



# Эффективные упражнения на все группы мышц

Эффективные упражнения на все группы мышц

Эффективные упражнения на все группы мышц

[Эффективные упражнения на все группы мышц GO DO \(7\)](#)

[Эффективные упражнения на все группы мышц \(8\)](#)



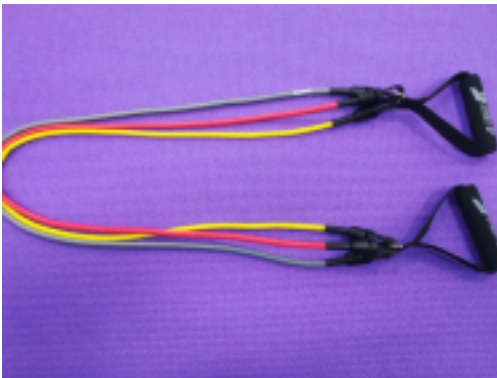


Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ ĐŸÑ€ĐμÑ•Ñ•-Đ±Đ, Ñ†ĐμĐ¿Ñ•-Đ±ĐμĐ´Ñ€Đ¾. Đj  
 Đ°Đ½Đ°Ñ,Đ¾Đ¼Đ, Ñ†ĐμÑ•Đ°Đ, Đ¼Đ, Ñ€ÑfÑ†Đ°Đ¼Đ, [\[ĐŸĐ¾Đ´Ñ€Đ¾Đ±Đ½ĐμĐμ...\]](#)



**Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ Ñ€ĐμĐ-Đ, Đ½Đ¾Đ²Ñ«Đ¹ Đ¿ĐμÑ,Đ»Ñ•  
 MAGNUM 17-54 Đ°Đ³**

Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ Ñ€ĐμĐ-Đ, Đ½Đ¾Đ²Ñ«Đ¹ Đ¿ĐμÑ,Đ»Ñ• MAGNUM 17-54 Đ°Đ³ Đ  
 Đ°Đ-Đ¼ĐμÑ€:208\*4.4\*0.45 Ñ•Đ¼. [\[ĐŸĐ¾Đ´Ñ€Đ¾Đ±Đ½ĐμĐμ...\]](#)



**Đ•Đ°Đ±Đ¾Ñ€ Ñ•Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€Đ¾Đ².**

Đ•Đ°Đ±Đ¾Ñ€ Ñ•Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€Đ¾Đ². ĐœĐ°Ñ,ĐμÑ€Đ,Đ°Đ»:Đ¼ĐμÑ,Đ°Đ»Đ», Đ¿Đ»Đ°Ñ•Ñ,Đ,Đ°,  
 Đ»Đ°Ñ,ĐμĐ°Ñ•. [\[ĐŸĐ¾Đ´Ñ€Đ¾Đ±Đ½ĐμĐμ...\]](#)

**Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€  
 ĐŸÑ€ĐμÑ•Ñ•-Đ±Đ, Ñ†ĐμĐ¿Ñ•-Đ±ĐμĐ´Ñ€Đ¾. Đj  
 Đ°Đ½Đ°Ñ,Đ¾Đ¼Đ, Ñ†ĐμÑ•Đ°Đ, Đ¼Đ, Ñ€ÑfÑ†Đ°Đ¼Đ,**





**Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€  
"Ñ•Ñ,Ñ€Đ¾Đ¹Đ½Ñ¿Đμ Đ±ĐμĐ´Ñ€Đ°"**

Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ "Ñ•Ñ,Ñ€Đ¾Đ¹Đ½Ñ¿Đμ Đ±ĐμĐ´Ñ€Đ°"  
 ĐœĐ°Ñ,ĐμÑ€Đ,Đ°Đ»:Đ¿Đ¾Đ»Đ,Ñ•Ñ•Ñ,ĐμÑ€-Ñ•Đ»Đ°Ñ•Ñ,Đ,Đ°, Đ»Đ°Ñ,ĐμĐ°Ñ•, Đ¿Đ¾Đ»Đ,Đ°Đ¼Đ,Đ´,  
 Đ°Ñ€Đ¼Đ,Ñ€Đ¾Đ²Đ°Đ½Đ½Ñ¿Đ¹ Đ°Đ²Ñ,Đ¾Ñ,ĐμĐ½Ñ, PVC. Đ¿ĐμĐ¼Đ¿ĐμÑ€Đ°Ñ,ÑƒÑ€Đ°  
 Đ,Ñ•Đ¿Đ¾Đ»Ñ€Đ·Đ¾Đ²Đ°Đ½Đ,Ñ• Đ, Ñ...Ñ€Đ°Đ½ĐμĐ½Đ,Ñ• Đ¾Ñ, (-10Đ´Đ¾ +25Â°Đj)  
[\[ĐŸĐ¾Đ´Ñ€Đ¾Đ±Đ½ĐμĐμ...\]](#)



**Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ "Ñ,Ñ€Đ°Đ½Ñ•Ñ,„Đ¾Ñ€Đ¼ĐμÑ€"**

Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ "Ñ,Ñ€Đ°Đ½Ñ•Ñ,„Đ¾Ñ€Đ¼ĐμÑ€" ĐœĐ°Ñ,ĐμÑ€Đ,Đ°Đ»  
 Đ¿Đ¾Đ»Đ,Ñ•Ñ•Ñ,ĐμÑ€-Ñ•Đ»Đ°Ñ•Ñ,Đ,Đ°, Đ»Đ°Ñ,ĐμĐ°Ñ•, Đ¿Đ»Đ°Ñ•Ñ,Đ,Đ°, Đ¿Đ¾Đ»Đ,Đ°Đ¼Đ,Đ´,  
 Đ¿Đ¾Đ»Đ,Đ¿Ñ€Đ¾Đ¿Đ,Đ»ĐμĐ½. Đ¿ĐμĐ¼Đ¿ĐμÑ€Đ°Ñ,ÑƒÑ€Đ° Đ,Ñ•Đ¿Đ¾Đ»Ñ€Đ·Đ¾Đ²Đ°Đ½Đ,Ñ• Đ,  
 Ñ...Ñ€Đ°Đ½ĐμĐ½Đ,Ñ• ( Đ¾Ñ, - 10Đ´Đ¾ +25Â°Đj) [\[ĐŸĐ¾Đ´Ñ€Đ¾Đ±Đ½ĐμĐμ...\]](#)



**Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ ÑƒĐ½Đ,Đ²ĐμÑ€Ñ•Đ°Đ»Ñ€Đ½Ñ¿Đ¹ ( Đ°Đ½Đ°Đ»Đ¾Đ³ "Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€Đ°  
 Đ°ÑƒĐ±Đ½Đ¾Đ²Ñ•Đ°Đ¾Đ³Đ¾") Đ"Đ»Đ,Đ½Đ° 4 Đ¼\*4 Đ¶Đ,Đ»Ñ€Đ½Ñ¿Đ¹.**

Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€ ÑƒĐ½Đ,Đ²ĐμÑ€Ñ•Đ°Đ»Ñ€Đ½Ñ¿Đ¹ ( Đ°Đ½Đ°Đ»Đ¾Đ³ "Đ-Ñ•Đ¿Đ°Đ½Đ´ĐμÑ€Đ°  
 Đ°ÑƒĐ±Đ½Đ¾Đ²Ñ•Đ°Đ¾Đ³Đ¾") Đ"Đ»Đ,Đ½Đ° 4 Đ¼\*4 Đ¶Đ,Đ»Ñ€Đ½Ñ¿Đ¹. [\[ĐŸĐ¾Đ´Ñ€Đ¾Đ±Đ½ĐμĐμ...\]](#)





Գ-Ն•ԳձԾ°Ծ'Ծ½Ծ՛ԾմՆԵ ՆfԾ½Ծ, Ծ²ԾմՆԵՆ•Ծ°Ծ»ՆՕԵԾ½Ն՛Ծ¹ ( Ծ•Ծ½Ծ°Ծ»Ծ³⁄₄Ծ³ "Գ-Ն•ԳձԾ°Ծ'Ծ½Ծ՛ԾմՆԵԾ° Ծ՛ՆfԾ±Ծ½Ծ³⁄₄Ծ²Ն•Ծ°Ծ³⁄₄Ծ³⁄₄") Ծ"Ծ»Ծ, Ծ½Ծ° 4

