

## **A METHODOLOGY FOR PLANNING A PARTIAL TRAINING LOAD AIMED AT DEVELOPING LEG AND LUMBAR MUSCLE STRENGTH**

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### **ABSTRACT**

This article focuses on weightlifters' efforts to develop leg and lumbar muscle strength, determine size and intensity in sit-ups and barbell-lifting exercises, and plan a partial workout load.

**Keywords:** Leg, waist, muscle strength, sitting, lifting barbell to waist, partial, volume, intensity, general physical training.