

USC[®]

ULTIMATE STREETLIFTING CHAMPIONSHIP

MAGAZINE

—
**3 ADVICE TO
IMPROVE YOUR
MUSCLEUP**

—
**INTERVIEW WITH THE
WORLD'S N. 1 ATHLETE**

MPDS

MUSCLE-UP | PULL-UP | DIP | SQUAT

FINALREP



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USC IS BACK

After two years of waiting, the time has finally come to return to action.

UCC is reopening its doors with a fresh look, more energy, and more passion than ever before.

These events are not just a return to normalcy, but a celebration of the sporting spirit that has continued to burn within us all, even in the toughest of times.

This year, more than ever, the competition will be a stage for stories of redemption, sacrifice, and extraordinary determination.

The athletes are ready to give everything they have, driven by the desire to prove that nothing can extinguish the will to surpass their limits.

Our event is not just a competition: it's a rebirth, an opportunity to reconnect with the community, to celebrate shared passion, and to remind us all why Streetlifting is an unstoppable force.

Get ready to experience intense moments, cheer with all your heart, and be inspired by the strength of those who never gave up.

This is the return you've been waiting for, and we can't wait to write a new chapter of unforgettable victories together.



**EMOTIONS IN THEIR PUREST FORM.
THIS IS HOW WE ENVISION 2025**

TRAIN WITH PURPOSE

YOU CAN'T AIM FOR GREATNESS IF YOU GIVE UP AT THE FIRST SIGN OF DIFFICULTY!

COMMIT AT 100%



It is crucial for maximizing results and achieving athletic goals. This level of trust allows the athlete to follow the training plan with determination and consistency, without doubts or hesitations. When the athlete fully trusts their coach, they can focus exclusively on their performance, knowing that every choice and decision made by the coach is aimed at optimizing progress and ensuring success. Total trust also facilitates open and honest communication, which is essential for tailoring training to the athlete's specific needs and effectively handling challenges and unforeseen issues.

HAVE A COACH



A coach not only provides the technical guidance needed to improve performance but also offers mental support, motivation, and personalized strategies. With their experience, a coach can identify weaknesses, prevent injuries, and tailor training to the athlete's needs. In high-level competitions, where every detail matters, the presence of a coach can make the difference between a good performance and a victory.

STAY FOCUSED



Staying focused in every training session is what turns hard work into tangible progress

XAVIER MACIAS

ATHLETE PROFILE

AGE	32
HEIGHT	170
WEIGHT	92
TOTAL	600



3 QUESTIONS FOR THE WORLD'S BEST ATHLETE

1

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

"Certainly, the shoulder injury in March 2023 was a very difficult moment. I had a rotator cuff injury with bursitis and bleeding. It was particularly challenging to deal with, especially because I was coming off a period where, as an athlete, I was performing exceptionally well. I had just competed in my first international competition, which had gone well, and I was very motivated. Suddenly being faced with such an injury, which prevented me from training for 2 months and even from touching weights, was extremely tough. Moreover, it was the first year of the Final Rep, so imagine how important it was to train and give it everything. It was very hard to stay completely still and watch others continue training. It was challenging, but fortunately, my girlfriend was a great help during that time. At moments like these, it's crucial to have someone who believes in your goals and dreams as much as you do, if not more."

2

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

"Of course, knowing you have an upcoming competition gives you that extra boost, which can be very helpful. However, I also find a lot of motivation in observing others, seeing their progress and improvements. I often think: if someone can do a pull-up with 120 kilos, why shouldn't I be able to do it too? Maybe I think this way because I tell myself, 'Wow, if I train hard, if I keep pushing and giving my all every day, maybe I won't reach 120, but I might get to 111 and gradually get closer to that weight.' It might sound a bit crazy, but I've always believed that with training, any goal can be achieved. This drives me to say, 'I have to train because if I don't today and someone else does, they'll have a day's advantage over me.' So, I always train to maintain that constant challenge with anyone."

3 QUESTIONS FOR THE WORLD'S BEST ATHLETE

3

"What advice would you give to someone who is just starting in streetlifting and dreams of becoming a champion like you?"

"It is definitely important for an athlete to have a long-term goal. Knowing that, in the long run, I want to win a national championship, a European title, do a 100-kilo pull-up, or even win a world championship is perfect. However, sometimes we forget how crucial it is to start working immediately to reach that goal. I need to think about what I can do now to get closer to that result. For example, if tonight I have to choose between going out and coming back at five in the morning or going to bed at 11 so I can wake up at 8 and train, that small choice will already determine how close I get to my goal. So, it's essential to start working on it right away. I always tell my guys that the competition starts much earlier: it starts when I go to the supermarket and, instead of eating a pizza, I choose to have some chicken with vegetables and then some rice, okay? Here's a simple example: at that moment, I'm already competing, I'm already getting closer to my goal. As I get closer day by day, by consistently making the right choices, that goal will come closer and closer, and eventually, I will achieve it. It's crucial to start working right now to reach that goal, not to see it as something distant that I'll get to 'sooner or later.' No, it's there, perfect, but I start working on it right now. That's fundamental."





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WHERE DID STREET WORKOUT BEGIN?

EVERYTHING STARTED FROM THERE

Calisthenics, a discipline that combines strength and aesthetics through bodyweight exercises, has ancient origins tracing back to Greek and Roman soldiers. In the 1970s and 1980s, it was revived in the United States as a form of urban training, with exercises on makeshift equipment in public parks. The global spread of calisthenics exploded thanks to social media, transforming it into a worldwide phenomenon that promotes body control, discipline, and community.



WHAT DO PEOPLE THINK ABOUT IT?

Public opinion on calisthenics is positive. It is valued for its accessibility, effectiveness, and the strong community it has built. Many view it as a comprehensive workout that encourages creativity and innovation. However, some criticisms concern its suitability for specific goals and the risk of injury if not performed correctly.

3 TIPS: MUSCLEUP

THE MOST ICONIC EXERCISE?

01 **Become very strong in pull-ups**

Becoming strong in muscle-ups without having significant pull-up strength is a fantasy. Focus on building monstrous pulling strength in your training, and your muscle-ups will inevitably improve!

02 **Learn the correct timing for the transition**

If you don't learn the correct timing and how to optimize the transition of the muscle-up, it's unlikely that you'll achieve significant results. This takes time; you need to treat each set the same way and repeat the movement without technical changes.

03 **Be patient**

All this to say that you need to be patient. The muscle-up is an exercise that greatly depends on body weight, and the condition can be very variable. Don't rush, and the results will come!

FIND YOUR PLACE



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Roma

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Do you have a team or a gym?

With a highly targeted and passionate audience, a placement in our magazine guarantees you direct visibility with the potential clients who matter most to your business.



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AND TAG US ON
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improve**



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