

USC®
ULTIMATE STREETLIFTING CHAMPIONSHIP
MAGAZINE

3 TIPS TO IMPROVE
YOUR DIPS

INTERVIEW WITH THE
WORLDS N°1 ATHLETE

MPDS

MUSCLE-UP | PULL-UP | DIP | SQUAT

FINALREP



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A NEW WR

In the world of streetlifting, two athletes have rewritten (unofficial) world records with extraordinary feats: Pere Coll with a muscle-up of 52.5 kg added weight at 90 kg body weight, and Zlat with a dip of 200 kg at 97.8 kg body weight.

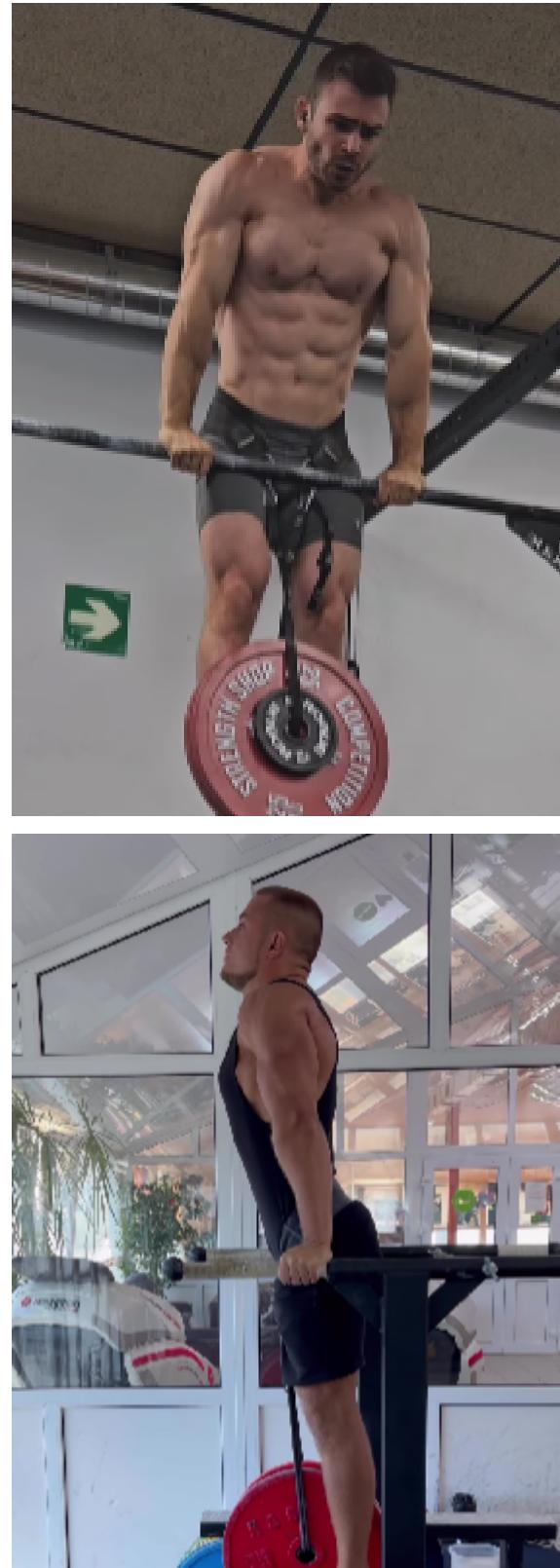
Pere Coll: The 52.5 kg Muscle-Up

Pere Coll demonstrated an exceptional combination of explosive strength and precision, lifting 52.5 kg in a muscle-up, a movement that requires maximum coordination and control. This record raises the global standard, showing what is achievable in Streetlifting!

Zlat: 200 kg Dip

Zlat, weighing 97.8 kg, performed a dip with 200 kg, a feat of pure brute strength, without any elbow or wrist supports. His record showcases incredible strength and power, confirming him as one of the strongest athletes in streetlifting.

These records are not just personal achievements but inspire the entire community to push beyond their limits and continue their journey in such a beautiful and ambitious sport!



**PERE COLL AND MATHEW ZLAT
DURING THEIR LIFT**

GIOCA ALLA PARI

IF YOUR COMPETITORS IN A COMPETITION PAY ATTENTION TO MORE FACTORS, THEY WILL ALWAYS BE ONE STEP AHEAD OF YOU!

NUTRITION



A hypercaloric diet is essential for those practicing streetlifting, especially for athletes aiming to improve maximum strength and performance with added weight. Here are the main reasons why a caloric surplus is important:

- Muscle Growth (Hypertrophy)
- Optimal Recovery
- Improvement of Overall Strength
- Prevention of Muscle Catabolism
- Enhancement of Performance with Added Weight
- Optimization of the Endocrine System
- Increase in Mass and Bodyweight Positive (hp+)

TRY TO BE HP+.