Գ-Ն•ԳձԾ°Ծ'Ծ½Ծ՛ԾմՆԵ ՆfԾ½Ծ, Ծ²ԾմՆԵՆ•Ծ°Ծ»ՆՕԵԾ½Ն՛Ծ¹ ( Ծ•Ծ½Ծ°Ծ»Ծ³⁄₄Ծ³ "Գ-Ն•ԳձԾ°Ծ'Ծ½Ծ՛ԾմՆԵԾ° Ծ՛ՆfԾ±Ծ½Ծ³⁄₄Ծ²Ն•Ծ°Ծ³⁄₄Ծ³⁄₄") Ծ"Ծ»Ծ, Ծ½Ծ° 4 Ծ¼ \*3 ՆԵՆ•Ծ՛Ծ½Ն՛Ծ¹. [\[ԾŸԾ³⁄₄Ծ՛ՆԵԾ³⁄₄Ծ±Ծ½ԾԾմԾմ...\]](#)



Ծ ԾմԾ-Ծ, Ծ½Ծ³⁄₄Ծ²Ծ°Ն• Ն, ՆԵՆfԾ±Ծ°Ծ°

\*\* Ն•Ն•ԳձԾ°Ծ'Ծ½Ծ՛ԾմՆԵ Ն•Ծ, Ծ»Ծ³⁄₄Ծ²Ծ³⁄₄Ծ¹, ՆԵԾմԾ-Ծ, Ծ½Ծ³⁄₄Ծ²Ծ°Ն• Ն, ՆԵՆfԾ±Ծ°Ծ° (9-11Ծ°Ծ³) Ծ"Ծ»Ծ, Ծ½Ծ°:Ծ•Ծ¼. [\[ԾŸԾ³⁄₄Ծ՛ՆԵԾ³⁄₄Ծ±Ծ½ԾԾմԾմ...\]](#)



ՆԵԾմԾ-Ծ, Ծ½Ծ³⁄₄Ծ²Ծ°Ն• Ն, ՆԵՆfԾ±Ծ°Ծ°

\*\* Ն•Ն•ԳձԾ°Ծ'Ծ½Ծ՛ԾմՆԵ Ն•Ծ, Ծ»Ծ³⁄₄Ծ²Ծ³⁄₄Ծ¹, ՆԵԾմԾ-Ծ, Ծ½Ծ³⁄₄Ծ²Ծ°Ն• Ն, ՆԵՆfԾ±Ծ°Ծ° (6-8 Ծ°Ծ³) Ծ"Ծ»Ծ, Ծ½Ծ°:3Ծ¼. [\[ԾŸԾ³⁄₄Ծ՛ՆԵԾ³⁄₄Ծ±Ծ½ԾԾմԾմ...\]](#)





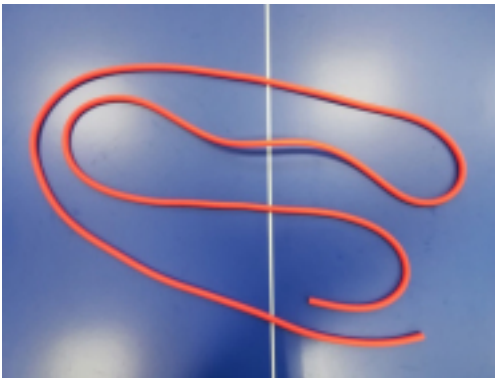
Ñ€ĐµĐ·Đ,Đ<sup>1/2</sup>Đ<sup>3/4</sup>Đ<sup>2</sup>Đ°Ñ•Ñ,Ñ€ÑƒĐ±Đ°Đ°

\*\* Ñ•Ñ•Đ;Đ°Đ<sup>1/2</sup>Đ<sup>1</sup>ĐµÑ€Ñ•Ñ,Đ»Đ<sup>3/4</sup>Đ<sup>2</sup>Đ<sup>3/4</sup>Đ<sup>1</sup>,Ñ€ĐµĐ·Đ,Đ<sup>1/2</sup>Đ<sup>3/4</sup>Đ<sup>2</sup>Đ°Ñ•Ñ,Ñ€ÑƒĐ±Đ°Đ° (6-8 Đ°Đ<sup>3</sup>)  
Đ°Đ»Đ,Đ<sup>1/2</sup>Đ°:3Đ<sup>1/4</sup>. [\[ĐŸĐ<sup>3/4</sup>Đ<sup>1</sup>Ñ€Đ<sup>3/4</sup>Đ±Đ<sup>1/2</sup>ĐµĐµ...\]](#)



