

Powerlifting

The work was done by Dotsenko
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My name is Dotsenko Alexander . I'm a student of
9-1-z group. My aim for today's presentation
is to give you information about my sport – is
bodybuilding.

1. First I would like to talk about how I got into this sport.
2. Then I would like to take a look at the modern conditions of my training.
3. In conclusion we will see my achievements.



In powerlifting, I got when I was 15 years old. Learning about the fact that the school has a gym, we decided to go with the guys for themselves. In the long term, we liked to lift weights, in particular, for whom the bar is heavier the steeper and steeper, it turned out that we started to do powerlifting.



Now I'm training in the sports school of the Olympic reserve number 2 in the city of Sevastopol. Our Powerlifting Hall is the best in Russia, it is equipped with everything necessary for classes. Training is 3 times a week.

We pass to our last point. At present I am a Candidate for the Master of Sports of Russia. I have set the current records of the Republic of Komi in separate powerlifting movements such as: Squat with a bar, Bench press, Deadlift. I am a participant of the Russian powerlifting and bench press Championships 2020 city of Moscow





СЕВАСТОПОЛЬ



Thank you for attention