p.75% 2mX5p.(25) |
| 4. Egilishlar turib | 5mX4p. |
| | Jami: 47 ko'tarilish |
| <u>5 kun</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 2mX2p.75% 2mX3p.(19) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX1p.70% 3mX2p.75% 2mX4p.(20) |
| 3. Press | 8mX3p. |
| | Jami: 39 ko'tarilish |
| | Jami haftada: 129 ko'tarilishlar |

4-Hafta

| <u>1-kun</u> | |
|---------------------|--|
| 1. Yotib ko'tarish | 50% 3mX1p.60% 3mX2p.70% 2mX2p.75% 1mX4p.(17) |
| 2. Tyaga | 50% 3mX1p.60% 2mX2p.70% 2mX4p.(15) |
| 3. Press | 8mX2p. |
| | Jami: 32 ko'tarilishlar |
| <u>3-4 kunlar *</u> | |
| 1. O'tirib-turish | 50% 3mX1p.60% 3mX2p.70% 2mX3p.(15) |
| 2. Yotib ko'tarish | 50% 3mX1p.60% 3mX2p.70% 2mX3p.(15) |
| | Jami: 30 ko'tarilish |
| | Jami Haftada: 62 ko'tarish |
| <u>5-kun</u> | |
| Dam olish | |
| <u>6-7 kunlar</u> | |
| Musobaqa | |

* Izoh: Shanba kuni musobaqada qatnashadigan sportchilar oxirgi mashg'ulotini chorshanba kuni o'tqazadilar. Payshanba va juma kuni dam olishadi. Yakshanba kuni musobaqada qatnashadigan sportchilar oxirgi mashg'ulotni payshanba kuni o'tqazishadi, juma va shanba kuni dam olishadi.

Oylik yuklamani haftalik sikllarga tarqatish

| Mashq | 1- Hafta | 2- Hafta | 3- Hafta | 4- Hafta | Jami Oyiga |
|-----------------------|---------------------|---------------------|---------------------|---------------------|-----------------------|
| O'tirib-turish | 59 | 77 | 41 | 15 | 192 |
| Yotib ko'tarish | 63 | 102 | 63 | 32 | 260 |
| Tyaga | 13 | 41 | 25 | 15 | 94 |
| Jami hafta ichida | 135 | 220 | 129 | 62 | 546 |
| Egilishlar | 25 | 25 | 20 | - | 70 |
| Boshqalar | 110 | 180 | 112 | 16 | 418 |
| Jami hafta ichida | 270 | 425 | 261 | 78 | 1034 |
| Mashg'ulotlar soni | 3 | 3 | 3 | 2 | 11 |

SU va SUN sportchilarning rejalashtirish uslubiyati (sport mahorati guruhi)

Ushbu guruhda sportchilar to'rt mahal mashg'ulotga qatnashadilar.

Oylik yuklama hajmi, tayyorgarlik davrida haftalik sikllarga tahminiy tarqatish quyidagilardan iborat.

| Mashg'ulot kunlari | 1- HAFTA | 2- HAFTA | 3- HAFTA | 4- HAFTA | 5- HAFTA |
|-------------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Dushanba | O'rta | Katta | Katta | O'rta | O'rta |
| Chorshanba | Katta | O'rta | Kichik | Kichik | Katta |
| Juma | O'rta | Katta | Katta | Katta | Katta |
| Shanba | Kichik | Kichik | Kichik | Kichik | O'rta |

Toifali guruhga rejalashtirish (o'quv-mashg'ulot guruhi) mashg'ulotda ShKSga qarab yuklama hajmi hafta, oy, yilga qarab belgilanadi, ammo sport takomillashuvi guruhiga bu juda kamlik qiladi. Umumiy kg soni (tonna), musobaqa paytida va mashg'ulot paytida hafta, oy davomida shtanga o'rtacha og'irligi qanchaligini bilish kerak. Maxsus yuklama hajmi pauerliftingda va og'ir atletikada aniq kg(tonna) qabul qilinadi. Mashg'ulot, hafta, oy davomida, mashg'ulot yuklama hajmini aniqlash uchun kilogrammni ko'tarish soniga ko'paytiramiz. Masalan: 220kg X 3marta X 5 ko'tarishlar soni = 3300kg. Agar bir mashg'ulot davomida bajariladigan barcha mashqlar yuklama hajmini qo'shsa, shunda umumiy yuklama hajmini bilib olamiz. 40-yillar oxirida N.I.Luchkin ko'tarilgan kilogramm summasiga qarab ko'rsatkichlarni baholash lozim deb aytgan. Ammo mashg'ulot samaradorligi faqat og'irlik summasi bilan emas, mashg'ulot shiddatliligi bilan baholanadi.

Pauerliftingda va og'ir atletikada mashg'ulot yuklama hajmi shiddatligini o'rtacha shtanga og'irligi bilan tushuniladi. Uni aniqlash uchun yuklama hajmi kilogrammda ShKS ga bo'lamiz. Masalan: $3300\text{kg} : 15(\text{kps}) = 220 \text{ kg}$.

1959 yilda L.P.Matveev birinchi bo'lib o'zini nazariy ishlarida og'ir atletikachilarni yuklama shiddatligini o'lchash uchun o'rtacha shtanga og'irligini kiritgan. Keyinchalik og'ir atletika bo'yicha boshqa mutaxassislar: N. N. Saksonov, A.S. Medvedev, A. N. Vorob'ev - 1963; A. N. Vorob'ev - 1964; S. P. Bogdasarov - 1965; A. S. Medvedev - 1965, va boshqalar mashg'ulot shiddatligini aniqlash uchun o'rtacha shtanga og'irligidan keng foydalanishardi. Absolyut shiddatni (kilogrammda), nisbiy shiddat (foizda) o'lchanadi.

Absolyut shiddat bu o'rta-mashg'ulot shtanga og'irligi kilogrammda o'lchanadi. Nisbiy shiddat bu - o'rta-mashg'ulot shtanga og'irligi foizda o'lchanadi va tegishli mashqda muvaffaqiyatga erishiladi. Oqilona taqsimlash oylik yuklama shiddat hajmi haftalik siklda zarur ahamiyatga ega. Hajm va shiddat L.P.Matveev bo'yicha bir-biriga zid bo'linmaydi. Birgalikda ularni ko'payishini chegarasi bor. Keyinchalik hajmi ko'tarilishi shiddatni kechikishi bilan bog'liq. Undan keyin (tayyorgarlik bosqichida) kamayishi, aksincha shiddatni o'sishi

sportchilarda katta miqdorda hajmi me'yorda kamayishi bilan bog'liq. Asosiy davrga ahamiyatlidir. Ayniqsa musobaqa oldi davriga. Shuning uchun ko'p yillik mashg'ulot birinchi navbatda barqarorlashadi. Mashg'ulot tahlili shuni ko'rsatdiki, shu kungacha, sportchi o'zini yillik optimal yuklama hajmiga erishguncha, shiddatni eng katta maksimal darajaga olib chiqsagina o'zini natijalarini oshira oladi. Tayyorlov davrdagi yuklama hajmi, asosiy davriga yetib bormaydi. Mazkur ko'rsatkich norma deb hisoblaymiz. "Asosiy bosqichda maksimal yuklama hajmiga erishish muammo bo'lmaydi, chunki bu davrda u shunday ham o'zi optimal bo'ladi.". A. N. Vorobev "Og'ir atletika" Moskva FiS 1967-yil. 168-bet.

Og'ir atletikaning ko'p yillik tajribalari shuni ko'rsatdiki, sport natijalari va o'rtacha vazn yuqori malakali og'ir atletikachilarda baland korrelyatsiya bilan aloqadorligi: $r=0,904+_0,0309$, ishonchlik darajasi ($r<0,001$) baland.

Dastlabki qaramlik: shiddatni o'sishi bilan (bir hil shartligi) natijaning o'sishiga olib keladi. (A. N. Vorob'ev.1977).

Tayyorlov va musobaqalashuv davrida mashg'ulot yuklamasining shiddatligi zaruriy bo'lishi shart emas, u ShKSdek va yuklamaning hajmi kabi o'zgarib turishi kerak.

