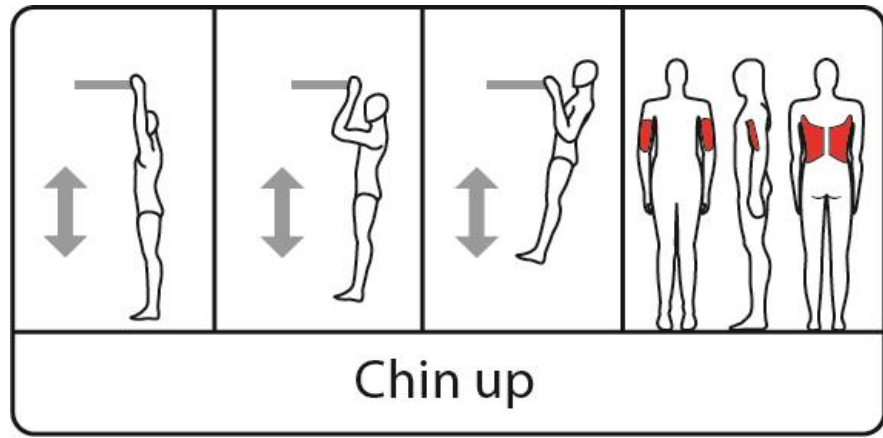




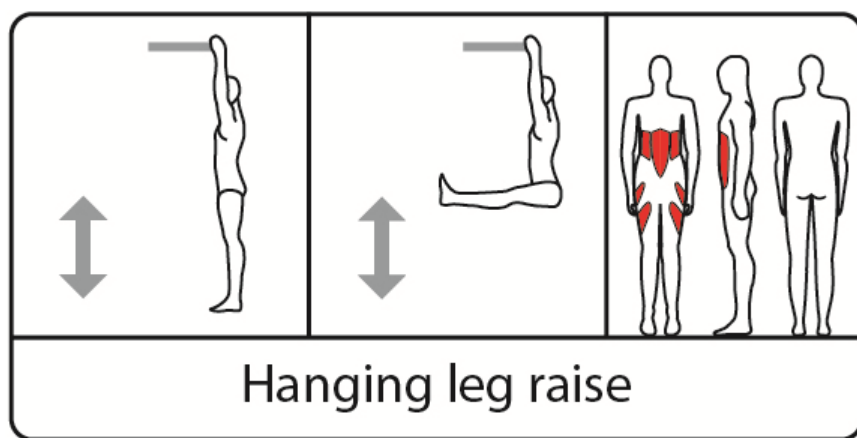
**DENFIT**  
OUTDOOR FITNESS

WWW.DENFIT.NL

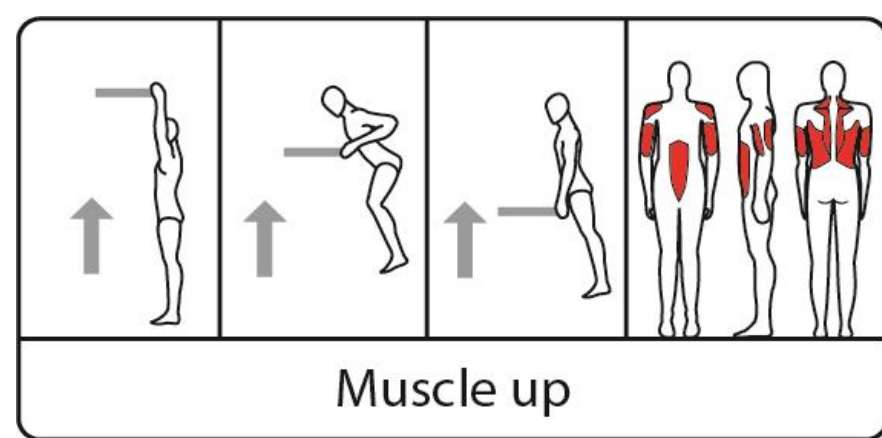
# StreetWorkOut – Calisthenics training



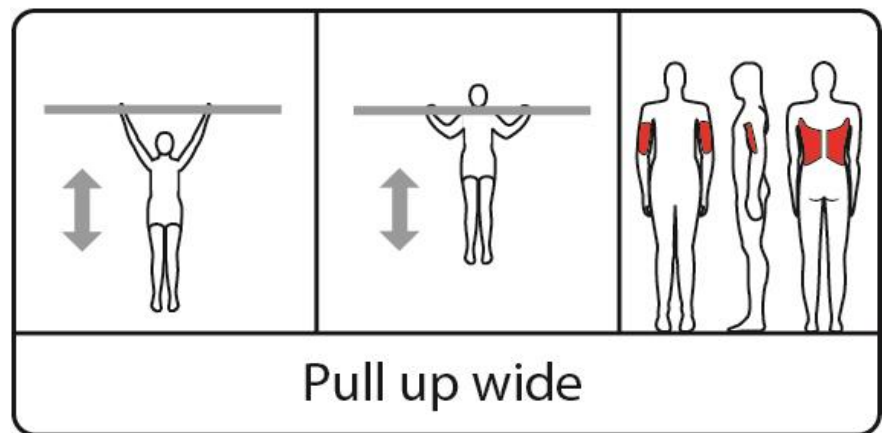
