

USC
ULTIMATE STREETLIFTING CHAMPIONSHIP
MAGAZINE

3 TIPS TO SQUAT LIKE A PRO

**INTERVIEW TO
BARTLOMEJ ORCHOWSKI**

MPDS

MUSCLE-UP

PULL-UP

DIP

SQUAT

FINALREP





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WE ARE BACK!

We are thrilled to announce the launch of the first official USC event: April 26th and 27th, 2024, at The Strong Box in Grumo Nevano, Naples. This competition offers a unique opportunity for all athletes who did not qualify for the Pro category but are eager to challenge themselves, prove their worth, and continue pursuing their dream of making a mark in this sport.

Why participate?

- Inclusivity: A competition designed to give space and visibility to all enthusiasts, regardless of their current level.
- Personal growth: A chance to compete with other athletes and enhance your performance.
- Community: A weekend dedicated to sharing the passion for streetlifting with a united and motivated community.

Save the date and get ready for two unforgettable days! Whether you're an experienced athlete or someone looking for redemption, this is your moment. Don't wait—start your preparation now. USC is waiting for you!

Info and registration:

For more details about the competition and how to participate, contact us or visit our official channels.



HOW TO REGISTER?



JOIN THE QUALIFIERS NOW!

Find out if you have what it takes to be among the top 5 athletes and compete in the PRO event at an exclusive location! If not, don't worry... USC is for everyone.

We'll host a competition for those who didn't make the PRO event, giving you the chance to climb the ranks for next year and compete among the best!



YOU HAVE UNTIL JANUARY 13 2025 TO SEND US YOUR VIDEOS!



WE'LL SELECT THE STRONGEST ATHLETES TO FINALIZE THE EVENT DATES WITH PRECISION AND EXCITEMENT!



IT'S TIME TO GET READY, SEE YOU ON THE PLATFORM!

Registering for the qualifications is quick and easy! Follow these steps to secure your spot in the competition:

1. Click the official link: <https://www.ultimatestreetliftingchampionship.com/iscriviti>
2. Fill out the registration form: <https://forms.gle/6U3ofihMLLRojLq57>
3. Confirm your registration
4. Get ready for the competition!
5. Start the countdown! Make sure to train hard and come prepared.

Attention:

Spots are limited, so hurry up and register!

Your registration will only be considered valid after receiving the confirmation email.

If you have any doubts or questions, feel free to contact us directly on our social media or via email.

Click the link and fill out the form today: see you at The Strong Box!

SUBSCRIBE NOW

ACCOMODATING RESISTANCE

IT IS AN ADVANCED TECHNIQUE THAT INVOLVES ADDING VARIABLE RESISTANCE (CHAINS OR RESISTANCE BANDS) TO EXERCISES.

WEAK CHAINS



By adding increasing resistance, the athlete is forced to generate more force precisely where they are usually weaker, such as the lockout in the bench press or deadlift.

Accommodating resistance teaches you to "overcome" the sticking points of the movement, like the bottom of the squat or the sticking point in the bench press, making the entire lift smoother and more efficient.

This approach strengthens stabilizing muscles and improves neuromuscular control, both essential elements for lifting heavier weights.

FORCE CURVE



Accommodating resistance uses tools like resistance bands or chains to adjust the load throughout the movement. As you progress in the lift (e.g., ascending in the squat or locking out in the deadlift), the load increases. This aligns with the athlete's force curve, which is typically stronger in the final phases of the movement.

This approach allows for optimal training across the entire range of motion.

POWER



The athlete develops greater power, explosiveness, crucial for overcoming maximal loads against the sticking point.

ATHLETE IN THE SPOTLIGHT: BARTLOMIEJ ORCHOWSKI

BARTLOMIEJ ORCHOWSKI

ATHLETE PROFILE

ETÀ	29
ALTEZZA	180
PESO	80
TOTAL	520



SPECIAL INTERVIEW ON THE EUROPEAN CHAMPIONSHIP!

1

How did you feel in that day so special?

