

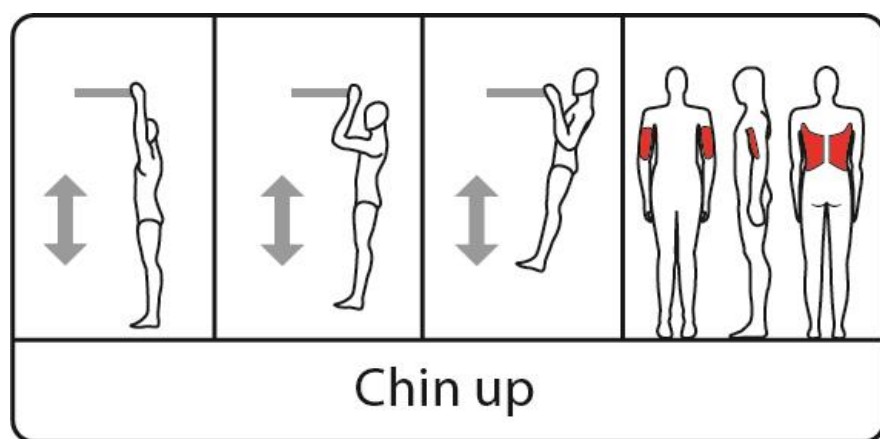
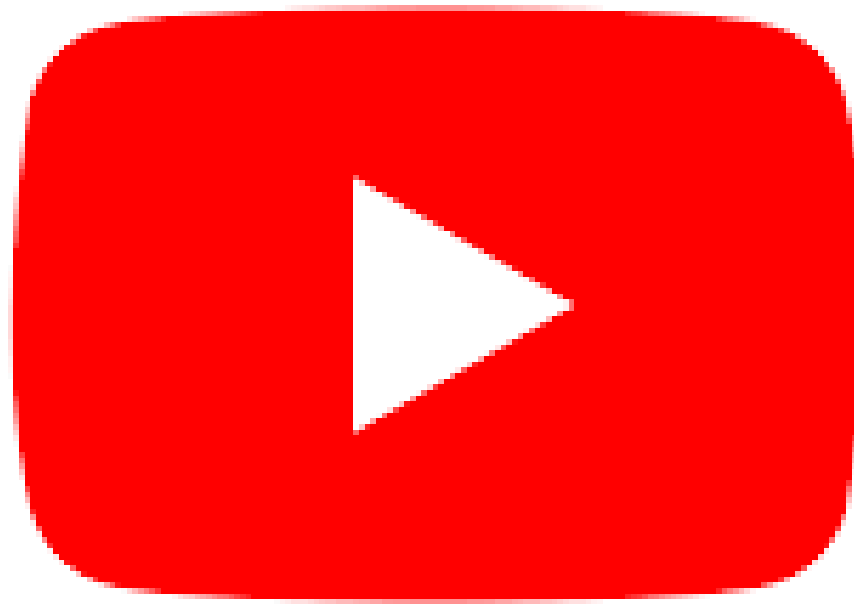