Shunday qilib, shiddatni ko'tarish uchun shtangani ko'tarish sonini 85-90% shu bilan birgalikda 3-1 chiqish. Hamda aksincha shiddatni kamaytirish uchun og'irlik soni 65-75% kamaytirib, chiqish sonini 6-4 martaga ko'paytirish lozim, kilogrammda hajmi o'sadi.

Hamda yuklamaning shiddat kriteriyasini oshirish uchun submaksimal va maksimal (90dan 100%) o'tirib turish, turib hamda yotib ko'tarish mumkin.

Haftasiga 4 mahal mashg'ulotni tahminan haftalik siklga taqsimlash:

| DUSHANBA | CHORSHANBA | JUMA | SHANBA |
|-----------------|-------------------|-----------------|---------------|
| O'tirib-turish | Tyaga | Yotib ko'tarish | Tyaga |

| | | | |
|-----------------|-----------------|-----------------|-----------------------|
| Yotib ko'tarish | Yotib ko'tarish | O'tirib turish | Ko'tarishlar mashqlar |
| O'tirib turish | Tyaga | Yotib ko'tarish | Tyaga |
| UJT | Mashqlar | UJT | Mashqlar |

Ogohlantirishim kerakki, ushbu taxminiy taqsimlanishda sezilarli inkor etuvchi holatlar yuz beradi. Mashg'ulotda 2 ta o'tirib turish yoki 2 ta yotib ko'tarish rejalashtirganda birinchi mashqni asosan 80 - 85% 2 - 3 marta ko'tarilishlar va 5-7 marta chiqish qilinadi. Ikkinchi mashq yotib ko'tarish 70-75% og'irlikdagi toshlar 3-5 marta chiqish bilan bajariladi. Manga bir necha marta taniqli sportchilar aytganki, ushbu mashqlarni ular o'n kunda bajarar ekan. Shundan keyin umuman, ularni texnikasi pastligi meni ajablantirmadi.

Agarda bir mashg'ulotga 2 ta mashq berilsa ular albatta bajarilishi har-xil bo'lishi darkor, chunki: birinchi mashq bu shtangani qo'ldan tushib ketishini oldini oluvchi mashq bo'lsa, ikkinchi mashq yakunlovchi fazani qaytarish bo'lishi mumkin. Yoki boshqa mashq birinchi mashq tizzagacha ko'tarish bo'lsa ikkinchi mashq tik turib (tyaga stanovoy) oxirgacha bajarish.

Haftada bir marotaba har chorshanba "piramida" degan mashqni qo'llasak bo'ladi, qachonki sportchi har chiqishda shtanga og'irligini 50% og'irlik 80 - 85% , har chiqishda 5-10% ga ko'paytirish lozim. Keyinchalik kamayib boriladi. Masalan:

| | |
|-----------------------|---|
| variant 1 - | 50% 8mx1p, 55% 7mx1p, 60% 6mx1p, 65% 5mx1p, 70% 4mx1p, 75% 3mx2p, |
| | 80% 2mx2p, 85% 1mx2p, 80% 2mx2p, 75% 3mx2p, 70% 4mx1p, 65% 5mx1p, |
| | 60% 6mx1p, 55% 7mx1p, 50% 8mx1p (81 ko'tarilish); |
| variant 2 - | 50% 6mx1p, 60% 6x1p, 70% 5x1p, 75% 4x2p, 80% 3mx2p, 85% 2mx2p, 75% 3mx2p, |

| | |
|-----------------------|--|
| | 70% 5mx1p,60% 7mx1p,50% 8mx1p (61 ko‘tarilish); |
| variant 3 - | 50% 7mx1p,55% 6mx1p,60% 5mx1p,65% 4mx1p,70% 3mx2p,75% 2mx2p, |
| | 80% 1mx3p,75% 2mx2p,70% 4mx1p,65% 6mx1p,60% 8mx1p,55% 10mx1p, |
| | 50% 12mx1p (79 ko‘tarilish) |

Bunday variantlarni ko‘p qilish mumkin. Tayyorlov vazifalariga qarab, ,bu "piramida" 40dan 90% gacha ko‘tarilish. Yana bir bor eslatib o‘taman “piramida” ni haftada bir marotaba qo‘llash mumkin. Vaholanki, katta “piramida” dan keyin o‘rta hamda kichik “piramida” qo‘llaniladi. Musobaqa davrida “piramida” qo‘llashni tavsiya etilmaydii. Ko‘krak muskullarga ko‘proq e‘tibor berishimiz zarur. Shu o‘rinda ko‘krak muskullarga ikkinchi mashq yotib ko‘tarishdan so‘ng bajaramiz. Asosiy qismda 80 foiz og‘irliklar bilan majburiy 50%, 60%, va 70 foiz tayyorlov qismda bajaramiz.

Ba’zida sportchilar mashg‘ulotga charchagan holda kelishi mumkin. Reja da berilgan yuklamani 100%ga bajarishi qiyin bo‘lib qoladi. Shunday vaziyatda biz shtanga og‘irligini 5% ga kamaytirib, chiqish sonini ko‘paytirishimiz lozim bo‘ladi. Ayrim holda sportchilar foizni ko‘tarib berishni istaydilar, shunday paytda musobaqaga hali ancha vaqt bo‘lsa, ruxsat berishimiz mumkin.

Bizning tajribamizdan kelib chiqib aytishimiz mumkinki, ayrim sportchilarga ruhiy hamda emotsional holati yaxshi bo‘lsagina mashg‘ulotda ko‘tarinki ruhda qatnashadi. Murabbiyning asosiy vazifalardan biri bu nafaqat musobaqa davrida, hattoki, mashg‘ulot paytida ham sportchilarga a‘lo kayfiyat hamda ruhiy holatiga e‘tibor berishi lozim. Mashg‘ulot davrida sportchilarni chiqishini video tasmaga olib keyin sportchilar bilan birgalikda ko‘rish juda foydali bo‘ladi.

Sizga taklif qilingan rejalar ijodiy yondashuv bilan qo‘llashingiz talab qilinadi.

Taxminiy Oylik reja – tayyorgarlik davrida SU, SUNlarga bir mashg'ulot uchun:

1-Hafta

| <u>1-kun (dushanba)</u> | |
|--|---|
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX2p,70% 3mX2p,80% 2mX5p(29) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Ko'krak muskullar (qo'llarni yozish gantel bilan yotib) | 10mX5p |
| 4.O'tirib-turish | 50% 5mX1p,60% 5mX1p,70% 4mX5p.(30) |
| 5.Press | 10mX3p |
| <i>Jami: 92 ko'tarilishlar</i> | |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p.(29) |
| 2.Yotib ko'tarish | 50% 6mX1p,60% 5mX1p,70% 4mX2p,75% 3mX2p, |
| | 80% 2mX2p,75% 3mX2p,70% 4mX1p,65% 6mX1p, |
| | 60% 8mX1p,50%10mX1p.(63) |
| 3.Ko'krak muskullar | 10mX5p |
| 4.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX5p.(28) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| <i>Jami: 120 ko'tarilish</i> | |

| <u>5-kun (juma)</u> | |
|--|--|
| 1.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p(30) |
| 2.O‘tirib -turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Yotib ko‘tarish | 55% 5mX1p,65% 4mX1p,75% 3mX5p.(24) |
| 4.Ko‘krak muskullar | 10mX5p. |
| 5.Press | 10mX3p. |
| <i>Jami: 87 ko‘tarilish</i> | |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga turib ustun ustiga | 50% 3mX2p,60% 2mX4p.(14) |
| 2.Burchak ostida o‘tirib ko‘tarish | 4mX6p. |
| 3.Brussda gavidani ko‘tarib tushish (og‘irlik bilan) | 6mX5p. |
| 4.Tyaga plintdan | 60% 4mX1p,70% 4mX2p.80% 3mX2p,90% 2mX4p(26) |
| 5.Shtanga bilan egilib turish (o‘tirib) | 5mX5p |
| <i>Jami: 40 ko‘tarilish</i> | |
| <i>Jami Haftada: 339 ko‘tarilishlar</i> | |

Izoh:

m - soni (qancha marta shtanga ko‘tarish);

p.- chiqishlar, podxod (ushbu og‘irlikga necha marta chiqish kerak).