Chin up



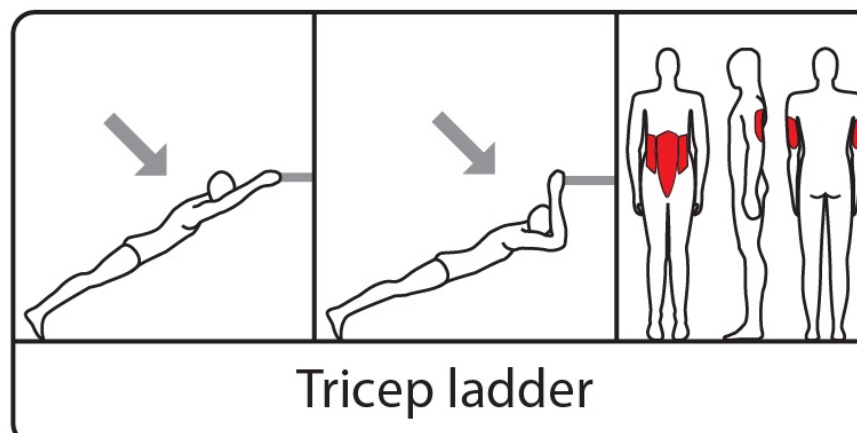
Hanging leg raise



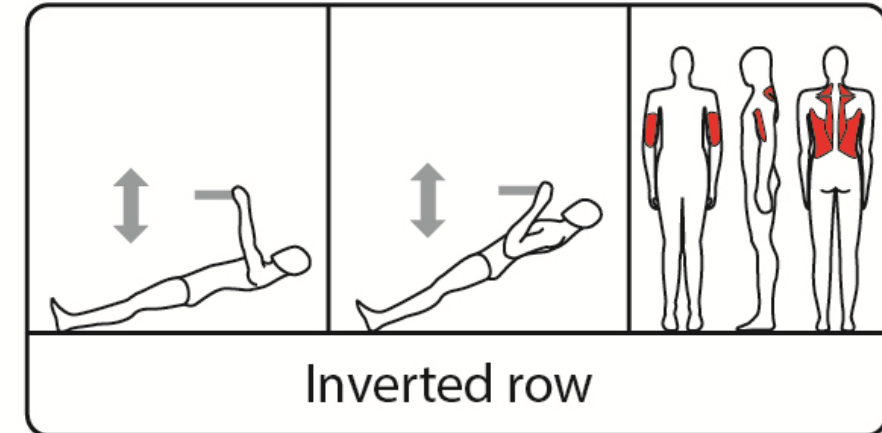
Muscle up



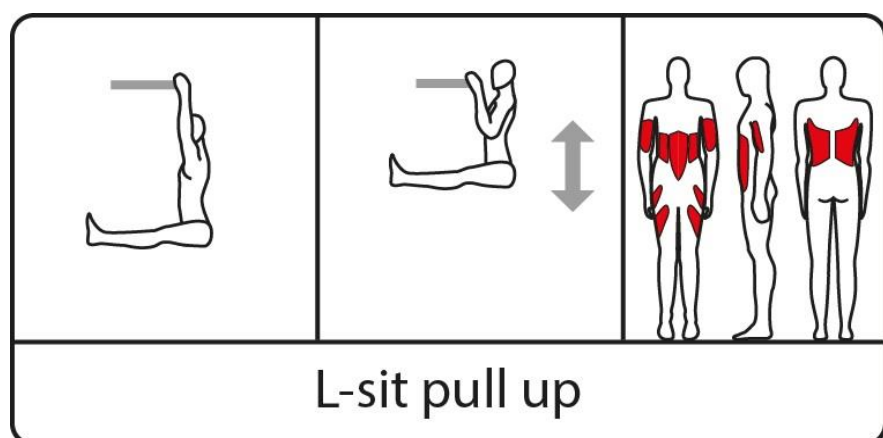
Pull up wide



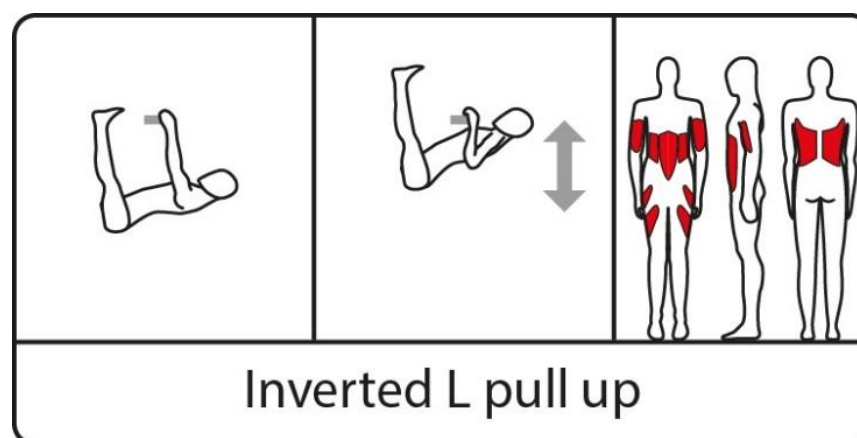
Tricep ladder