**DENFIT**  
OUTDOOR FITNESS

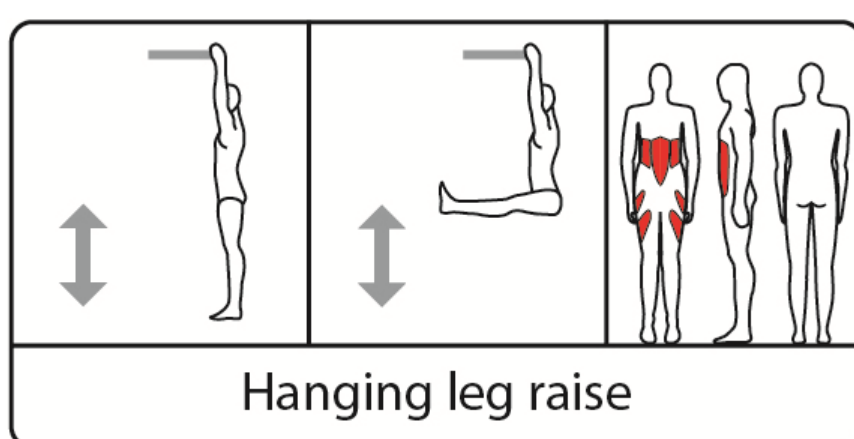
WWW.DENFIT.NL

# StreetWorkOut – Calisthenics training

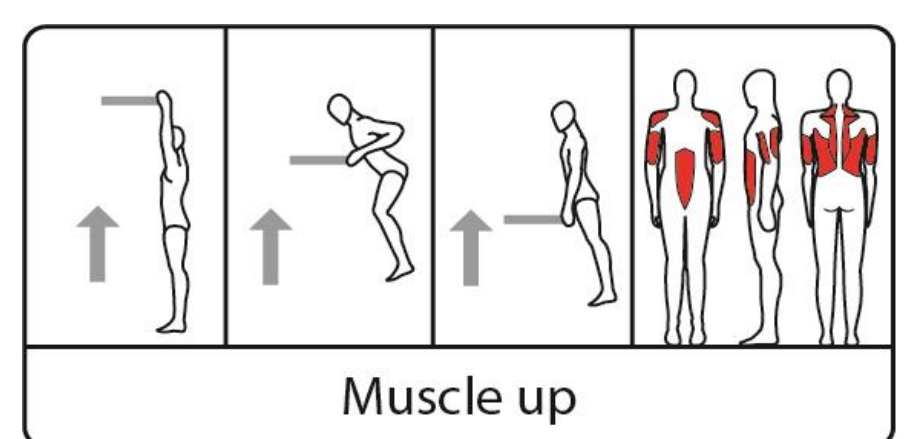
## Adjusting weights Squat Workout



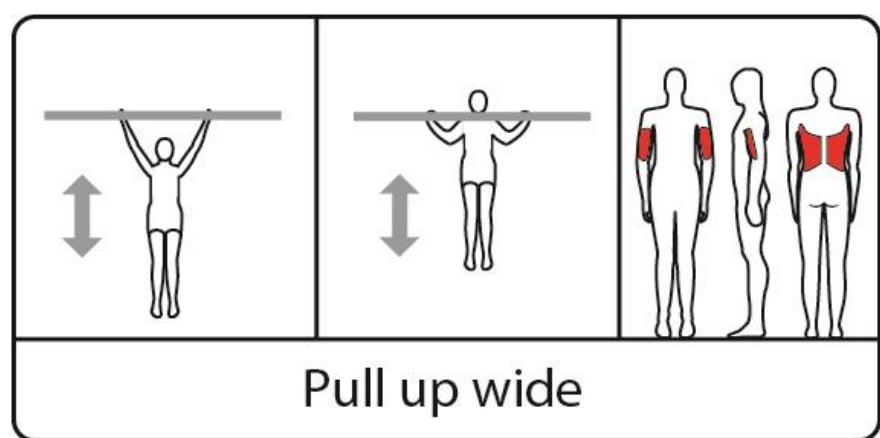