Barcha foizlar musobaqa hamda mashg‘ulotlarda ko‘rsatilgan eng yaxshi natijalaridan olingan.

2-Hafta

| <u>1-kun (dushanba)</u> | |
|--|---|
| 1.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(30) |
| 2.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p(30) |
| 3.Yotib ko'tarish | 55% 4mX1p,65% 4mX2p,75% 4mX4p.(28) |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.Press | 10mX3p. |
| | <i>Jami: 88 ko'tarilish</i> |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga turib ustun ustiga | 50% 3mX1p,60% 3mX2p,65% 2mX4p(17) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 2mX3p, |
| | 75% 3mX2p,70% 4mX1p,60% 6mX1p,50% 8mX1p(45) |
| 3.Ko'krak muskullar | 10mX5p. |
| 4.Tyaga | 50% 4mX1p.60% 4mX1p,70% 3mX2p,80% 3mX5p.(29) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | <i>Jami: 91 ko'tarilish</i> |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p.80% 3mX5p(30) |

| | |
|---|--|
| 2.Yotib ko‘tarish | 55% 5mX1p,65% 4mX1p,75% 3mX5p.(24) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.O‘tirib-turish | 50% 5mX1p,60% 5mX1p,70% 4mX4p.(26) |
| 5.Press | 10mX3p. |
| | Jami: 84 ko‘tarilishlar |
| <u>6-kun (shanba)</u> | |
| 1.Bosh orqasidan ko‘tarish | 5mX5p. |
| 2.Burchak ostida o‘tirib ko‘tarish | 4mX6p. |
| 3.Brussda gavidani ko‘tarib tushish | 8mX5p. |
| 4.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 3mX2p75% 2mX5p(24) |
| 5.Shtanga bilan egilib turish (o‘tirib) | 5mX5p. |
| | Jami: 24 ko‘tarilishlar |
| | Jami Haftada: 287 ko‘tarilishlar |

3-Hafta

| | |
|-------------------------|---|
| <u>1 kun (dushanba)</u> | |
| 1.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p.80% 3mX5p(30) |
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |

| | |
|---|---|
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 50% 5mX1p,60% 5mX1p,70% 5mX5p.(35) |
| 5.Press | 10mX3p. |
| | Jami: 98 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p(29) |
| 2.Yotib ko'tarish | 50% 8mX1p,55% 7mX1p,60% 6mX1p,65% 5mX1p, |
| | 70% 4mX1p,75% 3mX2p,80% 2mX2p,85% 1mX2p, |
| | 80% 2mX2p,75% 3mX2p,70% 4mX1p,65% 6mX1p, |
| | 60% 8mX1p.55% 10mX1p,50% 12mX1p (92) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX5p.(28) |
| 5.Shtanga bilan egilib turish (o'tirib) | 5mX5p |
| | Jami: 149 ko'tarilish |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(30) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% |

| | |
|---------------------------------------|--|
| | 3mX6p(33) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 50% 6mX1p,60% 6mX1p,65% 6mx4p.(36) |
| 5.Brussda gavdani ko'tarib tushish | 6mX6p. |
| 6.Press | 10mX3p. |
| | <i>Jami: 99 ko'tarilish</i> |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga turib ustun ustiga | 50% 3mX1p,60% 3mX2p,65% 3mX4p(21) |
| 2.Yotib ko'tarish | 50% 6mX1p,60% 6mX1p,65% 6mX5p.(42) |
| 3. Tritsepsga shtanga ko'tarish | 10mX5p. |
| 4.Tyaga plintdan | 60% 4mX1p,70% 4mX2p,80%4mX2p,85% 4mX4p(36) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | <i>Jami: 99 ko'tarilish</i> |
| | <i>Jami haftada: 445 ko'tarilishlar</i> |

4-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------------------|---|
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX7p(36) |
| 2.Yotib ko'tarish | 50% 5mx1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, |
| | 85% 2mX3p,80% 3mX2p.(33) |
| 3.Brussda gavidani ko'tarib tushish | 6mX5p. |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.Press | 10mX3p. |
| | <i>Jami: 69 ko'tarilish</i> |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga turib ustun ustiga | 50% 3mX1p,60% 3mX2p,70% 2mX4p(17) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 5mX1p,70% 5mX2p,75% 4mX5p(40) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p,85% 2mX3p(29) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | <i>Jami: 86 ko'tarilish</i> |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(30) |

| | |
|---|--|
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Brussda gavidani ko‘tarib tushish | 6mX5p. |
| 4.Ko‘krak mushaklari | 10mX5p. |
| 5.O‘tirib- turish | 55% 4mX1p,65% 3mX1p,75% 3mX5p.(22) |
| 6.Press | 10mX5p. |
| | <i>Jami: 85 ko‘tarilish</i> |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 3mX2p.80% 2mX4p(22) |
| 2.Bosh orqasidan ko‘tarish | 5mX5p. |
| 3.Burchak ostida o‘tirib ko‘tarish | 4mX6p. |
| 4.Tyaga plintdan | 60% 4mX1p,70% 4mX1p,80% 3mX2p,90% 3mX4p(26) |
| 5.Shtanga bilan egilib turish (o‘tirib) | 5mX5p. |
| | <i>Jami: 48 ko‘tarilish</i> |
| | <i>Jami haftada: 288 ko‘tarilishlar</i> |

Oylik yuklamani haftalik sikllarga tarqatish

| Mashq | 1-Hafta | 2-Hafta | 3-Hafta | 4-Hafta | Jami Oyiga |
|--------------------|---------|---------|---------|---------|------------|
| O'tirib-turish | 92 | 86 | 173 | 88 | 439 |
| Ko'tarishlar | 150 | 127 | 158 | 106 | 541 |
| Tyagalar | 97 | 70 | 114 | 94 | 375 |
| Jami hafta ichida | 339 | 283 | 445 | 288 | 1355 |
| Boshqalar | 264 | 299 | 296 | 359 | 1218 |
| Egilishlar | 50 | 50 | 50 | 50 | 200 |
| Jami hafta ichida | 653 | 632 | 791 | 697 | 2773 |
| Mashg'ulotlar soni | 4 | 4 | 4 | 4 | 16 |

Tahminiy Oylik reja - tayyorlov davrida SU,SUN uchun bir mashg'ulot 1-Hafta

| <u>1-kun (dushanba)</u> | |
|---|---|
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX2p,70% 3mX2p,80% 2mX5p(29) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Ko'krak muskullar (qo'llarni yozish gantel bilan yotib) | 10mX5p |
| 4.O'tirib-turish | 50% 5mX1p,60% 5mX1p,70% 4mX5p.(30) |
| 5.Press | 10mX3p |
| | Jami: 92 ko'tarilishlar |

| <u>3-kun (chorshanba)</u> | |
|---------------------------------------|--|
| 1.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p.(29) |
| 2.Yotib ko‘tarish | 50% 6mX1p,60% 5mX1p,70% 4mX2p,75% 3mX2p, |
| | 80% 2mX2p,75% 3mX2p,70% 4mX1p,65% 6mX1p, |
| | 60% 8mX1p,50%10mX1p.(63) |
| 3.Ko‘krak muskullar | 10mX5p |
| 4.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX5p.(28) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| <i>Jami: 120 ko‘tarilish</i> | |
| <u>5-kun (juma)</u> | |
| 1.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p(30) |
| 2.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Yotib ko‘tarish | 55% 5mX1p,65% 4mX1p,75% 3mX5p.(24) |
| 4.Ko‘krak muskullar | 10mX5p. |
| 5.Press | 10mX3p. |
| <i>Jami: 87 ko‘tarilish</i> | |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga turib ustun ustiga | 50% 3mX2p,60% 2mX4p.(14) |
| 2.Burchak ostida o‘tirib | 4mX6p. |

| | |
|--|---|
| ko'tarish | |
| 3.Brussda gavadani ko'tarib tushish (og'irlik bilan) | 6mX5p. |
| 4.Tyaga plintdan | 60% 4mX1p,70% 4mX2p.80% 3mX2p,90% 2mX4p(26) |
| 5.Shtanga bilan egilib turish (o'tirib) | 5mX5p |
| | Jami: 40 ko'tarilish |
| | Jami haftada: 339 ko'tarilishlar |

Izohlar - soni (qancha marta shtanga ko'tarish); p- chiqishlar (ushbu og'irlikga necha marta chiqish kerak). Barcha foizlar musobaqa hamda mashg'ulotlarda ko'rsatilgan eng yaxshi natijadan olingan.