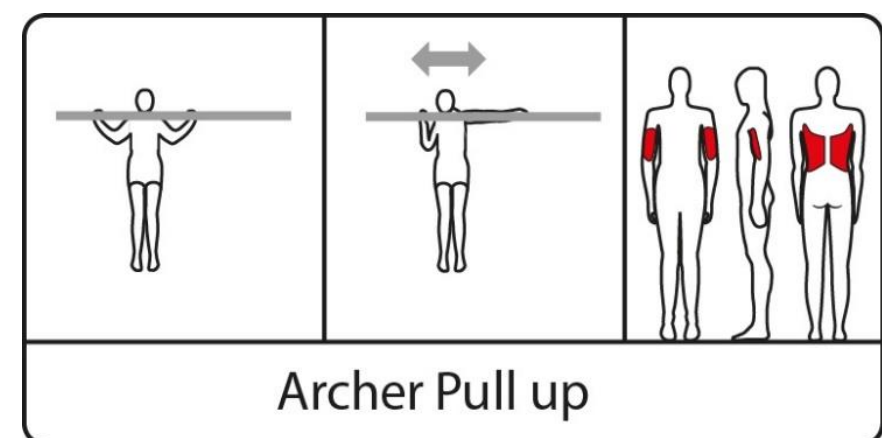
Inverted row



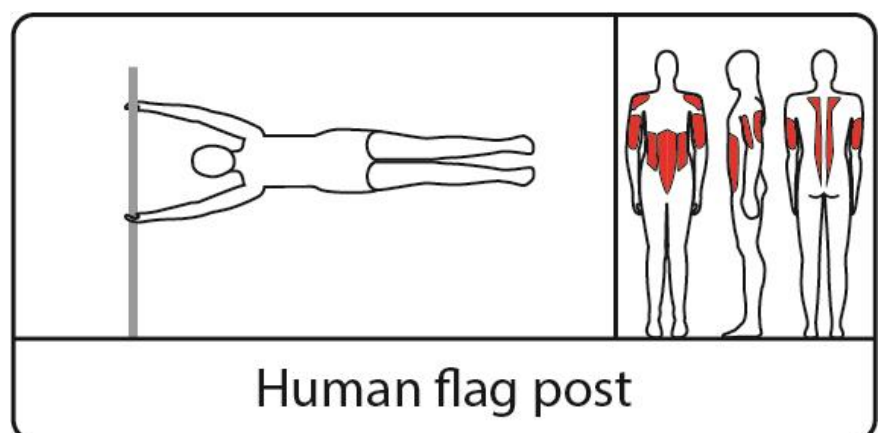
L-sit pull up



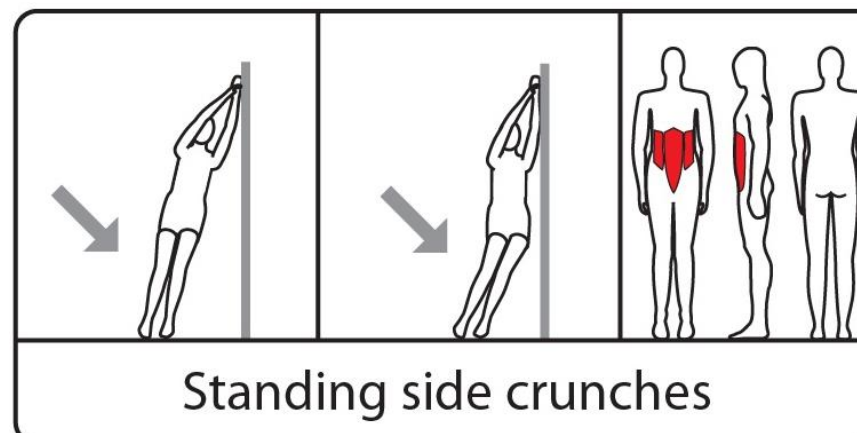
Inverted L pull up



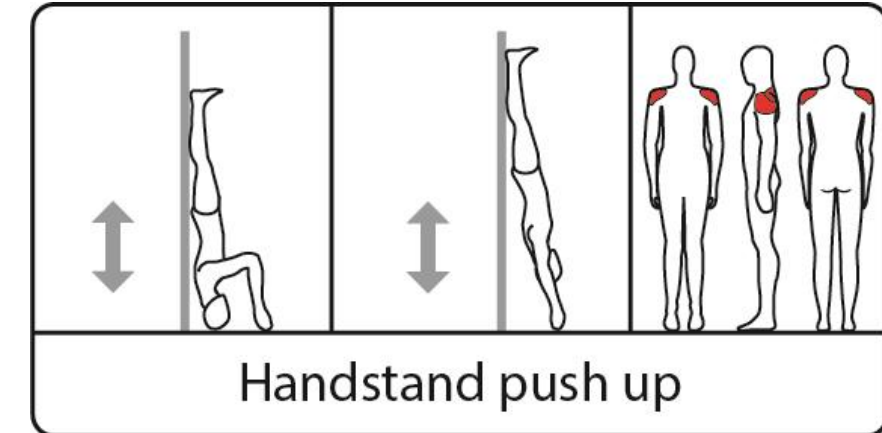
Archer Pull up



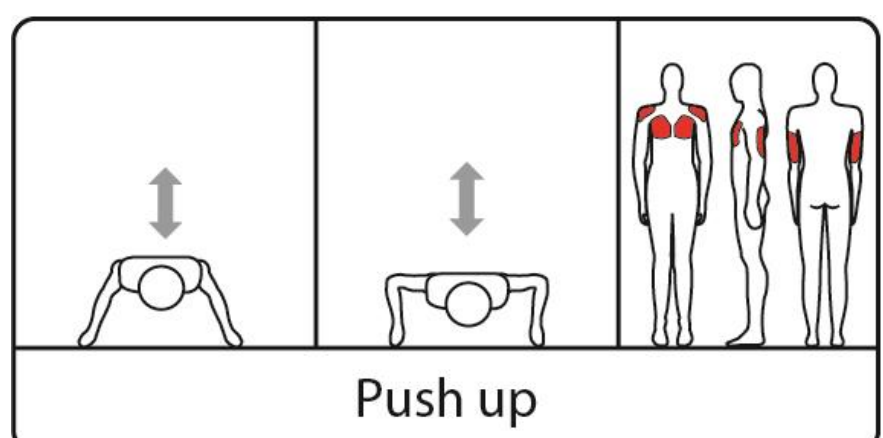