Chin up



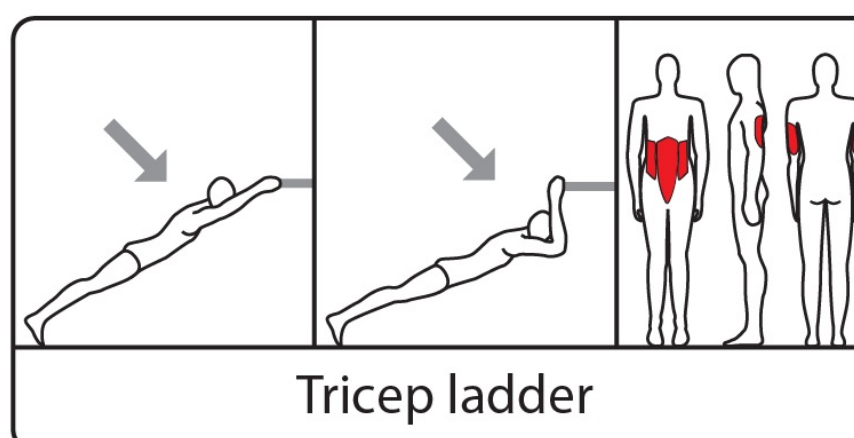
Hanging leg raise



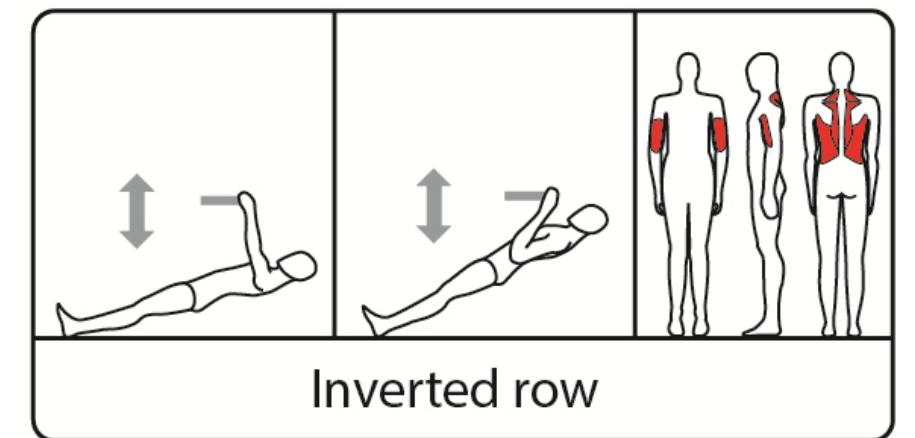
Muscle up



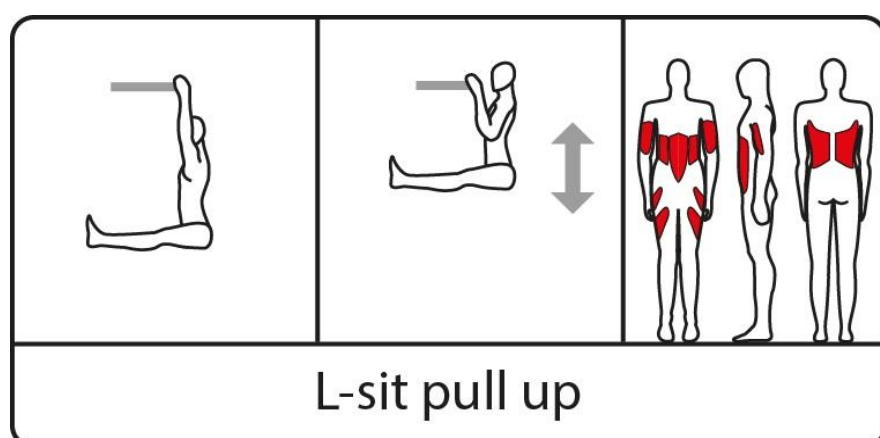
Pull up wide