2-Hafta

| <u>1-kun (dushanba)</u> | |
|-----------------------------|---|
| 1.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(30) |
| 2.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p(30) |
| 3.Yotib ko'tarish | 55% 4mX1p,65% 4mX2p,75% 4mX4p.(28) |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.Press | 10mX3p. |
| | Jami: 88 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Tiyaga turib ustun ustiga | 50% 3mX1p,60% 3mX2p,65% 2mX4p(17) |

| | |
|---------------------------------------|---|
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 2mX3p, |
| | 75% 3mX2p,70% 4mX1p,60% 6mX1p,50% 8mX1p(45) |
| 3.Ko‘krak muskullar | 10mX5p. |
| 4.Tiyaga | 50% 4mX1p.60% 4mX1p,70% 3mX2p,80% 3mX5p.(29) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| <i>Jami: 91 ko‘tarilish</i> | |
| <u>5-kun (juma)</u> | |
| 1.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p.80% 3mX5p(30) |
| 2.Yotib ko‘tarish | 55% 5mX1p,65% 4mX1p,75% 3mX5p.(24) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.O‘tirib-turish | 50% 5mX1p,60% 5mX1p,70% 4mX4p.(26) |
| 5.Press | 10mX3p. |
| Jami: 84 ko‘tarilishlar | |
| <u>6-kun (shanba)</u> | |
| 1.Bosh orqasidan ko‘tarish | 5mX5p. |
| 2.Burchak ostida o‘tirib ko‘tarish | 4mX6p. |
| 3.Brussda gavidani ko‘tarib tushish | 8mX5p. |
| 4.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% |

| | |
|---|---|
| | 3mX2p75% 2mX5p(24) |
| 5.Shtanga bilan egilib turish (o'tirib) | 5mX5p. |
| | Jami: 24 ko'tarilishlar |
| | Jami haftada: 287 ko'tarilishlar |

3-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------|--|
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p.80% 3mX5p(30) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 50% 5mX1p,60% 5mX1p,70% 5mX5p.(35) |
| 5.Press | 10mX3p. |
| | Jami: 98 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p(29) |
| 2.Yotib ko'tarish | 50% 8mX1p,55% 7mX1p,60% 6mX1p,65% 5mX1p, |
| | 70% 4mX1p,75% 3mX2p,80% 2mX2p,85% 1mX2p, |
| | 80% 2mX2p,75% 3mX2p,70% 4mX1p,65% 6mX1p, |
| | 60% 8mX1p.55% 10mX1p,50% 12mX1p (92) |

| | |
|---|--|
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.Tiyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX5p.(28) |
| 5.Shtanga bilan egilib turish (o'tirib) | 5mX5p |
| | <i>Jami: 149 ko'tarilish</i> |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(30) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 50% 6mX1p,60% 6mX1p,65% 6mx4p.(36) |
| 5.Brussda gavdani ko'tarib tushish | 6mX6p. |
| 6.Press | 10mX3p. |
| | <i>Jami: 99 ko'tarilish</i> |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga turib ustun ustiga | 50% 3mX1p,60% 3mX2p,65% 3mX4p(21) |
| 2.Yotib ko'tarish | 50% 6mX1p,60% 6mX1p,65% 6mX5p.(42) |
| 3. Tritsepsga shtanga ko'tarish | 10mX5p. |
| 4.Tiyaga plintdan | 60% 4mX1p,70% 4mX2p,80%4mX2p,85% 4mX4p(36) |

| | |
|---------------------------------------|---|
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | Jami: 99 ko'tarilish |
| | Jami haftada: 445 ko'tarilishlar |

4-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------------------|---|
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX7p(36) |
| 2.Yotib ko'tarish | 50% 5mx1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, |
| | 85% 2mX3p,80% 3mX2p.(33) |
| 3.Brussda gavidani ko'tarib tushish | 6mX5p. |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.Press | 10mX3p. |
| | Jami: 69 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Tiyaga turib ustun ustiga | 50% 3mX1p,60% 3mX2p,70% 2mX4p(17) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 5mX1p,70% 5mX2p,75% 4mX5p(40) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p,85% 2mX3p(29) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | Jami: 86 ko'tarilish |

| <u>5-kun (juma)</u> | |
|---|--|
| 1.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(30) |
| 2.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 3.Brussda gavidani ko'tarib tushish | 6mX5p. |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.O'tirib-turish | 55% 4mX1p,65% 3mX1p,75% 3mX5p.(22) |
| 6.Press | 10mX5p. |
| | Jami: 85 ko'tarilish |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 3mX2p.80% 2mX4p(22) |
| 2.Bosh orqasidan ko'tarish | 5mX5p. |
| 3.Burchak ostida o'tirib ko'tarish | 4mX6p. |
| 4.Tyaga plintdan | 60% 4mX1p,70% 4mX1p,80% 3mX2p,90% 3mX4p(26) |
| 5.Shtanga bilan egilib turish (o'tirib) | 5mX5p. |
| | <i>Jami: 48 ko'tarilish</i> |
| | <i>Jami haftada: 288 ko'tarilishlar</i> |

Oylik yuklamani haftalik sikllarga tarqatish

| Mashq | 1-Hafta | 2-Hafta | 3-Hafta | 4-Hafta | Jami Oyiga |
|--------------------|----------------|----------------|----------------|----------------|-------------------|
| O'tirib-turish | 92 | 86 | 173 | 88 | 439 |
| Ko'tarishlar | 150 | 127 | 158 | 106 | 541 |
| Tyagalar | 97 | 70 | 114 | 94 | 375 |
| Jami hafta ichida | 339 | 283 | 445 | 288 | 1355 |
| Boshqalar | 264 | 299 | 296 | 359 | 1218 |
| Egilishlar | 50 | 50 | 50 | 50 | 200 |
| Jami hafta ichida | 653 | 632 | 791 | 697 | 2773 |
| Mashg'ulotlar soni | 4 | 4 | 4 | 4 | 16 |

Mashg'ulot rejasi - tayyorlov davrida SU, SUN uchun 6 ta mashg'ulot

1-Hafta

| <u>1-kun (dushanba)</u> | |
|---|---|
| 1.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 2.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 3.Yotib ko'tarish | 55% 5mX1p,65% 5mX1p,75% 4mX5p (30) |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.O'tirib-turish (Mashg'ulot uskunasida) | 5mX5p. |

| | |
|--|---|
| 6.Egilishlar turib | 5mx5p. |
| | Jami: 90 ko‘tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga ustunda | 50% 3mX1p,60% 3mX2p,65% 2mX4p (17) |
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 5mX1p,70% 4mX2p,75% 3mX2p, |
| | 80% 2mX2p,85% 1mX3p,80% 2mX2p,75% 3mX2p, |
| | 70% 4mX2p,65% 5mX1p,60% 6mX1p,55% 7mX1p,50% 8mX1p(75) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.Tyaga | 50% 4mX1p,60% 3mX1p,70% 3mX2p,80% 3mX2p,85% 2mX4p(24) |
| 5.Oyoqlar bilan ko‘tarish | 5mx6p. |
| 6.Press | 8mX3p. |
| | Jami:106 ko‘tarilish |
| <u>5-kun (juma)</u> | |
| 1.O‘tirib-turish | 55% 5mX1p,65% 4mX1p,75% 3mX2p,85% 2mx4p (23) |
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 2mx6p (27) |
| 3.Brussda gavidani ko‘tarib tushish (og‘irlik bilan) | 5mX5p. |
| 4.O‘tirib turish | 50% 5mX1p.60% 4mX1p.70% 3mX1p,80% 3mX5p (27) |

| | |
|---------------------------|--|
| 5.Egilishlar o‘tirib | 5mX5p. |
| | Jami: 77 ko‘tarilish |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 3mX1p,60% 3mX1p,70% 3mX2p,75% 3mX4p (24) |
| 2.Yotib ko‘tarish | 50% 6mX1p,60% 6mX1p,65% 6mX5p (42) |
| 3.Tyaga plintdan | 70% 4mX1p,80% 3mX2p,90% 3mX2p,100% 2mX3p (22) |
| 4.Oyoqlar bilan ko‘tarish | 6mx6p. |
| 5.Egilish ustun orqali | 10mX4p. |
| 6.Press | 10mx4p. |
| | <i>Jami: 88 ko‘tarilish</i> |
| | <i>Jami haftada: 361 ko‘tarilish</i> |