Human flag post



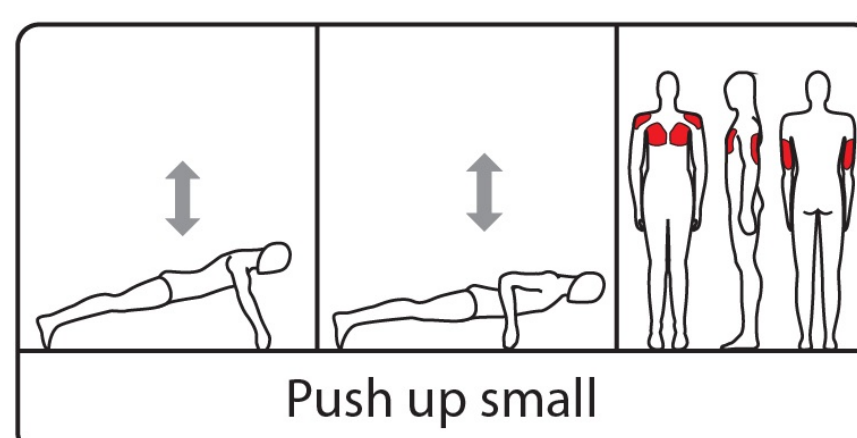
Standing side crunches



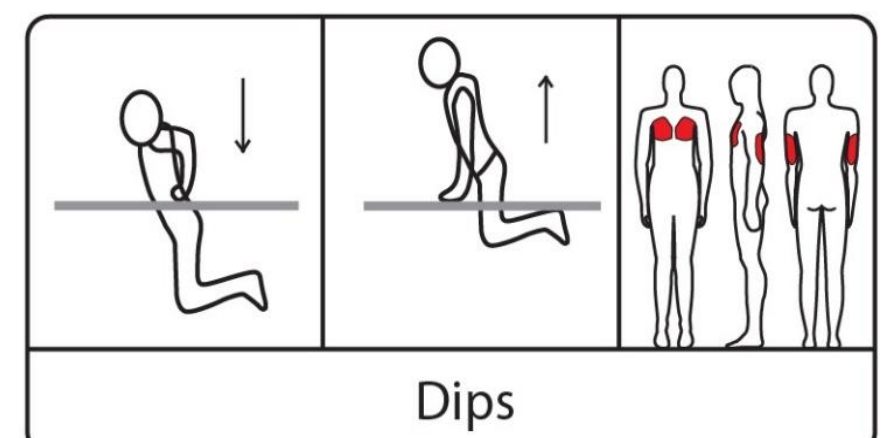
Handstand push up



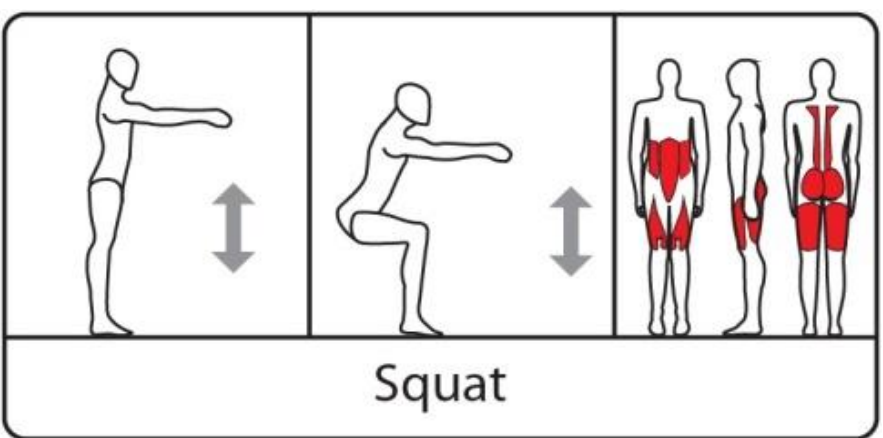
Push up



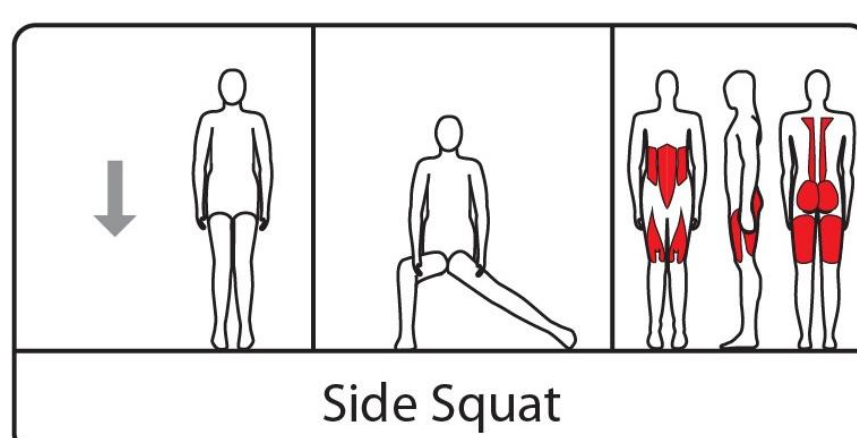
