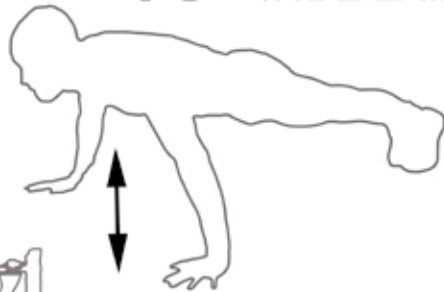
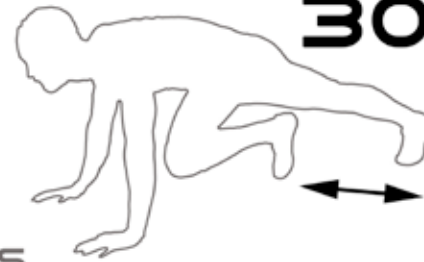


WORKOUT - 1

10 WIDEGRIP PUSHUPS



30 MOUNTAIN CLIMBERS

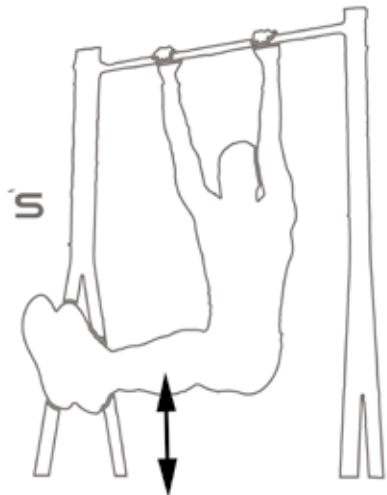


5 SKIN THE CAT'S

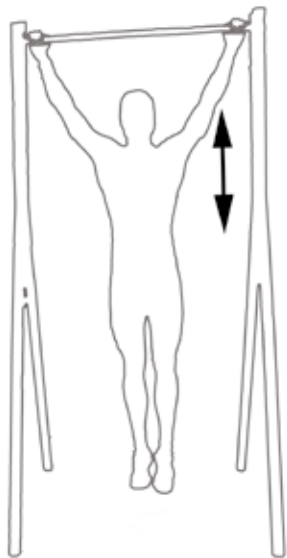


BARZ FLEX
WORKOUTPARKS

10 L-SIT'S



5 WIDEGRIP PULLUPS



LEVEL:

1
2
3

DESCRIPTION:

MACH DIESEN ZIRKEL 3 MAL, MIT
4 MINUTEN PAUSE ZWISCHEN
DEN SÄTZEN!

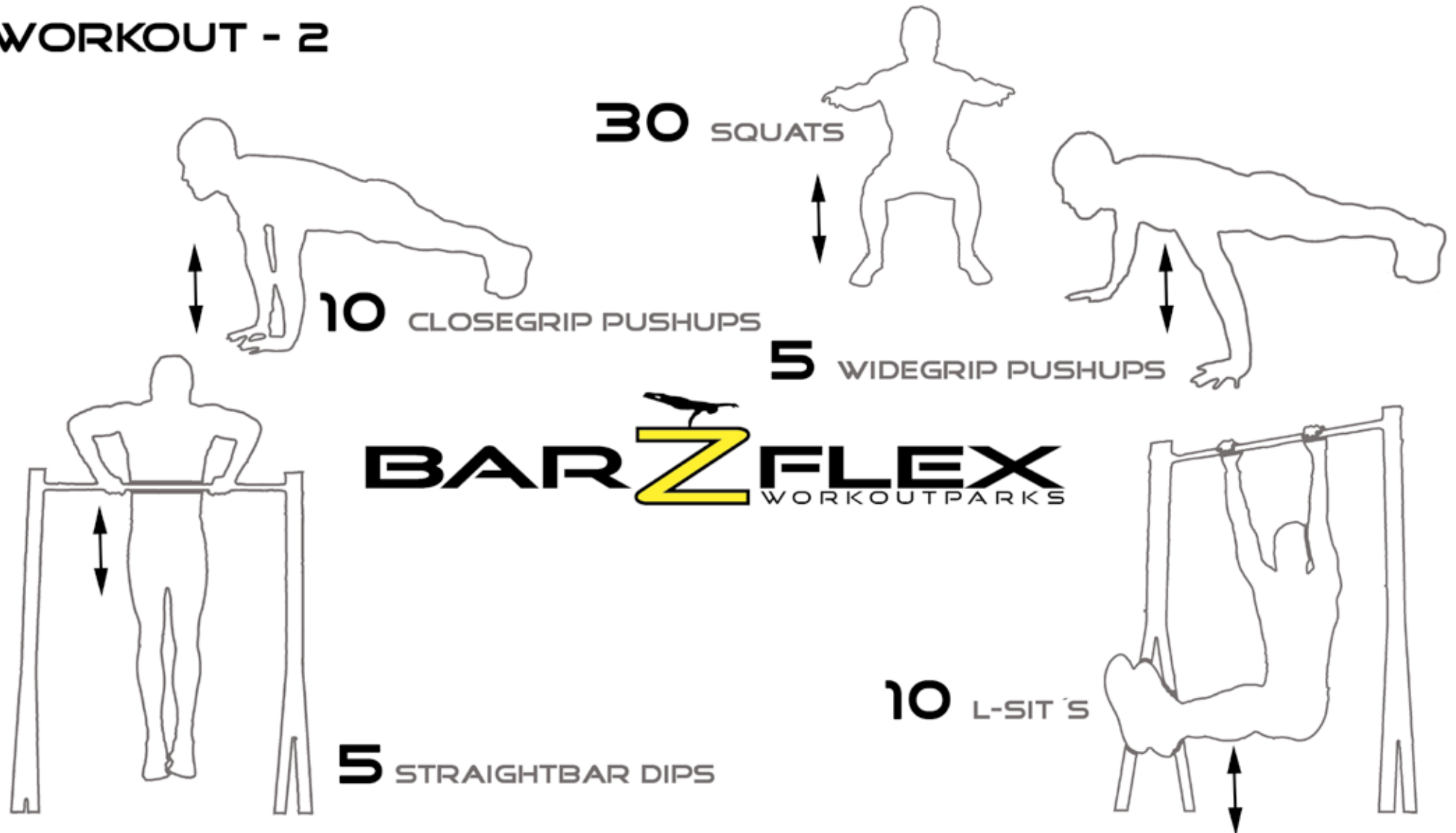
FOKUS AUF:

GESAMTER
OBERKÖRPER

KONTAKT:

FACEBOOK
OFFICE@BARZFLEX.COM

WORKOUT - 2



LEVEL:

1
2
3

DESCRIPTION:

MACH DIESEN ZIRKEL 4 MAL, MIT
4 MINUTEN PAUSE ZWISCHEN
DEN SÄTZEN!

FOKUS AUF:

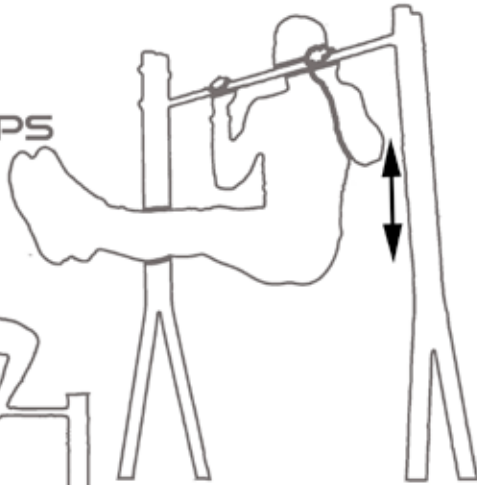
GESAMTER
OBERKÖRPER

KONTAKT:

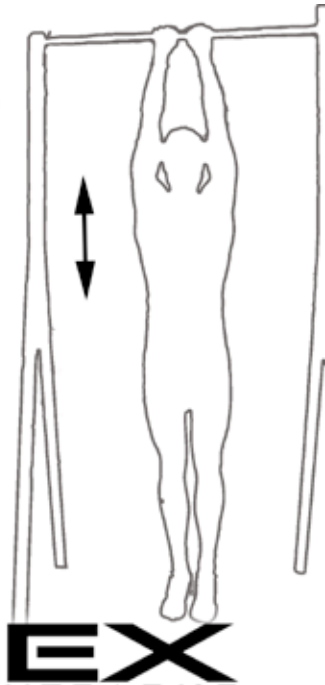
FACEBOOK
OFFICE@BARZFLEX.COM

WORKOUT - 3

10 L-SIT PULLUPS



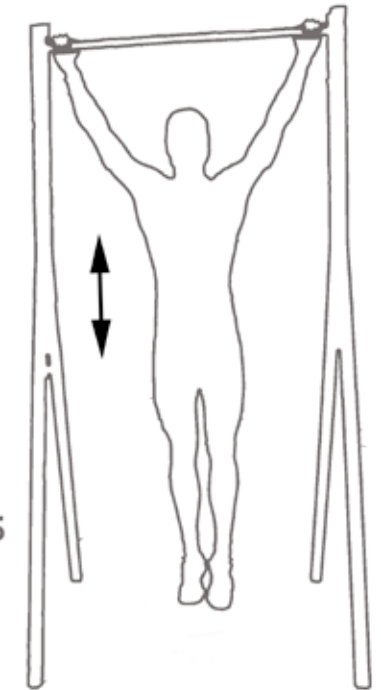
1 PLANK



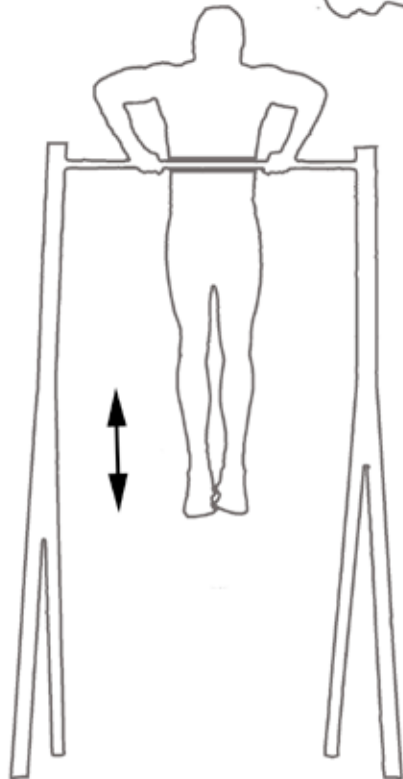
5 NARROWGRIP PULLUPS

BARZ FLEX
WORKOUTPARKS

10 WIDEGRIP PULLUPS



5 MUSCLE UPS



LEVEL:

1
2
3

DESCRIPTION:

MACH DIESEN ZIRKEL 3 MAL, MIT 5 MINUTEN PAUSE ZWISCHEN DEN SÄTZEN!