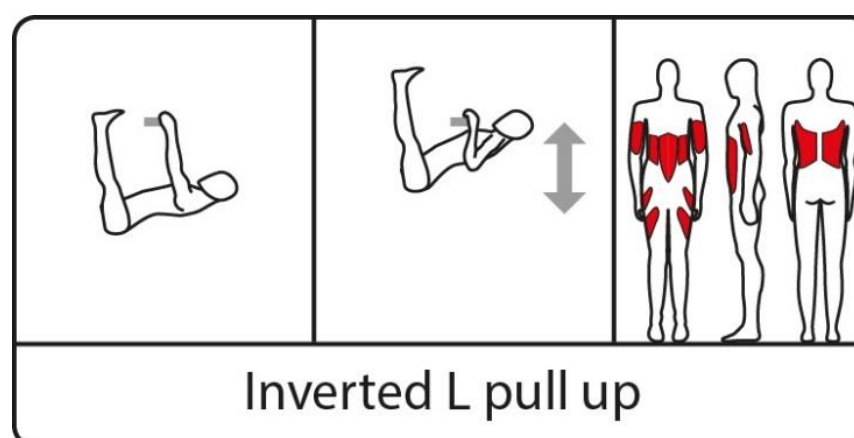
Tricep ladder



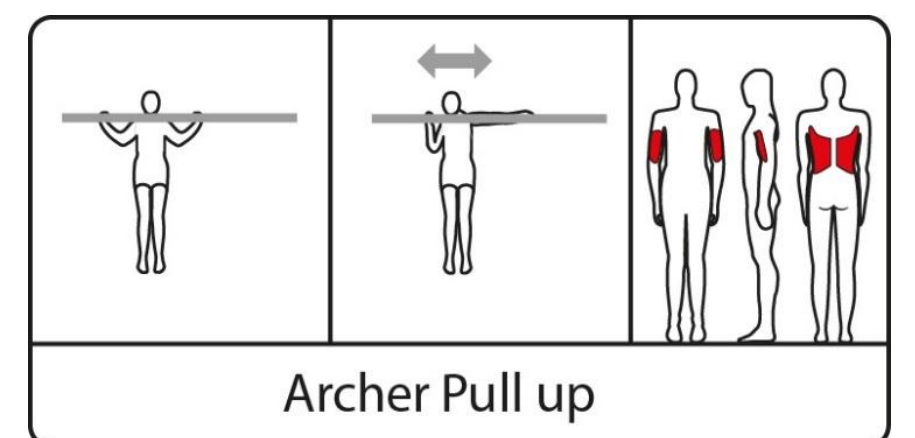
Inverted row



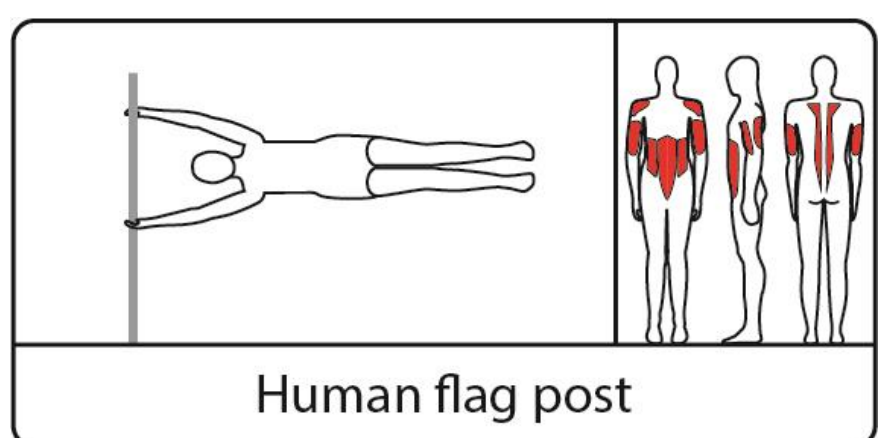
L-sit pull up



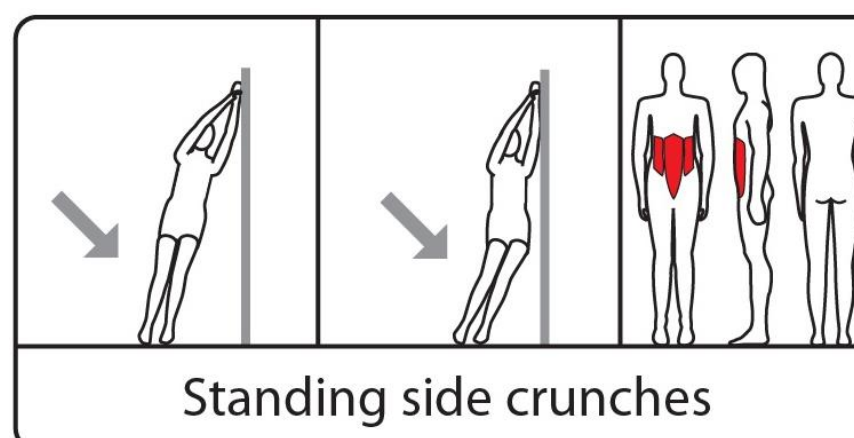