2-Hafta

| | |
|---------------------------|---|
| <u>1-kun (dushanba)</u> | |
| 1.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 2.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 2mX5p (25) |
| 3.Yotib ko‘tarish | 50% 5mX1p,60% 5mX1p,70% 5mX5p (35) |
| 4.Oyoqlar bilan ko‘tarish | 5mX6p. |
| 5.Egilishlar turib | 5mx5p. |
| | <i>Jami: 90 ko‘tarilish</i> |

| <u>3-kun (chorshanba)</u> | |
|--|--|
| 1.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 4mX2p,75% 3mX2p, |
| | 80% 2mX3p.75% 3mX2p.70% 4mX1p.65% 5mX1p, |
| | 60% 6mX1p,55% 7mX1p,50% 8mX1p (65) |
| 2.Ko‘krak mushaklari | 10mx5p. |
| 3.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 2mX6p (26) |
| 4.O‘tirib-turish (Mashg‘ulot uskunasi) | 5mx6p. |
| 5.Press | 10mX4p. |
| | Jami: 91 ko‘tarilish |
| <u>5-kun (juma)</u> | |
| 1.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p (33) |
| 3.brusda qo‘llarni bukib yozish (og‘irlik bilan) | 6mx5p. |
| 4.O‘tirib-turish | 50% 6mX1p,60% 6mX2p,65% 6mX3p (36) |
| 5.Egilish ustun orqali | 10mX4p. |
| | Jami: 99 ko‘tarilish |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 5mX1p,60% 5mX2p,70% 4mX4p (31) |

| | |
|-------------------------------------|---|
| 2. Burchak ostida o'tirib ko'tarish | 3mX5p. |
| 3. Tritsepslar | 10mx5p. |
| 4. Tyaga plintdan | 75% 4mX2p, 85% 3mx2p, 95% 3mx4p (26) |
| 5. Oyoqlar bilan ko'tarish | 5mx6p. |
| 6. Press | 8mX3p. |
| | Jami: 57 ko'tarilish |
| | Jami haftada: 337 ko'tarilishlar |

3-Hafta

| <u>1-kun (Dushanba)</u> | |
|---|--|
| 1. Yotib ko'tarish | 50% 5mx1p, 60% 4mX1p, 70% 3mX2p, 80% 3mX5p (30) |
| 2. O'tirib-turish | 50% 5mX1p, 60% 4mX1p, 70% 3mX2p, 80% 3mX3p, 85% 2mX3p (30) |
| 3. Yotib ko'tarish | 55% 5mx1p, 65% 4mX1p, 75% 3mX4p (21) |
| 4. Ko'krak mushaklari | 10mX5p. |
| 5. O'tiri- turish (Mashg'ulot uskunasi) | 5mX6p. |
| 6. Egilish ustun orqali | 10mx4p. |
| | Jami: 81 ko'tarilish |
| <u>3-kun (Chorshanba)</u> | |
| 1. Tyaga tizzagacha | 50% 4mX1p, 60% 4mX1p, 70% 3mX2p, 75% 2mX5p (24) |

| | |
|------------------------------|---|
| 2.Yotib ko‘tarish | 50% 6mx1p,60% 5mX1p,70% 4mX1p,75% 3mX2p, |
| | 80% 2mx2p,85% 1mX2p,80% 2mX2p,75% 3mX2p, |
| | 70% 4mX1p,65% 5mx1p,60% 6mx1p,55% 7mX1p,50% 8mX1p(67) |
| 3.Tyaga plintdan | 65% 4mX1p,75% 4mX2p,85% 4mX4p (28) |
| 4.Oyoqlar bilan ko‘tarish | 6mx6p. |
| 5.Egilish ustun orqali | 10mx4p. |
| | Jami: 119 ko‘tarilish |
| <u>5-kun (juma)</u> | |
| 1.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (25) |
| 2.Yotib ko‘tarish | 50% 5mx1p,60% 4mX1p,70% 3mX2p,80% 3mX6p (33) |
| 3.Ko‘krak mushaklari | 10mx5p. |
| 4.O‘tirib-turish | 55% 4mX1p,65% 4mX1p,75% 4mX4p (24) |
| 5.Egilishlar o‘tirib | 5mX5p. |
| | Jami: 82 ko‘tarilishlar |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mx5p(27) |
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 5mX2p,70% 5mX5p (40) |
| 3.Tritsepslar | 10mx5p. |

| | |
|--|---|
| 4.Tyaga (yondan) | 50% 4mX1p,60% 4mX2p,65% 4mX4p (28) |
| 5.O‘tirib-turish (Mashg‘ulot uskunasi) | 6mx6p. |
| 6.Press | 10mX4p. |
| | Jami: 95 ko‘tarilish |
| <u>4-Hafta</u> | |
| <u>1-kun (dushanba)</u> | |
| 1.O‘tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, |
| | 85% 2mX2p,80% 3mX2p (31) |
| 2.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX2p, |
| | 85% 2mX4p (29) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.O‘tirib-turish | 55% 5mX1p,65% 4mX1p,75% 3mX5p (24) |
| 5.Press | 8mX3p. |
| | Jami: 84 ko‘tarilishlar |
| <u>3-kun (chorshanba)</u> | |
| 1.Yotib ko‘tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX6p(33) |
| 2.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mx3p, |
| | 85% 2mX3p (29) |
| 3.Yotib ko‘tarish | 55% 5mX1p.65% 5mX1p,75% |

| | |
|--|--|
| | 4mX4p (26) |
| 4.Oyoqlar bilan ko'tarish | 5mX6p. |
| 5.Egilish ustun orqali | 8mX4p |
| | Jami: 88 ko'tarilish |
| <u>5-kun (juma)</u> | |
| 1.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 2.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 3.Yotib ko'tarish | 50% 5mX1p,60% 5mX1p,70% 5mX4p (30) |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.O'tirib-turish (Mashg'ulot uskunasi) | 5mX5p. |
| 6.Egilishlar ko'zla orqali | 10mX4p. |
| | Jami: 90 ko'tarilish |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 3mX1p,60% 3mX1p,70% 3mX2p,75% 2mX4p (20) |
| 2.Burchak ostida o'tirib ko'tarish | 3mX5p. |
| 3.(Og'irliklar bilan) brussda gavidani ko'tarish | 6mX5p. |
| | 4.Plintdan tyaga55% 3mX1p,65% 3mX1p,75% 3mX1p, |
| | 85% 2mX3p,95% 1mX3p (18) |
| 5.Oyoqlar bilan ko'tarish | 6mx6p. |

| | |
|--------------------|---|
| 6.Egilishlar turib | 5mX5p. |
| | Jami: 38 ko'tarilish |
| | Jami haftada: 300 ko'tarilishlar |