FOKUS AUF:

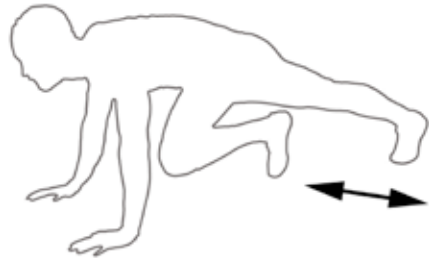
RÜCKEN,
SCHULTERN UND
KÖRPERMITTE

KONTAKT:

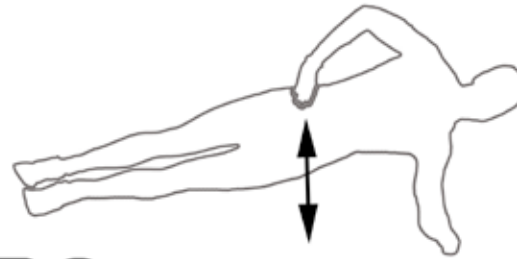
FACEBOOK
OFFICE@BARZFLEX.COM

WORKOUT - 4

30 MOUNTAIN CLIMBERS



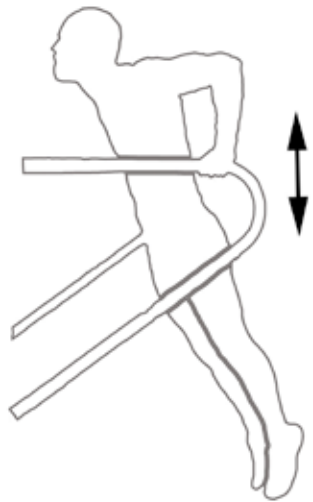
20 PLANKS EACH SIDE



20 FLUTTER KICKS

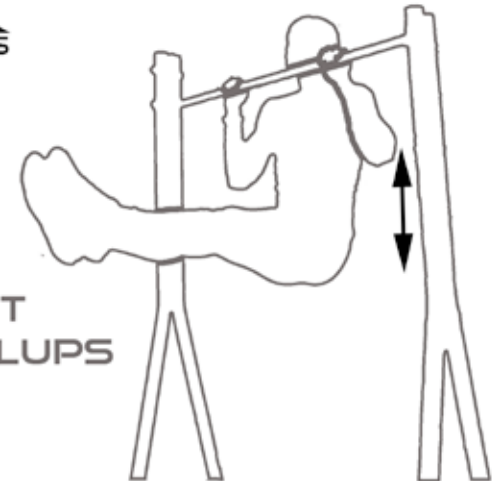


BARZ FLEX
WORKOUTPARKS



10 PARALLELBAR DIPS

10 L-SIT PULLUPS



LEVEL:

1
2
3

DESCRIPTION:

MACH DIESEN ZIRKEL 4 MAL, MIT 3 MINUTEN PAUSE ZWISCHEN DEN SÄTZEN!

FOKUS AUF:

SCHULTERN,
KÖRPERMITTE
UND RÜCKEN

KONTAKT:

FACEBOOK
OFFICE@BARZFLEX.COM