Ñ€ĐµĐ·Đ,Đ<sup>1/2</sup>Đ<sup>3/4</sup>Đ<sup>2</sup>Đ°Ñ•Ñ,Ñ€ÑƒĐ±Đ°Đ°

Đ»Đ°Ñ,ĐµĐ°Ñ•Đ<sup>1/2</sup>Đ°Ñ•Ñ,Ñ€ÑƒĐ±Đ°Đ° Đ°Đ»Ñ•Đ<sup>3</sup>Đ,Đ<sup>1/4</sup>Đ<sup>1/2</sup>Đ°Ñ•Ñ,Đ,Đ°Đ, 0.5\*0.9\*300  
Ñ•Đ°Đ»Đ°Ñ,Đ<sup>3/4</sup>Đ<sup>2</sup>Ñ•Đ<sup>1</sup>Đ;Đ<sup>3/4</sup>Ñ•Ñ,Đ°Đ<sup>2</sup>:Đ»Đ°Ñ,ĐµĐ°Ñ• [\[ĐŸĐ<sup>3/4</sup>Đ<sup>1</sup>Ñ€Đ<sup>3/4</sup>Đ±Đ<sup>1/2</sup>ĐµĐµ...\]](#)

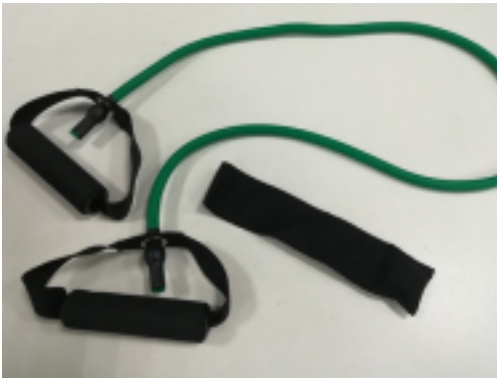


Ñ€ĐµĐ·Đ,Đ<sup>1/2</sup>Đ<sup>3/4</sup>Đ<sup>2</sup>Đ°Ñ•Ñ,Ñ€ÑƒĐ±Đ°Đ°

Đ»Đ°Ñ,ĐµĐ°Ñ•Đ<sup>1/2</sup>Đ°Ñ•Ñ,Ñ€ÑƒĐ±Đ°Đ° Đ°Đ»Ñ•Đ<sup>3</sup>Đ,Đ<sup>1/4</sup>Đ<sup>1/2</sup>Đ°Ñ•Ñ,Đ,Đ°Đ, 0.5\*0.9\*300  
Đ;Đ<sup>3/4</sup>Ñ•Ñ,Đ°Đ<sup>2</sup>:Đ»Đ°Ñ,ĐµĐ°Ñ• [\[ĐŸĐ<sup>3/4</sup>Đ<sup>1</sup>Ñ€Đ<sup>3/4</sup>Đ±Đ<sup>1/2</sup>ĐµĐµ...\]](#)







Ñ€ĐµĐ·Đ,Đ<sup>1</sup>/<sub>2</sub>Đ<sup>3</sup>/<sub>4</sub>Đ<sup>2</sup>Đ°Ñ•Ñ,Ñ€ÑfĐ±Đ°Đ°

\*Ñ•Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€Đ»Đ°Ñ,ĐµĐ°Ñ•Đ<sup>1</sup>/<sub>2</sub>Đ°Ñ•Ñ,Ñ€ÑfĐ±Đ°Đ°Ñ•Ñ€ÑfÑ‡Đ°Đ°Đ<sup>1</sup>/<sub>4</sub>Đ, 12 LB (5.4Đ°Đ<sup>3</sup>)  
[\[ĐŸĐ<sup>3</sup>/<sub>4</sub>Đ´Ñ€Đ<sup>3</sup>/<sub>4</sub>Đ±Đ<sup>1</sup>/<sub>2</sub>ĐµĐµ...\]](#)



Đ-Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€Đ»Đ°Ñ,ĐµĐ°Ñ•Đ<sup>1</sup>/<sub>2</sub>Ñ•Đ<sup>1</sup>Ñ•Ñ€ÑfÑ‡Đ°Đ°Đ<sup>1</sup>/<sub>4</sub>Đ,Ñ