Being bodyweight positive (hp+), meaning having a positive weight-to-height ratio, is important in Streetlifting for various reasons related to performance and biomechanics. Here are some key points:

- Improved biomechanical leverage
- Increased relative strength
- Better load management
- Greater stability and control
- Optimization of progression

In summary, it allows athletes to express their strength to the fullest.

SUPPLEMENTS

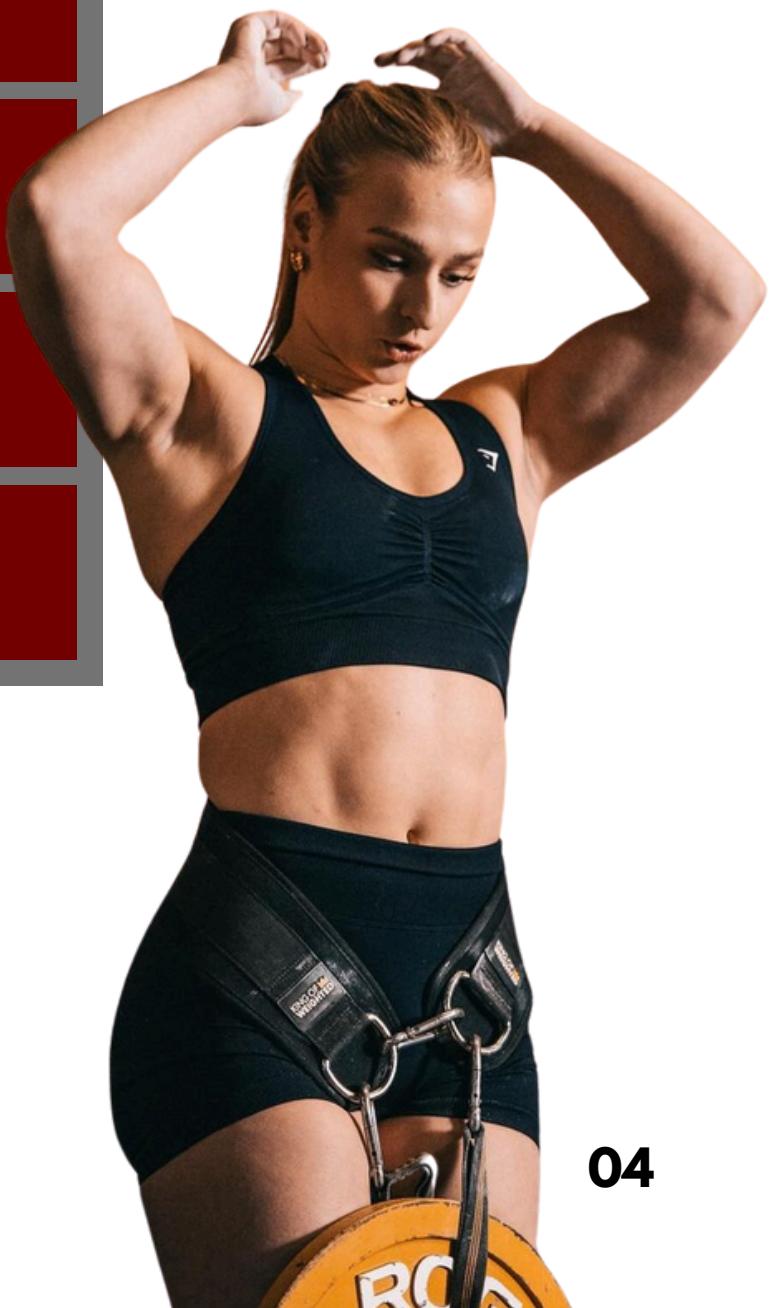


Using the "right" supplements depending on the period can help improve performance and daily life.

NADINE HETTINGA

ATHLETE PROFILE

ETÀ	23
ALTEZZA	157
PESO	57
TOTAL	286,25



3 QUESTIONS FOR THE WORLD'S BEST ATHLETE

1

What was the most challenging moment in your streetlifting journey, and how did you overcome it?

After my first competition 2 years ago I got a really bad shoulder injury and was not able to dip at all for 6 months. It was a big struggle as I just started competing and immediately got this challenge. I trusted my coach at the time and we worked with a different technique which ultimately lead to my injury going away just in time for my next competition prep.

2

How do you maintain high motivation and focus during training, especially in periods when there are no upcoming competitions?