Inverted L pull up



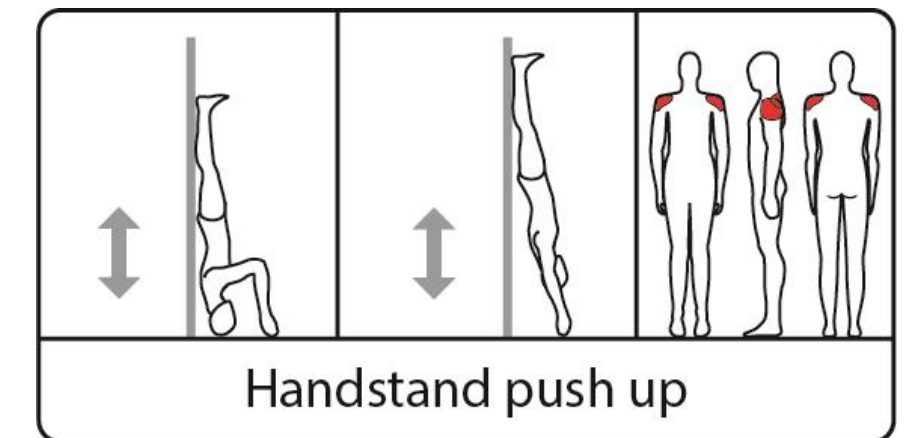
Archer Pull up



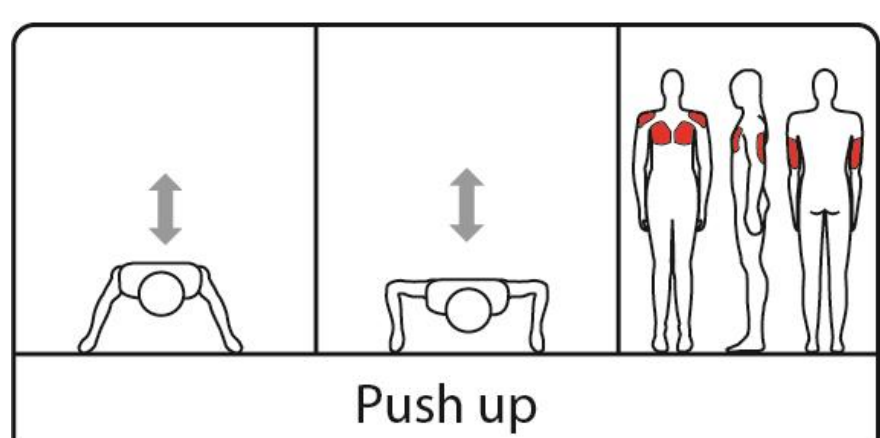
Human flag post



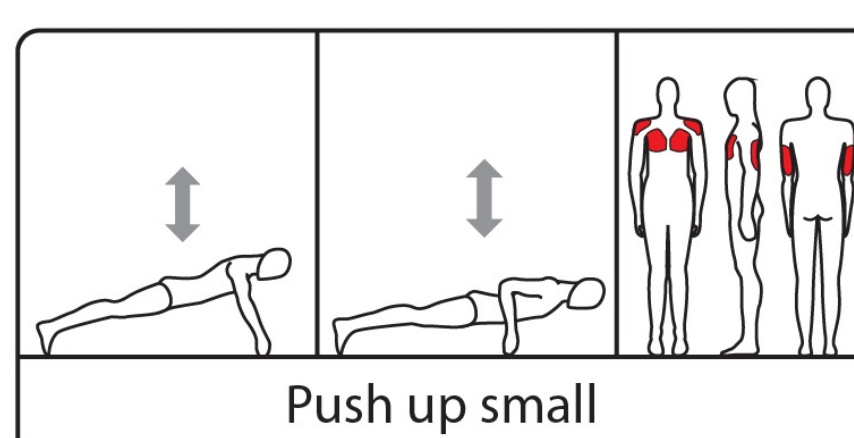
Standing side crunches