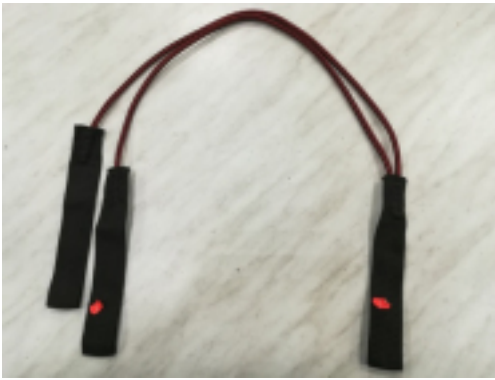
Đ-Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€Đ»Đ°Ñ,ĐµĐ°Ñ•Đ<sup>1</sup>/<sub>2</sub>Ñ•Đ<sup>1</sup>Ñ•Ñ€ÑfÑ‡Đ°Đ°Đ<sup>1</sup>/<sub>4</sub>Đ,ĐĐ°Đ·Đ<sup>1</sup>/<sub>4</sub>ĐµÑ€:6\*12\*1200Đ<sup>1</sup>/<sub>4</sub>Đ<sup>1</sup>/<sub>4</sub>.  
ĐiĐ<sup>2</sup>ĐµÑ,Ñ,Đ,Đ<sup>3</sup>/<sub>4</sub>Đ»ĐµÑ,Đ<sup>3</sup>/<sub>4</sub>Đ<sup>2</sup>Ñ«Đ<sup>1</sup> [\[ĐŸĐ<sup>3</sup>/<sub>4</sub>Đ´Ñ€Đ<sup>3</sup>/<sub>4</sub>Đ±Đ<sup>1</sup>/<sub>2</sub>ĐµĐµ...\]](#)



Đ-Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€ÑfĐ<sup>1</sup>/<sub>2</sub>Đ,Đ<sup>2</sup>ĐµÑ€Ñ•Đ°Đ»Ñ€Đ<sup>1</sup>/<sub>2</sub>Ñ•Đ<sup>1</sup>(Đ•Đ<sup>1</sup>/<sub>2</sub>Đ°Đ»Đ<sup>3</sup>/<sub>4</sub>Đ<sup>3</sup>"Ñ•Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€Đ°Đ´ÑfĐ±Đ<sup>1</sup>/<sub>2</sub>Đ<sup>3</sup>/<sub>4</sub>Đ<sup>2</sup>Ñ•Đ°Đ<sup>3</sup>/<sub>4</sub>Đ<sup>3</sup>/<sub>4</sub>")

Đ-Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€ÑfĐ<sup>1</sup>/<sub>2</sub>Đ,Đ<sup>2</sup>ĐµÑ€Ñ•Đ°Đ»Ñ€Đ<sup>1</sup>/<sub>2</sub>Ñ•Đ<sup>1</sup>(Đ•Đ<sup>1</sup>/<sub>2</sub>Đ°Đ»Đ<sup>3</sup>/<sub>4</sub>Đ<sup>3</sup>"Ñ•Ñ•Đ¿Đ°Đ<sup>1</sup>/<sub>2</sub>Đ´ĐµÑ€Đ°Đ´ÑfĐ±Đ<sup>1</sup>/<sub>2</sub>Đ<sup>3</sup>/<sub>4</sub>Đ<sup>2</sup>Ñ•Đ°Đ<sup>3</sup>/<sub>4</sub>Đ<sup>3</sup>/<sub>4</sub>") ĐžÑ,Đ·Đ<sup>1</sup>/<sub>2</sub>Đ°Ñ‡Đ°Đ°Đ"Đ¢Đž-Đ°ĐžĐ»Đ,Đ<sup>1</sup>/<sub>4</sub>Đ¿Đ,Đ<sup>1</sup>Ñ•Đ°Đ<sup>3</sup>/<sub>4</sub>Đ<sup>1</sup>Đ<sup>1</sup>/<sub>4</sub>ĐµĐ´Đ°Đ»Đ,Đ"Đ»Đ,Đ<sup>1</sup>/<sub>2</sub>Đ°:4Đ<sup>1</sup>/<sub>4</sub>\*1Đ¶Đ,Đ»Ñ€Đ<sup>1</sup>/<sub>2</sub>Ñ•Đ<sup>1</sup>Ñ€ĐµĐ·Đ,Đ<sup>1</sup>/<sub>2</sub>Đ°Đ°.  
[\[ĐŸĐ<sup>3</sup>/<sub>4</sub>Đ´Ñ€Đ<sup>3</sup>/<sub>4</sub>Đ±Đ<sup>1</sup>/<sub>2</sub>ĐµĐµ...\]](#)