Push up small



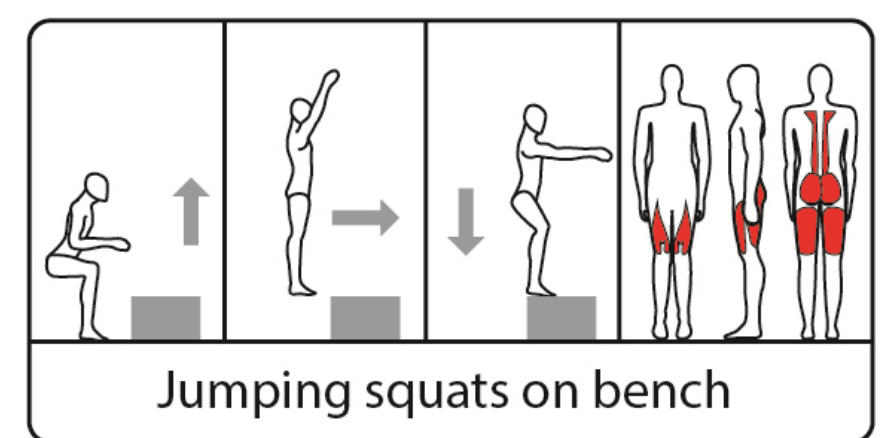
Dips



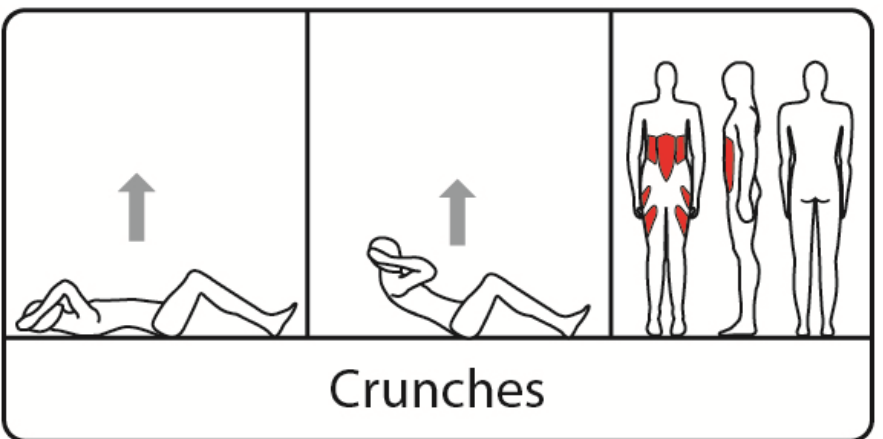
Squat



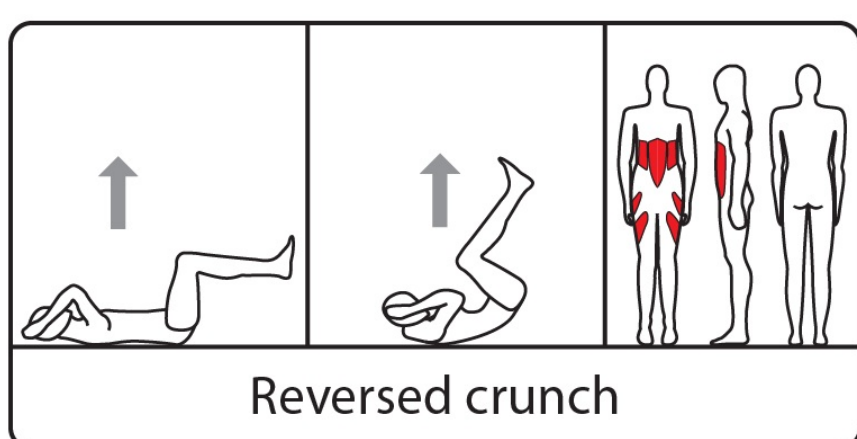
Side Squat



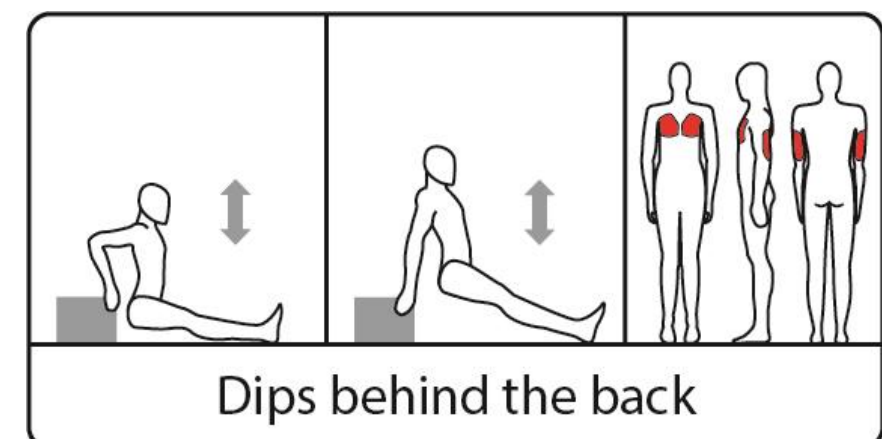
Jumping squats on bench



