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ULTIMATE STREETLIFTING CHAMPIONSHIP

MAGAZINE

THE BULGARIAN METHOD

**INTERVIEW TO SOFIA
CERDAN**

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FINALREP



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DIP MONSTER

In the world of calisthenics and streetlifting, two athletes have recently drawn attention for their impressive performances in weighted dips: Uliana Esipenko and Vitaliy Feshuk.

Uliana Esipenko: 90 kg in competition

Uliana Esipenko set a new personal record by performing a dip with 90 kg of added weight during an official competition. This achievement marks a significant milestone in the women's streetlifting scene, demonstrating the growing participation and competitiveness of female athletes in the sport.

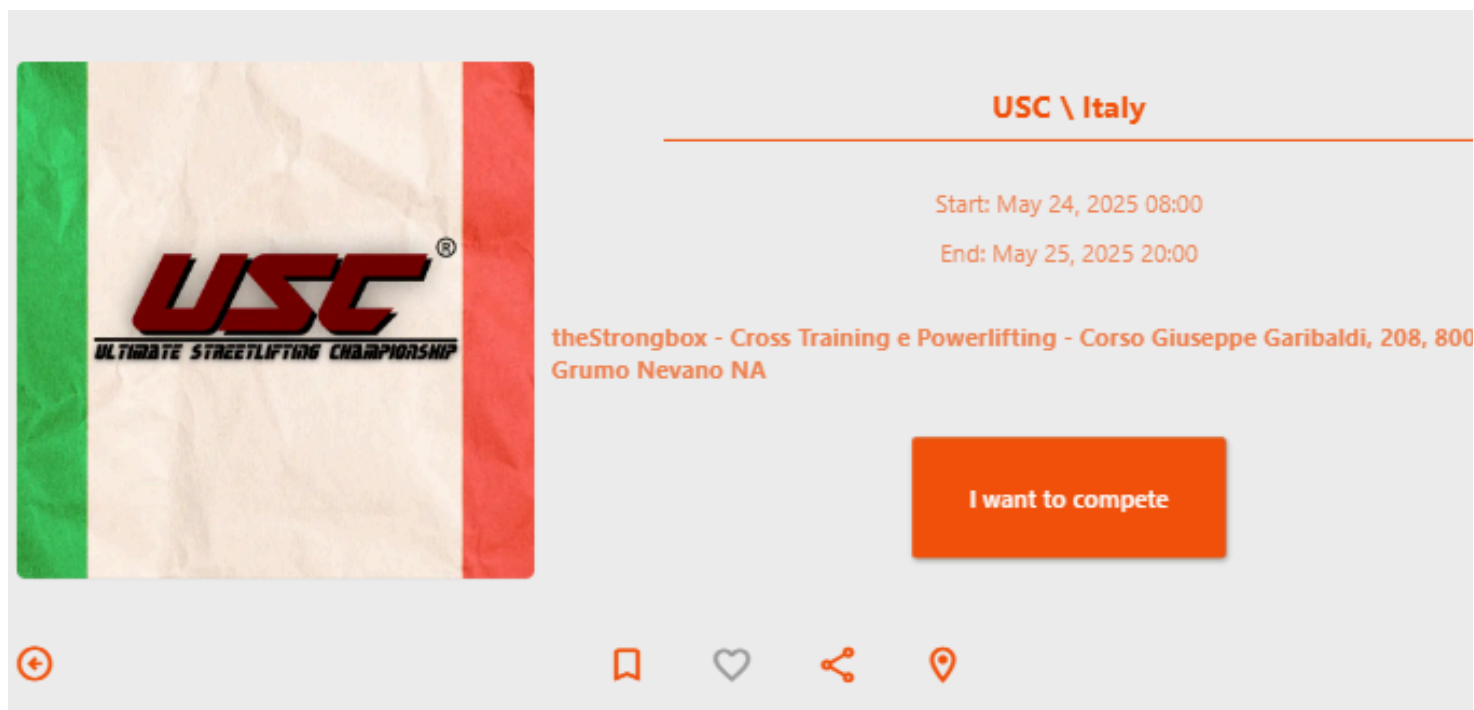
Vitaliy Feshuk: 200 kg in training

On the other hand, Ukrainian athlete Vitaliy Feshuk shared on social media his attempt to perform a dip with an additional 200 kg during a training session. Although he was unable to complete the repetition, Feshuk emphasized the importance of testing maximal loads to assess his preparation and push his limits. In an Instagram post, he stated: "My first attempt with 200 kg! No rep, but I had to feel that weight to know if I was ready. And yes, it's scary."

These achievements highlight the dedication and commitment required to excel in weighted dips, inspiring other athletes to push beyond their limits and pursue new milestones in calisthenics and streetlifting.



HOW TO SUBSCRIBE



Registering for the qualifications is quick and easy!

Follow these steps to secure your spot in the competition:

1. Click on the official link.
2. Fill out the registration form.
3. Confirm your registration.
4. Get ready for the competition!

The countdown begins! Make sure to train hard and arrive in top shape.

⚠ Important:

- Spots are limited, so hurry up and sign up!
- Your registration will only be valid after you receive the confirmation email.
- If you have any questions or concerns, feel free to contact us via social media or email.
-

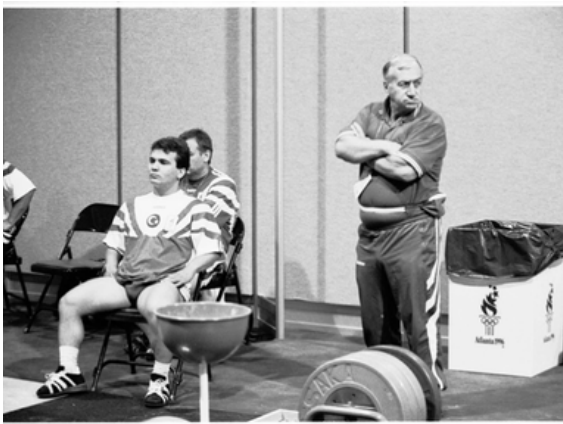
See you at The Strong Box! 💪🔥

SUBSCRIBE NOW!