5-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------|---|
| 1.Yotib ko'tarish | 50% 5mX1p.60% 4mX1p.70% 3mX2p,80% 3mx5p (30) |
| 2.O'tirib-turish | 50% 5mx1p.60% 4mX1p.70% 3mX2p,80% 3mx5p (30) |
| 3.Yotib ko'tarish | 55% 5mX1p.65% 4mX1p.75% 3mX4p (21) |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.Oyoqlar bilan ko'tarish | 4mX6p. |
| 6.Egilishlar o'tirib | 5mX5p. |
| | Jami: 81 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga | 50% 4mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 2.Yotib ko'tarish | 50% 6mX1p,60% 5mX1p,70% 4mX1p,75% 3X2p, |
| | 80% 2mX3p,75% 3mX2p,70% 4mX1p,65% 5mX1p, |
| | 60% 6mX1p,55% 7mX1p,50% 8mX1p (63) |
| 3.Ko'krak mushaklari | 8mX4p. |
| 4.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% |

| | |
|------------------------------------|---|
| | 3mX5p (23) |
| 5.Oyoqlar bilan ko'tarish | 4mX6p. |
| 6.Egilishlar (Mashg'ulot uskunasi) | 10mX4p. |
| | Jami: 116 ko'tarilish |
| <u>5-kun (Juma)</u> | |
| 1.O'tirib-turish | 50% 5mx1p.60% 4mX1p.70% 3mX2p,80% 3mx5p (30) |
| 2.Yotib ko'tarish | 50% 5mX1p.60% 4mX1p.70% 3mX2p,80% 3mx5p (30) |
| 3.Ko'krak mushaklari | 8mX4p. |
| 4.O'tirib-turish | 50% 5mX1p,60% 5mX1p.70% 5mX5p (35) |
| 5.Tritsepslar | 10mX5p. |
| 6.Egilishlar turib | 5mX5p. |
| | <i>Jami: 95 ko'tarilish</i> |
| <u>6-kun (shanba)</u> | |
| 1.Yotib ko'tarish | 50% 6mX1p,60% 6mX2p,65% 6mX4p (42) |
| 2.Brusda qo'llarni bukib yozish | 4mX5p. |
| 3.Tyaga | 50% 4mx1p.60% 4mX1p.70% 3mX2p,80% 2mX6p(26) |
| 4.O'tirib-turish trenajorda | 5mX6p. |
| 5.Press | 10mX3p. |
| | <i>Jami: 68 ko'tarilish</i> |
| | <i>Jami haftada: 360 ko'tarilishlar</i> |

6-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------|--|
| 1.O'tirib-turish | 50% 5mX1p.60% 4mX1p.70% 3mX2p,80% 3mX2p, |
| | 85% 2mX2p,90% 1mX2p (27) |
| 2.Yotib ko'tarish | 50% 5mX1p.60% 4mX1p.70% 3mX2p,80% 2mX2p, |
| | 90% 1mX3p,80% 2mX2p (26) |
| 3.Ko'krak mushaklari | 6mX3p. |
| 4.O'tirib-turish | 55% 5mX1p,65% 4mX2p,75% 3mX4p (25) |
| 5.Egilishlar turib | 5mX5p. |
| | Jami: 78 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Yotib ko'tarish | 50% 5mX1p.60% 5mX1p.70% 4mX2p,75% 3mX2p, |
| | 80% 2mX3p,75% 3mX2p,70% 4mX1p,60% 6mX1p,50% 8mX1p(54) |
| 2.Tyaga | 50% 4mX1p.60% 4mX1p.70% 3mX2p,80% 3mX2p,90% 2mX4p(28) |
| 3.Tritsepslar | 10mX5p. |
| 4.Oyoqlar bilan ko'tarish | 5mX6p. |
| 5.Press | 6mX3p. |
| | Jami: 82 ko'tarilishlar |
| <u>5-kun (Juma)</u> | |
| 1.Yotib ko'tarish | 50% 5mX1p,60% 4mX1p.70% |

| | |
|---|---|
| | 3mX2p,80% 3mX5p (30) |
| 2.O'tirib-turish | 50% 5mX1p,60% 4mX1p,70% 3mX2p,80% 3mX5p (30) |
| 3.Yotib ko'tarish | 55% 5mX1p,65% 5mX1p,75% 4mX4p (26) |
| 4.Ko'krak mushaklari | 10mX5p. |
| 5.Oyoqlar bilan ko'tarish | 5mX6p. |
| | Jami: 86 ko'tarilish |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga ustunda | 50% 3mX1p,60% 3mX2p,65% 3mX5p (24) |
| 2.Burchak ostida o'tirib ko'tarish | 4mX6p. |
| 3.Brussda gavidani ko'tarib tushish | 6mX5p. |
| 4.Tyaga «yondan» | 50% 4mX1p,60% 4mX2p,65% 4mX4p (28) |
| 5. O'tirib-turish (Mashg'ulot uskunasida) | 7rX6p. |
| 6.Press | 10mX4p. |
| | Jami: 52 ko'tarilishlar |
| | Jami haftada: 298 ko'tarilishlar |

**Tahminiy oylik reja - Musobaqa davrida bir mashg'ulot SU,
SUN uchun
1-Hafta**

| <u>1-kun (dushanba)</u> | |
|--|--|
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX2p,70% 3mX2p,75% 2mX3p.(21) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,75% 2mX3p.(18) |
| 3.Ko'krak mushaklari (yotib gantellarni yon tomonga ko'tarish) | 8mX4p |
| 4.Press | 10mX3p |
| | Jami: 39 ko'tarilish |
| <u>3-kun (chorshanba)-baholash</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mx1p,70% 3mX2p,80% 2mX2p, |
| | 90% 1mX1p,95%-100% 1mX2-3p.(20) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX2p, |
| | 90% 1mX1p,95%-100% 1mX2-3p.(20) |
| 3.Tyaga | 50% 3mX1p,60% 3mX1p,70% 2mX2p,80% 2mX1p, |
| | 90% 1mX1p,95%-100% 1mX2-3p.(16) |
| | Jami: 56 ko'tarilish |
| <u>5 kun (juma)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX1p,70% |

| | |
|--|---|
| | 3mX2p,80% 2mX6p.(24) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX6p.(30) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 55% 3mX1p,65% 3mX1p,75% 3mX4p.(18) |
| 5.Shtanga bilan egilib turish; umurtqa orqali (turib) | 5mX5p. |
| | Jami: 72 ko'tarilishlar |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX4p.(24) |
| 2.Burchak ostida o'tirib ko'tarish | 4mX6p. |
| 3.Brussda gavidani ko'tarib tushish og'irlik bilan | 6mX5p. |
| 4.Tyaga plintdan | 55% 3mX1p,65% 3mX1p,75% 3mX2p,85% 3mX4p.(24) |
| 5.Press | 10mX5p. |
| | Jami: 48 ko'tarilish |
| | Jami haftada: 215 ko'tarilishlar |

Izoh: Agar sportchi baholash paytida o'zini natijasini yaxshilagan bo'lsa, unda foiz yangi natijasidan olinishi zarur, lekin musobaqaga bir oydan kam vaqt qolgan bo'lishi kerak.

2-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------------------|---|
| 1.O'tirib- turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(27) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX2p, |
| | 90% 1mX22p.80% 2mX2p.(22) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 50% 4mX1p,60% 4mX1p,70% 4mX4p.(24) |
| 5.Press | 10mX3p. |
| | <i>Jami: 73 ko'tarilishlar</i> |
| <u>3-kun (chorshanba)</u> | |
| 1.Tyaga | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX3p,85% 2mX3p(27) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX5p(27) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.Tyaga tizzagacha | 55% 3mX1p,65% 3mX1p,75% 33mX4p.(21) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | <i>Jami: 75 ko'tarilish</i> |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX5p(27) |

| | |
|--|---|
| 2.Yotib ko‘tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX2p,85%1mX3p(19) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.O‘tirib-turish | 55% 3mX1p,65% 3mX1p,75% 2mX4p.(14) |
| 5.Press | 10mX3p. |
| | <i>Jami: 60 ko‘tarilishlar</i> |
| <u>6-kun (shanba)</u> | |
| 1.Yotib ko‘tarish | 55% 3mx1,65% 3mx2p,75% 3mx5p (24) |
| 2.Brussda gavidani ko‘tarib tushish (og‘irlik bilan) | 4mX5p. |
| 3.Tyaga | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 22mX6p.(24) |
| 4.Shtanga bilan egilib turish (o‘tirib) | 5mX5p. |
| | <i>Jami: 48 ko‘tarilish</i> |
| | <i>Jami haftada: 256 ko‘tarilishlar</i> |