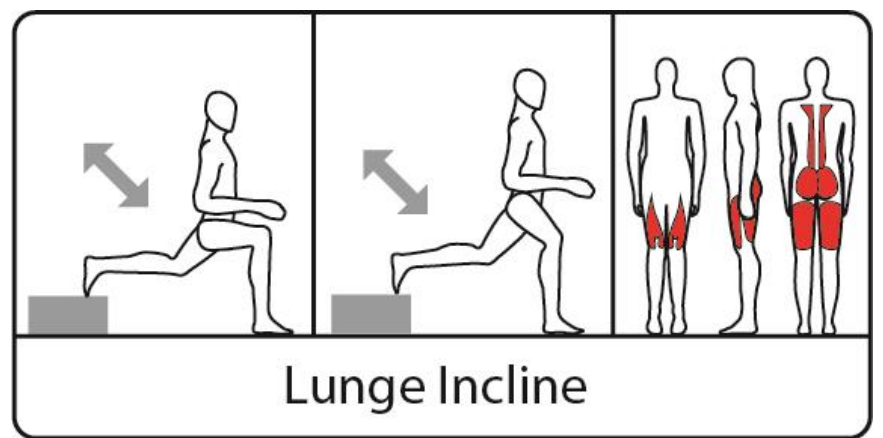
Crunches



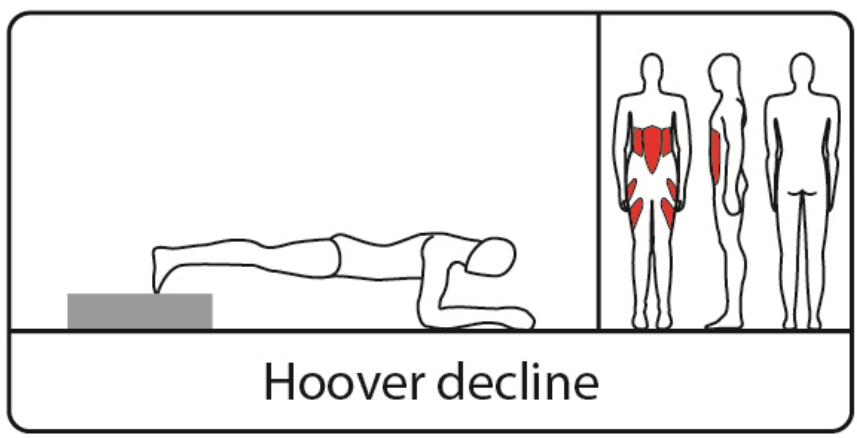
Reversed crunch



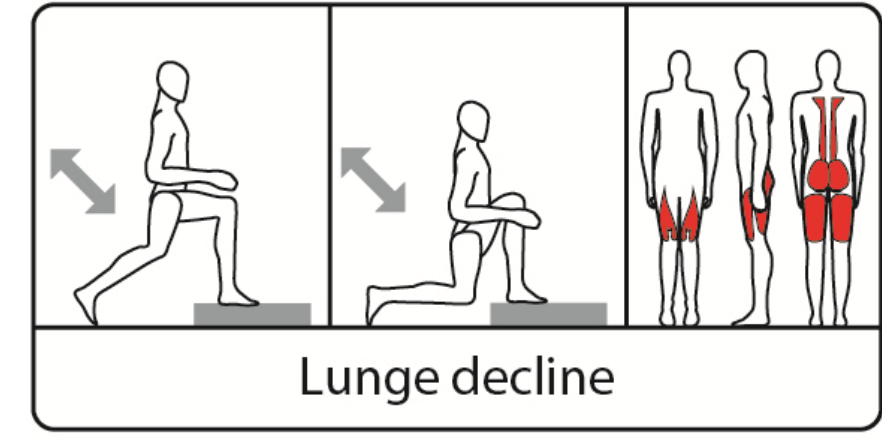
Dips behind the back



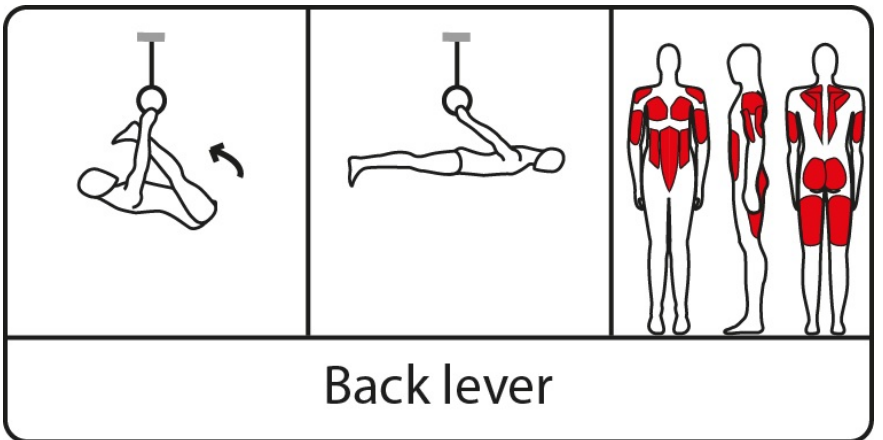
Lunge Incline



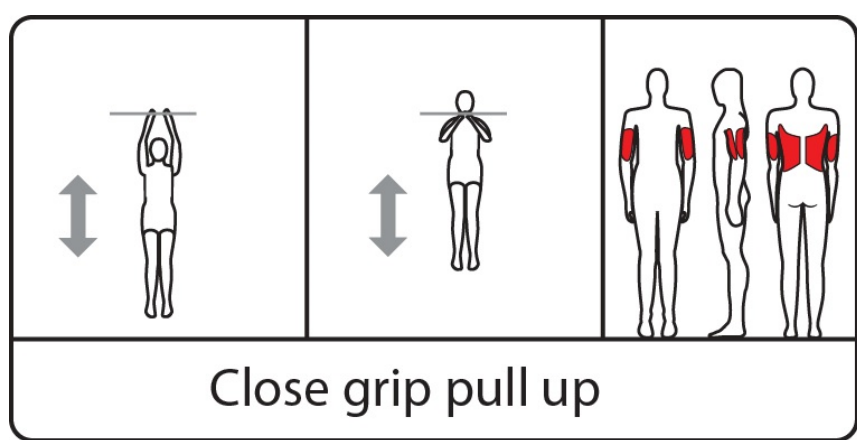