Ծ-Ն•Ծ չԾ°Ծ½Ծ՝ԾմՆԵ Ծ±Ծ¾Ծ°Ն•ԾմՆԵՆ•Ծ°Ծ, Ծ¹  
 (ԾմԾ՝Ծ, Ծ½Ծ¾Ծ±Ծ¾ՆԵՆ•Ն, Ծ²) Ծ Ծ°Ծ•Ծ¼ԾմՆԵ: 1.10Ծ¼\*1  
 ՆԵԾմԾ•Ծ, Ծ½Ծ°Նf

Ծ-Ն•Ծ չԾ°Ծ½Ծ՝ԾմՆԵ Ծ±Ծ¾Ծ°Ն•ԾմՆԵՆ•Ծ°Ծ, Ծ¹ (ԾմԾ՝Ծ, Ծ½Ծ¾Ծ±Ծ¾ՆԵՆ•Ն, Ծ²) Ծ  
 Ծ°Ծ•Ծ¼ԾմՆԵ: 1.10Ծ¼\*1 ՆԵԾմԾ•Ծ, Ծ½Ծ°Նf [\[ԾŸԾ¾Ծ՝ՆԵԾ¾Ծ±Ծ½ԾմԾմ...\]](#)



Ծ-Ն•Ծ չԾ°Ծ½Ծ՝ԾմՆԵ Ն•Ծ չՆԵՆfՆ, (ԾմԾ՝Ծ, Ծ½Ծ¾Ծ±Ծ¾ՆԵՆ•Ն, Ծ²). Ծ  
 Ծ°Ծ•Ծ¼ԾմՆԵ 4Ծ¼\*1 ՆԵԾմԾ•Ծ, Ծ½Ծ°Նf

Ծ-Ն•Ծ չԾ°Ծ½Ծ՝ԾմՆԵ Ն•Ծ չՆԵՆfՆ, (ԾմԾ՝Ծ, Ծ½Ծ¾Ծ±Ծ¾ՆԵՆ•Ն, Ծ²). Ծ Ծ°Ծ•Ծ¼ԾմՆԵ  
 4Ծ¼\*1 ՆԵԾմԾ•Ծ, Ծ½Ծ°Նf ԾժԾ•ԾժԾ•ԾժԾ~ [\[ԾŸԾ¾Ծ՝ՆԵԾ¾Ծ±Ծ½ԾմԾմ...\]](#)



Ծ-Ն•Ծ չԾ°Ծ½Ծ՝ԾմՆԵ Ծ»Ն•Ծ լԾ½Ծ, Ծ°Ծ°  
 (ԾմԾ՝Ծ, Ծ½Ծ¾Ծ±Ծ¾ՆԵՆ•Ն, Ծ²) "ԾժԾ•ԾժԾ•ԾժԾ~" Ծ  
 Ծ°Ծ•Ծ¼ԾմՆԵ: 4Ծ¼\*1 ՆԵԾմԾ•Ծ, Ծ½Ծ°Ծ°

Ծ-Ն•Ծ չԾ°Ծ½Ծ՝ԾմՆԵ Ծ»Ն•Ծ լԾ½Ծ, Ծ°Ծ° (ԾմԾ՝Ծ, Ծ½Ծ¾Ծ±Ծ¾ՆԵՆ•Ն, Ծ²) "ԾժԾ•ԾժԾ•ԾժԾ~" Ծ  
 Ծ°Ծ•Ծ¼ԾմՆԵ: 4Ծ¼\*1 ՆԵԾմԾ•Ծ, Ծ½Ծ°Ծ° [\[ԾŸԾ¾Ծ՝ՆԵԾ¾Ծ±Ծ½ԾմԾմ...\]](#)