3-Hafta

| | |
|--------------------------------|--|
| <u>1-kun (dushanba)</u> | |
| 1.Yotib ko‘tarish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx2p,85% 1mx2p(18) |
| 2.O‘tirib-turish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx5p(22) |
| 3.Yotib ko‘tarish | 55% 3mx1p,65% 3mx1p,75% 2mx4p(14) |
| 4.Ko‘krak mushaklari | 8mx4p |

| | |
|---------------------------------------|--|
| 5.Egilishlar turib | 4mx5p |
| | Jami: 54 ko'tarilishlar |
| <u>3-kun (chorshanba)</u> | |
| 1.Yotib ko'tarish | 50% 3mx1p,60% 3mx2p, 70% 3mx2p,80% 3mx6p (33) |
| 2.Ko'krak mushaklari | 8mx4p. |
| 3.Tyaga | 50% 3mx1p,60% 3mx1p,70% 2mx2p,80% 2mx5p (20) |
| 4.Press | 8mx3p. |
| | Jami: 53 ko'tarilishlar |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx2p,85% 1mx2p(18) |
| 2.Yotib ko'tarish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx5(22) |
| 3.Ko'krak mushaklari | 8mx4p. |
| 4.O'tirib-turish | 55% 3mx1p,65% 3mx1p,75% 3mx4p (18) |
| 5.Egilishlar o'tirib | 4mx4p. |
| | Jami: 58 ko'tarilish |
| <u>6-kun (shanba)</u> | |
| 1.Burchak ostida o'tirib ko'tarish | 3mx5p. |
| 2.Brussda qo'llarni bukib yozish | 4mx5p. |
| 3.Tyaga | 50% 3mx1p,60% 3mx2p,70% 3mx2p,75% 3mx4p (27) |

| | |
|---------|------------------------------------|
| 4.Press | 8mX4p. |
| | Jami: 27 ko'tarilish |
| | Jami haftada: 192 ko'tarish |

4-Hafta

| | |
|---------------------------------------|--|
| <u>1-kun (dushanba)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX2p,70% 3mX2p,80% 2mX4p (23) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX5p (22) |
| 3.Ko'krak mushaklari | 6mX4p. |
| 4.Shtanga bilan egilib turish (turib) | 4mX4p. |
| | Jami: 45 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.Yotib ko'tarish | 50% 3mX1p,60% 3mX2p,70% 3mX2p,80% 2mX4p (23) |
| 2.Ko'krak mushaklari | 6mX3p. |
| 3.Tyaga | 50% 3mX1p,60% 2mX2p,70% 2mX2p,75% 2mX4p (19) |
| 4.Press | 8mX3p. |
| | Jami: 42 ko'tarilishlar |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,75% 2mX3p.(18) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX4p.(20) |

| | |
|---|---|
| 3.Ko'krak mushaklari | 6mX3p. |
| 4.Shtanga bilan egilib turish (o'tirib) | 4mX4p. |
| | Jami: 38 ko'tarilish |
| <u>6-kun (shanba)</u> | |
| Dam olish | |
| | Jami haftada: 125 ko'tarilishlar |

5-Hafta

| | |
|---------------------------|--|
| <u>1-kun (dushanba)</u> | |
| 1.Tyaga | 50% 3mX1p,60% 3mX2p,70% 2mX3p.(15) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX2p,70% 2mX2p,75% 1mX2p.(15) |
| 3.Press | 8mX2p. |
| | Jami: 30 ko'tarilish |
| <u>3-kun (chorshanba)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX2p,70% 2mX3p.(15) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX2p,70% 2mX3p.(15) |
| | Jami: 30 ko'tarilish |
| <u>5-6 va 7-kunlar</u> | |
| Musobaqa | |
| | Jami haftada: 60 ko'tarilishlar |
| | Jami oyiga: 848 ko'tarilishlar |

Izoh: musobaqalarda juma va shanba kuni qatnashaydigan sportchilar dushanba va chorshanba kuni mashg'ulot o'tqazishlari kerak, seshanba,chorshanba juma va shanba kunlari og'ir vazndagi sportchilar dam olishi lozim.

Oylik yuklamani haftalik sikllarga tarqatish

| Mashq | 1-Hafta | 2-Hafta | 3-Hafta | 4-Hafta | 5-Hafta | Jami Oyiga |
|--------------------|---------|---------|---------|---------|---------|------------|
| O'tirib-turish | 83 | 92 | 58 | 41 | 15 | 289 |
| Ko'tarishlar | 68 | 92 | 87 | 65 | 30 | 342 |
| Tyagalar | 64 | 72 | 47 | 19 | 15 | 217 |
| Jami hafta ichida | 215 | 256 | 192 | 125 | 60 | 848 |
| Boshqalar | 216 | 230 | 187 | 84 | 16 | 733 |
| Egilishlar | 25 | 50 | 36 | 32 | - | 143 |
| Jami hafta ichida | 456 | 536 | 415 | 241 | 76 | 1724 |
| Mashg'ulotlar soni | 4 | 4 | 4 | 3 | 2 | 17 |

Taxminiy oylik reja - Musobaqa davrida bir mashg'ulot SU,SUN uchun

1-Hafta

| <u>1-kun (dushanba)</u> | |
|--|--|
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX2p,70% 3mX2p,75% 2mX3p.(21) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,75% 2mX3p.(18) |
| 3.Ko'krak mushaklari (yotib gantellarni yon tomonga ko'tarish) | 8mX4p |
| 4.Press | 10mX3p |
| | Jami: 39 ko'tarilish |

| <u>3-kun (chorshanba)-baholash</u> | |
|--|--|
| 1.O‘tirib-turish | 50% 3mX1p,60% 3mx1p,70% 3mX2p,80% 2mX2p, |
| | 90% 1mX1p,95%-100% 1mX2-3p.(20) |
| 2.Yotib ko‘tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX2p, |
| | 90% 1mX1p,95%-100% 1mX2-3p.(20) |
| 3.Tyaga | 50% 3mX1p,60% 3mX1p,70% 2mX2p,80% 2mX1p, |
| | 90% 1mX1p,95%-100% 1mX2-3p.(16) |
| | Jami: 56 ko‘tarilish |
| <u>5-kun (juma)</u> | |
| 1.O‘tirib-turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX6p.(24) |
| 2.Yotib ko‘tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX6p.(30) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.O‘tirib-turish | 55% 3mX1p,65% 3mX1p,75% 3mX4p.(18) |
| 5.Shtanga bilan egilib turish umurtqa orqali (turib) | 5mX5p. |
| | Jami: 72 ko‘tarilishlar |
| <u>6-kun (shanba)</u> | |
| 1.Tyaga tizzagacha | 50% 4mX1p,60% 4mX1p,70% 4mX4p.(24) |

| | |
|--|--|
| 2.Burchak ostida o'tirib ko'tarish | 4mX6p. |
| 3.Brussda gavidani ko'tarib tushish og'irlik bilan | 6mX5p. |
| 4.Tyaga plintdan | 55% 3mX1p,65% 3mX1p,75% 3mX2p,85% 3mX4p.(24) |
| 5.Press | 10mX5p. |
| | Jami: 48 ko'tarilish |
| | Jami Haftada: 215 ko'tarilishlar |

Izoh: Agar sportchi baholash paytida o'zini natijasini yaxshilagan bo'lsa, unda foiz yangi natijasidan olinishi zarur, lekin musobaqaga bir oydan kam vaqt qolgan bo'lishi kerak.