Hoover decline



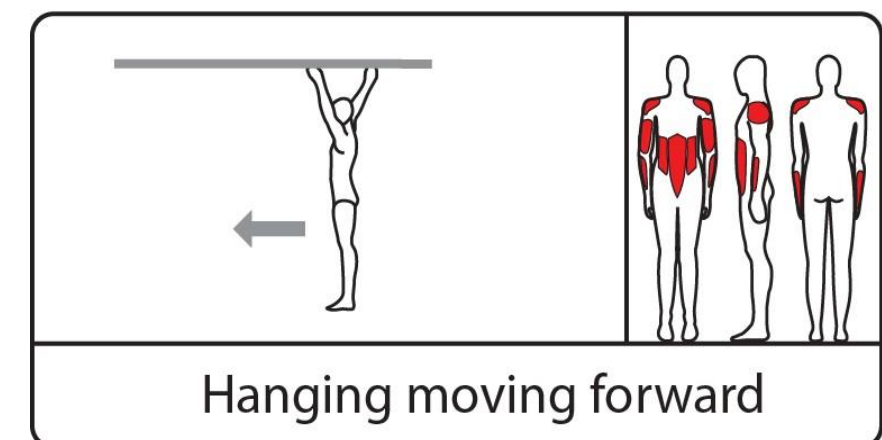
Lunge decline



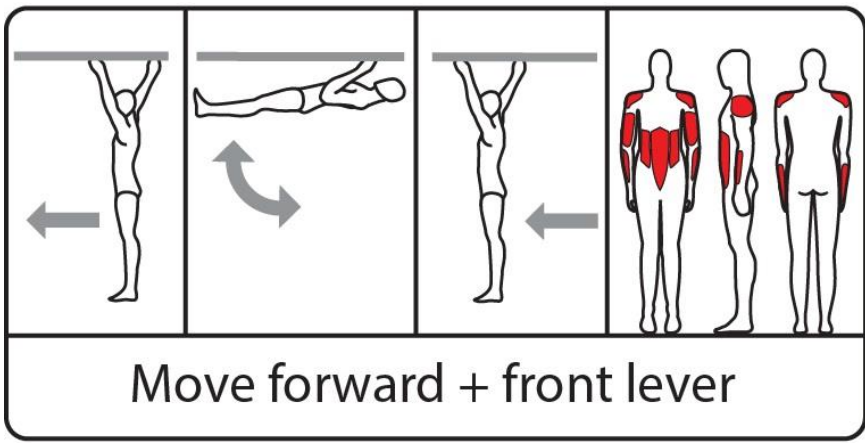
Back lever



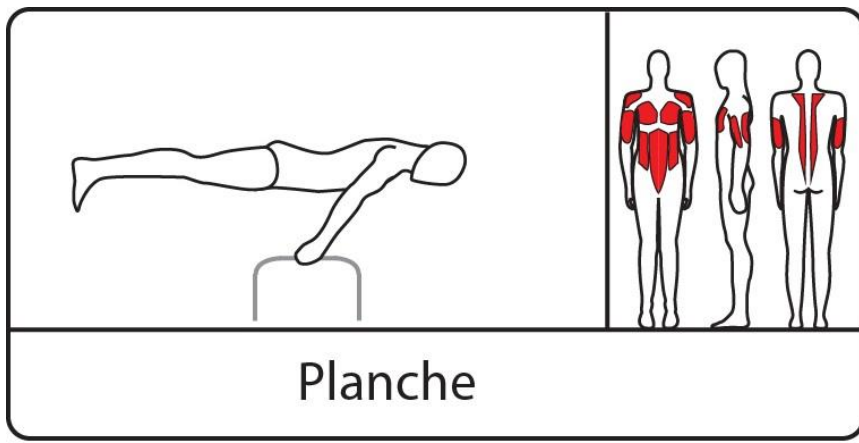
Close grip pull up



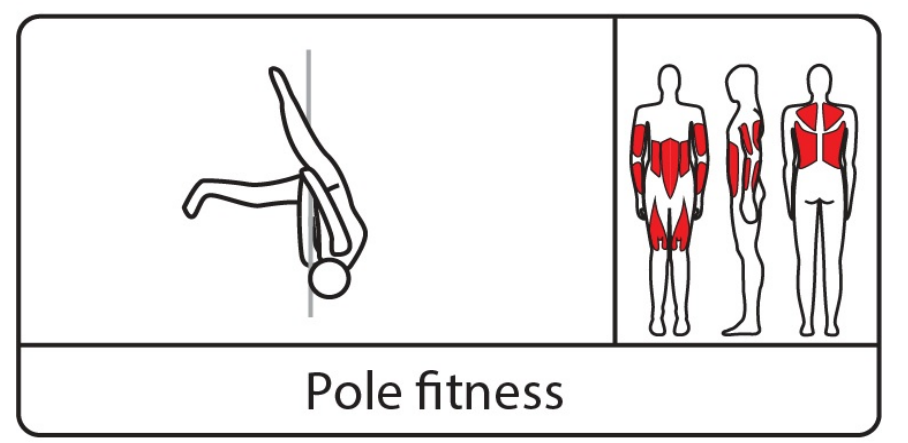