The last European Championships in Dessau-Roßlau were an emotional rollercoaster for me. On one hand, I felt immense pride in what I managed to achieve – setting two world records is something that will stay with me forever. When I stood on the platform, focus and adrenaline took over, and the crowd cheered me on every step of the way. Those moments when I break my own records are what remind me why I love this sport so much.

2

Was it frustrating not to win? You were the favorite.

But there was another side to it – the moments when things didn't go as planned. I knew I gave it my all, but I couldn't finish the squat at 227.5 kg, which ultimately gave Raul the victory. It was a frustrating feeling, knowing that maybe I could have done more, but at the same time being fully aware that this was my absolute limit for that day. Despite that, I don't feel disappointed. It was a fight until the very end, and the emotions during each category were incredible.

3

Are you satisfied with your competition and performance?

I feel a great sense of satisfaction that I could stand on the podium and show what I'm capable of. This experience has only strengthened my determination, and now I know I'm ready to come back stronger, with an even greater will to fight. My goal is to keep pushing, breaking records, and proving to myself that there are no limits.



**WORLD RECORD:
MUSCLEUP 45KG
DIP 160KG**



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USC MAGAZINE

A GROWING SPORT: ARM WRESTLING

AN EXTREME INVOLVEMENT

Arm wrestling is experiencing exponential growth due to its simplicity and accessibility. The rules are intuitive, it doesn't require complex equipment, and it can be practiced at any level, from amateur to professional. This makes it an inclusive and immediately engaging sport. Social media also plays a role in boosting its popularity, with platforms like YouTube and TikTok making viral videos of spectacular matches and exciting challenges.



HOW SHOULD ONE TRAIN?

For arm wrestling, training the wrist and fingers, pronation, back pressure, and side pressure is essential. Strengthen the wrist with wrist curls and specific handles, while for pronation, use cables or resistance bands and focus on curl exercises. Back pressure is developed with elbow flexion exercises and lat exercises, while side pressure is trained with cable or resistance band exercises mimicking the movement. Gradual progression and proper technique are crucial to maximize strength and prevent injuries.

3 TIPS: SQUAT LIKE A PRO

01

**Set the movement
based on your
leverages**

There is no perfect squat or perfect technique; each individual has different proportions and therefore requires a personalized movement. Often, even unconventional movements are functional and suitable for the individual.

02

**Make sure to have
one heavy squat
session per week**

Squat is an exercise that favors high volume, but without neglecting exposure to higher load intensities, as it is often limited by psychological factors and fear related to the weight. It is not the best exercise for the legs, so focus on accessory exercises.

03

**Don't neglect the
posterior chain**

Often, even professional athletes don't train the posterior chain through dedicated exercises. This is one of the biggest mistakes you can make. Build marble glutes and back, and your squat will thank you.

FIND YOUR PLACE



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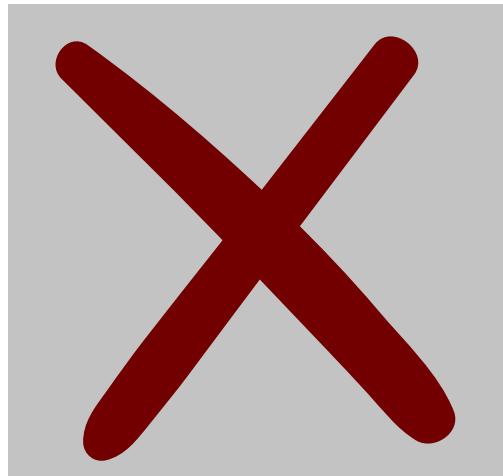
Apollo Private Gym

Via Roma 12, 80055
Portici, Napoli



Do you have a team or a gym?

With a highly targeted and passionate audience, a placement in our Magazine ensures direct visibility to the potential clients who matter most for your business.



MERCHANDISING

USC

T-shirt USC 2025



Cappello USC



Selezione USC 2025



**TAKE A PICTURE
AND TAG US ON
A SOCIAL MEDIA**

MEME OF THE MONTH

"Sorry babe, gotta
go watch USC"



MADE BY [@SOLLEVATORI_DI_STRADE](#)



CONTACT

Send us your valuable feedback:
your ideas and suggestions are
crucial for helping us grow and
improve



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