2-Hafta

| <u>1-kun (dushanba)</u> | |
|-------------------------|--|
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX3p, |
| | 85% 2mX3p.(27) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX2p, |
| | 90% 1mX2p.80% 2mX2p.(22) |
| 3.Ko'krak mushaklari | 10mX5p. |
| 4.O'tirib-turish | 50% 4mX1p,60% 4mX1p,70% 4mX4p.(24) |
| 5.Press | 10mX3p. |
| | Jami: 73 ko'tarilishlar |

| <u>3-kun (chorshanba)</u> | |
|---|--|
| 1.Tyaga | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX3p,85% 2mX3p(27) |
| 2.Yotib ko‘tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX5p(27) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.Tyaga tizzagacha | 55% 3mX1p,65% 3mX1p,75% 33mX4p.(21) |
| 5.Shtanga bilan egilib turish (turib) | 5mX5p. |
| | <i>Jami: 75 ko‘tarilish</i> |
| <u>5-kun (juma)</u> | |
| 1.O‘tirib-turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 3mX5p(27) |
| 2.Yotib ko‘tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX2p,85%1mX3p(19) |
| 3.Ko‘krak mushaklari | 10mX5p. |
| 4.O‘tirib-turish | 55% 3mX1p,65% 3mX1p,75% 2mX4p.(14) |
| 5.Press | 10mX3p. |
| | <i>Jami: 60 ko‘tarilishlar</i> |
| <u>6-kun (shanba)</u> | |
| 1.Yotib ko‘tarish | 55% 3mx1,65% 3mx2p,75% 3mx5p (24) |
| 2.Brussda gavdani ko‘tarib tushish (og‘irlik bilan) | 4mX5p. |
| 3.Tyaga | 50% 3mX1p,60% 3mX1p,70% |

| | |
|---|--|
| | 3mX2p,80% 22mX6p.(24) |
| 4.Shtanga bilan egilib turish (o'tirib) | 5mX5p. |
| | <i>Jami: 48 ko'tarilish</i> |
| | <i>Jami haftada: 256 ko'tarilishlar</i> |

3-Hafta

| | |
|---------------------------|--|
| <u>1-kun (dushanba)</u> | |
| 1.Yotib ko'tarish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx2p,85% 1mx2p(18) |
| 2.O'tirib-turish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx5p(22) |
| 3.Yotib ko'tarish | 55% 3mx1p,65% 3mx1p,75% 2mx4p(14) |
| 4.Ko'krak mushaklari | 8mx4p |
| 5.Egilishlar turib | 4mx5p |
| | <i>Jami: 54 ko'tarilishlar</i> |
| <u>3-kun (chorshanba)</u> | |
| 1.Yotib ko'tarish | 50% 3mx1p.60% 3mx2p, 70% 3mx2p,80% 3mx6p (33) |
| 2.Ko'krak mushaklari | 8mx4p. |
| 3.Tyaga | 50% 3mx1p,60% 3mx1p,70% 2mx2p,80% 2mx5p (20) |
| 4.Press | 8mx3p. |
| | <i>Jami: 53 ko'tarilishlar</i> |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx2p,85% 1mx2p(18) |

| | |
|------------------------------------|---|
| 2.Yotib ko‘tarish | 50% 3mx1p,60% 3mx1p,70% 3mx2p,80% 2mx5(22) |
| 3.Ko‘krak mushaklari | 8mx4p. |
| 4.O‘tirib-turish | 55% 3mx1p,65% 3mx1p,75% 3mx4p (18) |
| 5.Egilishlar o‘tirib | 4mx4p. |
| | <i>Jami: 58 ko‘tarilish</i> |
| <u>6-kun (shanba)</u> | |
| 1.Burchak ostida o‘tirib ko‘tarish | 3mx5p. |
| 2.Brussda qo‘llarni bukib yozish | 4mx5p. |
| 3.Tyaga | 50% 3mx1p,60% 3mx2p,70% 3mx2p,75% 3mx4p (27) |
| 4.Press | 8mx4p. |
| | <i>Jami: 27 ko‘tarilish</i> |
| | <i>Jami haftada: 192 ko‘tarish</i> |

4-Hafta

| | |
|---------------------------------------|---|
| <u>1-kun (dushanba)</u> | |
| 1.O‘tirib-turish | 50% 3mX1p,60% 3mX2p,70% 3mX2p,80% 2mX4p (23) |
| 2.Yotib ko‘tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX5p (22) |
| 3.Ko‘krak mushaklari | 6mX4p. |
| 4.Shtanga bilan egilib turish (turib) | 4mX4p. |
| | <i>Jami: 45 ko‘tarilish</i> |

| <u>3-kun (chorshanba)</u> | |
|--|--|
| 1.Yotib ko'tarish | 50% 3mX1p,60% 3mX2p,70% 3mX2p,80% 2mX4p (23) |
| 2.Ko'krak mushaklari | 6mX3p. |
| 3.Tyaga | 50% 3mX1p,60% 2mX2p,70% 2mX2p,75% 2mX4p (19) |
| 4.Press | 8mX3p. |
| <i>Jami: 42 ko'tarilishlar</i> | |
| <u>5-kun (juma)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,75% 2mX3p.(18) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX1p,70% 3mX2p,80% 2mX4p.(20) |
| 3.Ko'krak mushaklari | 6mX3p. |
| 4.Shtanga bilan egilib turish (o'tirib) | 4mX4p. |
| <i>Jami: 38 ko'tarilish</i> | |
| <u>6-kun (shanba)</u> | |
| Dam olish | |
| <i>Jami haftada: 125 ko'tarilishlar</i> | |

5-Hafta

| <u>1-kun (dushanba)</u> | |
|---------------------------|---|
| 1.Tyaga | 50% 3mX1p,60% 3mX2p,70% 2mX3p.(15) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX2p,70% 2mX2p,75% 1mX2p.(15) |
| 3.Press | 8mX2p. |
| | <i>Jami: 30 ko'tarilish</i> |
| <u>3-kun (chorshanba)</u> | |
| 1.O'tirib-turish | 50% 3mX1p,60% 3mX2p,70% 2mX3p.(15) |
| 2.Yotib ko'tarish | 50% 3mX1p,60% 3mX2p,70% 2mX3p.(15) |
| | <i>Jami: 30 ko'tarilish</i> |
| <u>5-6 va 7-kunlar</u> | |
| Musobaqa | |
| | <i>Jami haftada: 60 ko'tarilishlar</i> |
| | <i>Jami Oyiga: 848 ko'tarilishlar</i> |

Izoh: musobaqada juma va shanba kuni qatnashadigan sportchilar o'z mashg'ulotlarini dushanba va chorshanba kuni o'tqazishlari kerak. Yakshanba kuni qatnashadiganlar dushanba va payshanba kuni mashg'ulotini o'tqazadilar. Dam olish seshanba, chorshanba, juma va shanba kuni ko'proq og'ir vaznidagi sportchilarga foydali.

Oylik yuklamani haftalik sikllarga tarqatish

| Mashq | 1- Hafta | 2- Hafta | 3- Hafta | 4- Hafta | 5- Hafta | Jami Oyiga |
|-----------------------|---------------------|---------------------|---------------------|---------------------|---------------------|-----------------------|
| O'tirib-turish | 83 | 92 | 58 | 41 | 15 | 289 |
| Ko'tarishlar | 68 | 92 | 87 | 65 | 30 | 342 |
| Tyagalar | 64 | 72 | 47 | 19 | 15 | 217 |
| Jami hafta ichida | 215 | 256 | 192 | 125 | 60 | 848 |
| Boshqalar | 216 | 230 | 187 | 84 | 16 | 733 |
| Egilishlar | 25 | 50 | 36 | 32 | - | 143 |
| Jami hafta ichida | 456 | 536 | 415 | 241 | 76 | 1724 |
| Mashg'ulotlar soni | 4 | 4 | 4 | 3 | 2 | 17 |

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PAUERLIFTING

Bosishga 10.04.2021 ruxsat etildi
Bichimi 60x84 ¹/₁₆, «Peterburg» garniturasida, Ofset qog‘ozi
Bosma tabog‘i 6 p.l. Adadi 40 nusxa. Buyurtma № _____
«UMID DESIGN» nashriyoti
«UMID DESIGN» XK bosmaxonasida chop etildi.
O‘zbekiston Respublikasi, Toshkent shahri

Navoiy ko‘chasi 22-uy