Hanging moving forward



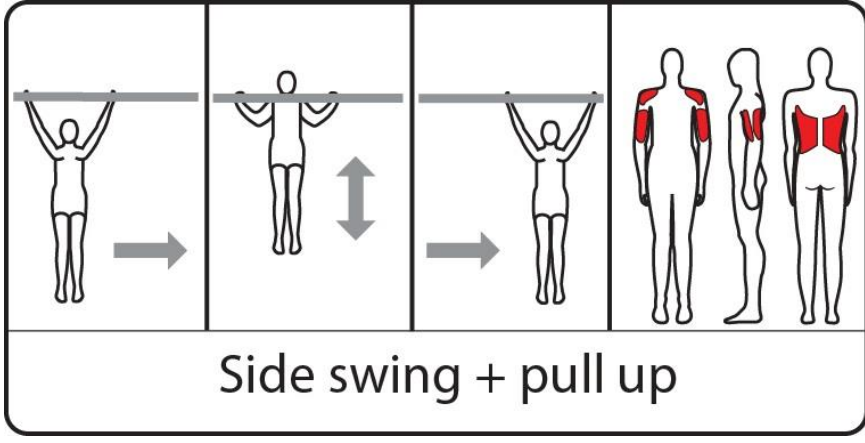
Move forward + front lever



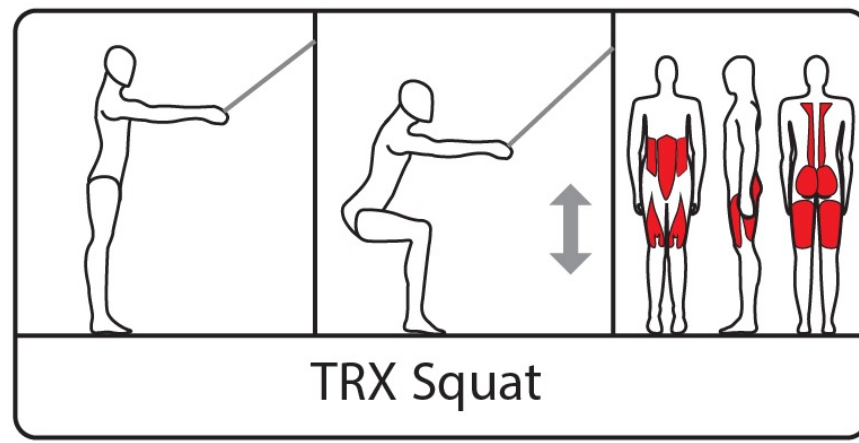
Planche



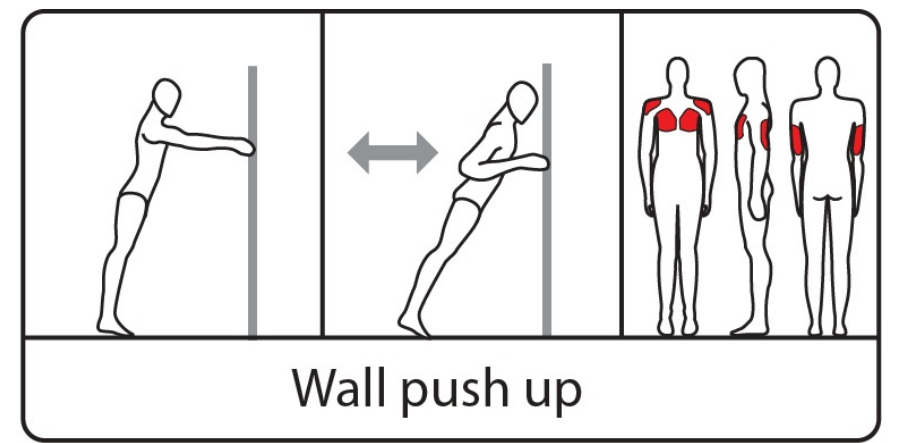
Pole fitness



Side swing + pull up



TRX Squat



Wall push up