BULGARIAN METHOD

IT IS A TRAINING SYSTEM DEVELOPED BY THE LEGENDARY COACH IVAN ABADJIEV IN THE 1970S.

FREQUENT 1RM TEST



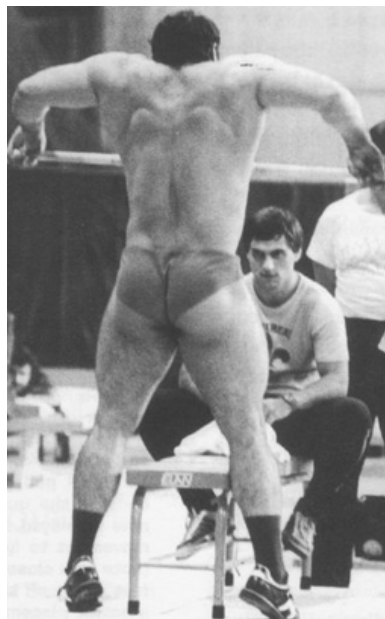
The core principle of the Bulgarian method is training almost exclusively with loads close to 90–100% of the one-rep max. Athletes perform daily record attempts multiple times per week, sometimes even several times a day. This constant stimulus forces the central nervous system to adapt, enhancing the ability to express maximal strength at any given moment. However, this methodology places extreme stress on the body, requiring precise recovery management and constant attention to injury prevention.

BIG THREE FOCUS



There are no accessory exercises: everything revolves around the snatch, clean and jerk, and squat. The goal is to become as efficient as possible in the Olympic lifts, eliminating anything that does not directly contribute to performance.

FREQUENCY



Athletes train 2 to 4 times a day, every day, without scheduled deload periods. The idea is that the body adapts to chronic fatigue, allowing for maximum performance in competition.

SOFIA CERDAN

ATHLETE PROFILE

AGE	29
HEIGHT	158
WEIGHT	57
TOTAL	261,25



3 SIMPLE QUESTIONS TO ONE OF THE BEST FEMALE ATHLETES

1

What have been the key aspects of your training to reach peak form?

This preparation is an enormous challenge, and I feel a lot of pressure on me.

The goal of winning the most competitive category is extremely ambitious, but I wouldn't even consider it if I didn't know it was possible. To achieve it, I had to refine every aspect of my training. I worked extensively on technique because details make the difference, and I learned to listen to my body to manage fatigue and recovery in the best way possible. It's not just about pushing harder—it's about doing it at the right moment and in the right way. Like everyone, I've had days when I felt tired, unmotivated, or frustrated, but I always showed up at the gym and did what needed to be done without overthinking because I know that every session counts.

Consistency, even when it seems like progress isn't coming, is what leads to victory.

2

How do you manage pre-competition tension, and what mental strategies do you use to stay focused in crucial moments?

The truth is, I like the tension before a competition.

After so many years of competing, I've learned to turn it into fuel. When I feel the pressure, I embrace it—it means that what I'm doing truly matters. I've developed mental routines that help me stay focused, like visualizing every single lift in detail and reminding myself that I know how to do it. But the most important thing is the mindset I have when I step onto the platform: I leave no room for doubt. I don't think about who's around me, the numbers, or the results. I focus only on giving my all. This is my moment, and that's what allows me to perform at my best when it truly matters. Nonostante ciò, non mi sento deluso. È stata una battaglia fino all'ultimo, e le emozioni durante ogni categoria sono state incredibili.

3 SIMPLE QUESTIONS TO ONE OF THE BEST FEMALE ATHLETES

3

What does it mean to you to be a role model in the -57 kg category, and what message would you like to share with new athletes entering this sport?

Being a role model in the -57 kg category is a great responsibility, but also an incredible source of motivation.

When I started, women's streetlifting was almost nonexistent. Today, seeing more and more women getting into this sport makes me realize that change is real. The message I want to share with new athletes is don't be afraid to put yourself out there. The journey isn't easy, but don't compare yourself to other athletes or what you see on social media. Trust the process. If you truly want it, you can make it. I'm here to prove it—but you also have to be willing to pay the price that victory demands.





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WHEN THE CITY BECOMES YOUR GYM

OUTDOOR TRAINING

In recent years, the concept of outdoor training has undergone a true revolution thanks to street workout. This discipline was born out of the need to train without the constraints of schedules and memberships, using the urban environment as an open-air gym. Benches, bars, walls, and even street signs become tools for performing bodyweight exercises, transforming the city into a training space accessible to everyone.



WHY SHOULD YOU CHOOSE IT?

In addition to the physical aspect, street workout has become a cultural phenomenon, bringing together communities that meet to train, challenge each other, and improve together. The absence of complex equipment has made this practice popular worldwide, proving that to build strength and skills, weights and machines are not necessarily required—just consistency, creativity, and a strong spirit of adaptation.

3 TIPS FOR..

What do you wanna know about strength training?
Let we know! We are open to advice to improve our magazine!

Send an Email to info@ultimatestreetliftingchampionship.com



FIND YOUR PLACE



Saiyan Academy

Via Caruso 10, 80040
Cercola, Napoli

Apollo Private Gym

Via Roma 12, 80055
Portici, Napoli



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