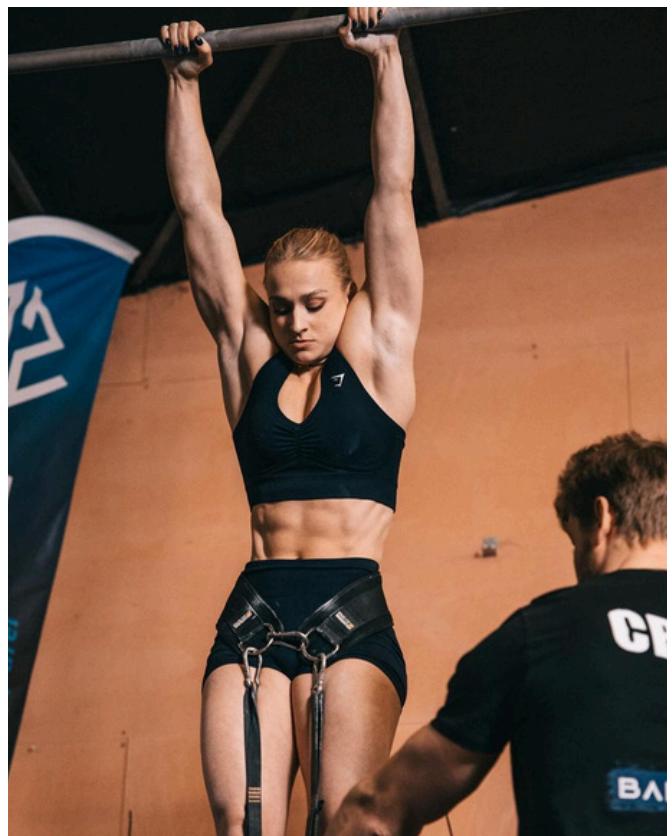
I actually don't maintain high motivation at all and can definitely say that there are weeks, or maybe even months that I don't enjoy streetlifting. I am very adrenaline and dopamine driven so when there is no direct competition I get bored and motivation drops. Weeks like that are though but I am super proud on the dedication and discipline that I have build during those periods. I just go to the gym and do my training, day in day out. Eventually I find my drive back and it's all worth it during competitions. I also watch back my competition videos over and over again before a training if I don't feel the motivation. It gives me goosebumps and I know why I do it.

3 QUESTIONS FOR THE WORLD'S BEST ATHLETE

3

What advice would you give to those approaching streetlifting and dreaming of becoming a champion like you?

To just start. Don't get discouraged by the big numbers some athletes are already pushing because it looks unrealistic, but as a beginner, if you train 6 months, you can increase your lifts so much. Don't underestimate the newby gains. Also enjoy the journey and not only the results, that is something I should also teach myself more but it is an important message. If you only value the result you won't be able to keep it up.





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USC MAGAZINE

WHY WAS STREETLIFTING BORN?

THE EVOLUTION OF CALISTHENICS? OR SOMETHING NEW?

Streetlifting began to gain popularity in Russia and Eastern European countries, where it was quickly recognized as an official form of competitive sport. Local clubs and federations started hosting events and competitions. This model then spread to other parts of the world. The first official streetlifting competitions featured challenges of pure strength with pull-ups and dips with added weight. As popularity grew, exercises like muscle-ups and squats were added.



WHY IS IT BECOMING SO POPULAR?

Thanks to the simplicity of the required equipment (a bar, parallel bars, and weights), streetlifting has become accessible to anyone determined to improve themselves physically and mentally. The discipline continues to grow, with more and more clubs and federations regulating competitions. Media attention and the use of social media are further contributing to its global expansion, inspiring a new generation of athletes.

3 TIPS: DIPS

**THERE ARE THOSE
WHO LOVE IT AND
THOSE WHO HATE IT...**

01 **Do a lot of volume on the Bench Press**

The Bench Press and Dips on parallel bars are "supplementary" exercises. Since dips do not allow for long and heavy accumulation phases, it is advisable to focus on increasing the training volume of flat bench presses.

02 **Get HUGE!**

Without a big and strong structure in the muscle groups involved in the exercise, it is almost impossible to perform at your best, both in terms of performance and injury prevention, as more mass "protects" the structures by preventing overload!

03 **Be careful and take care of yourself**

The dip is a fairly dangerous exercise, so make sure to always do a good warm-up and use prehab exercises that will prevent discomfort and pain from arising.

FIND YOUR PLACE

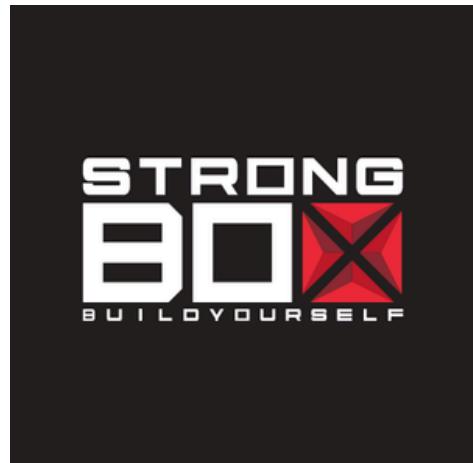


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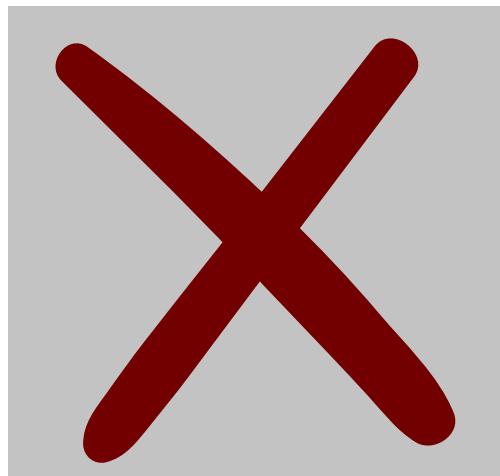
The Strong Box

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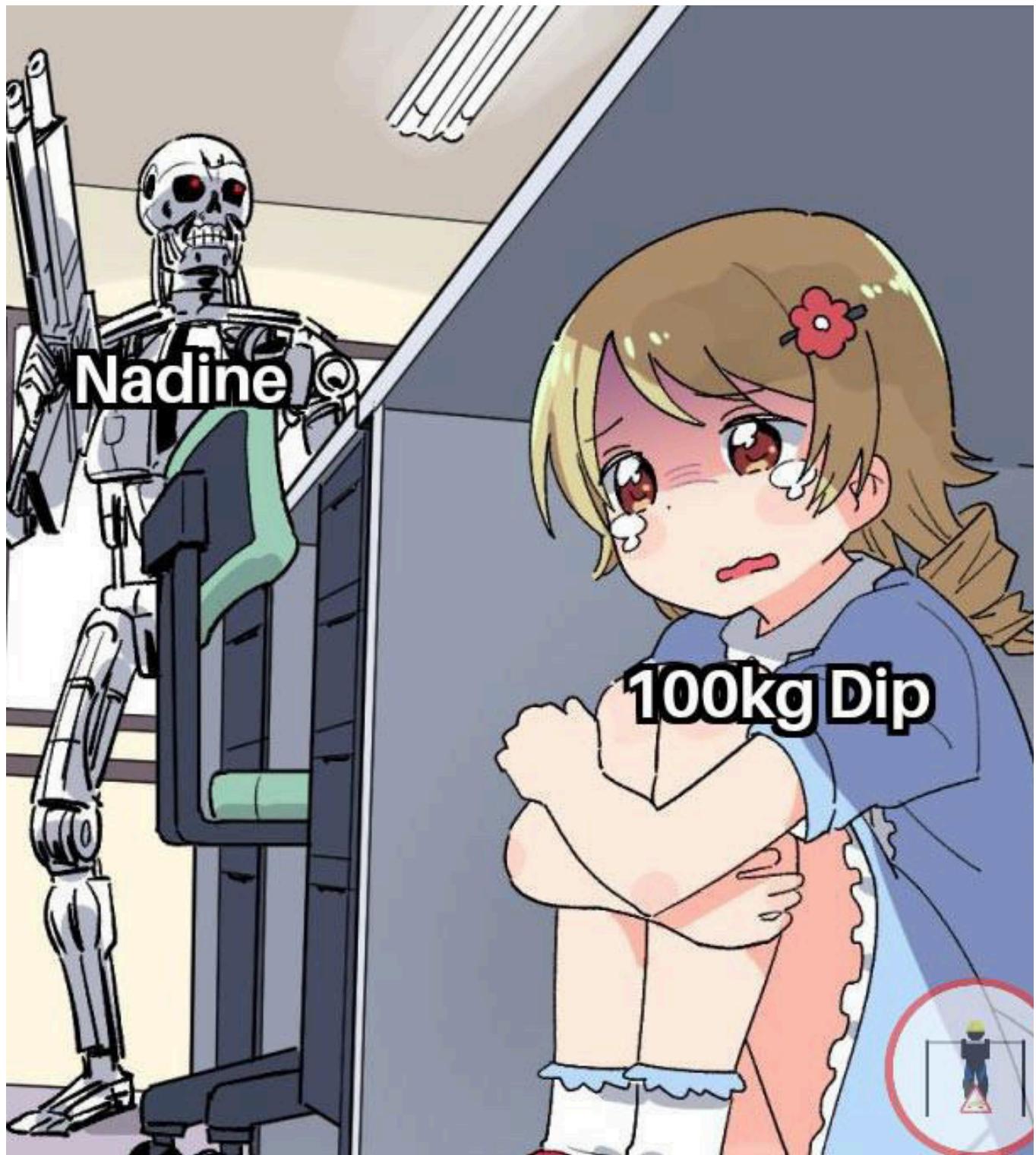


Selezione USC 2025



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MEME OF THE MONTH



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improve**



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