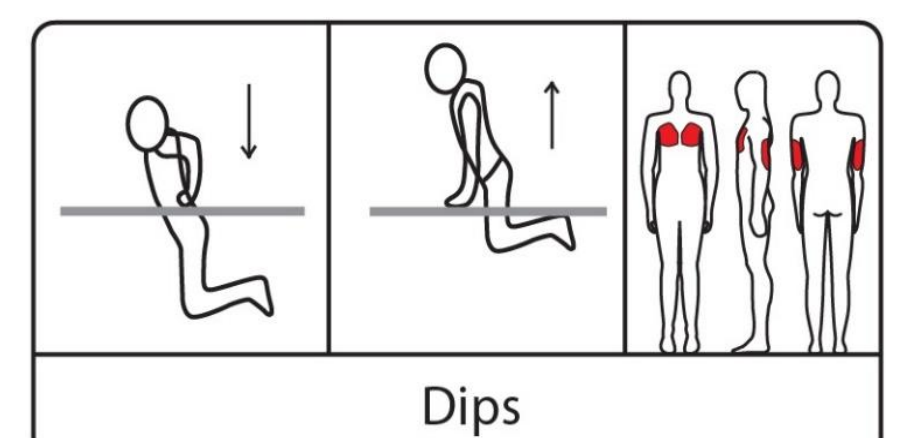
Handstand push up



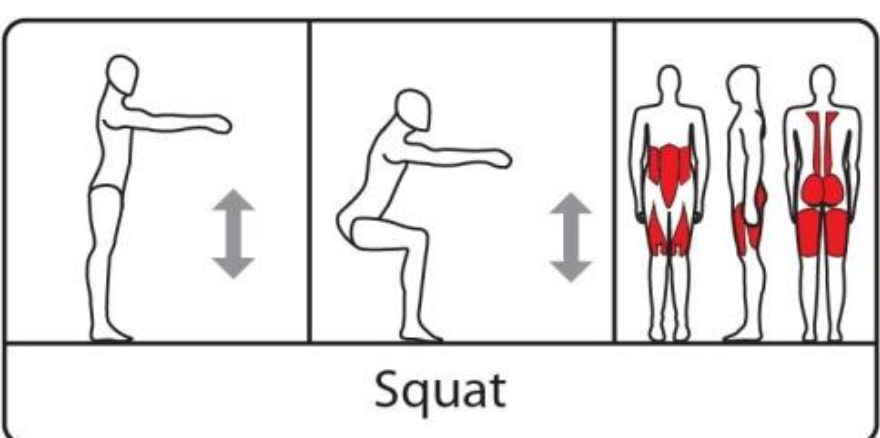
Push up



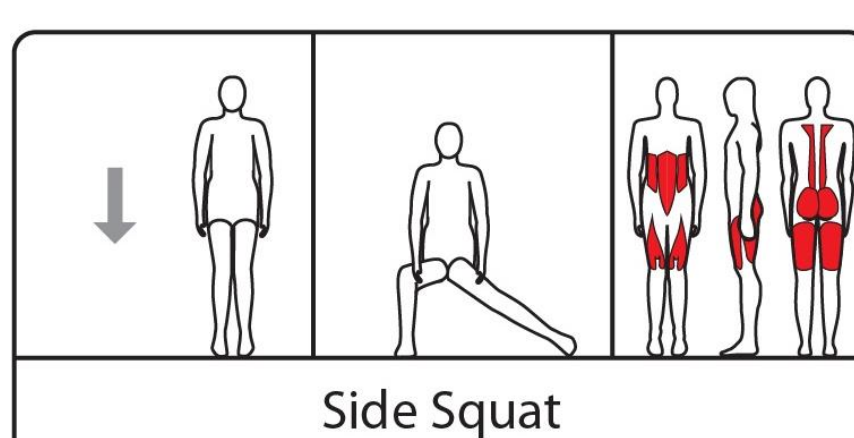
Push up small



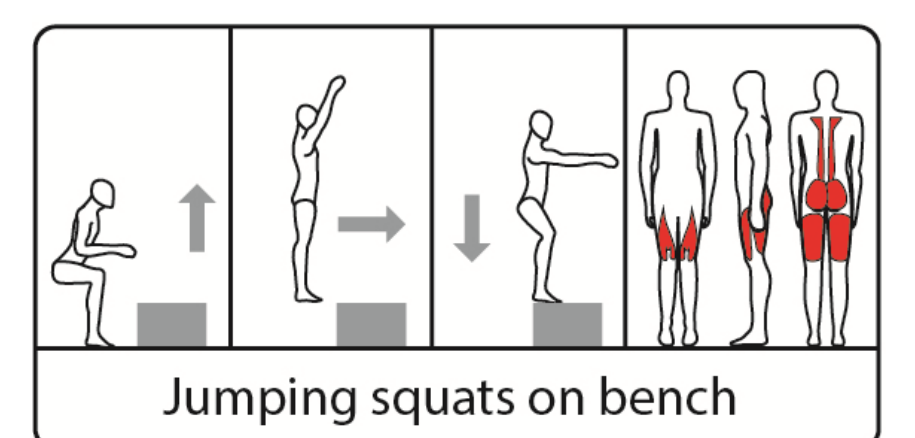
Dips



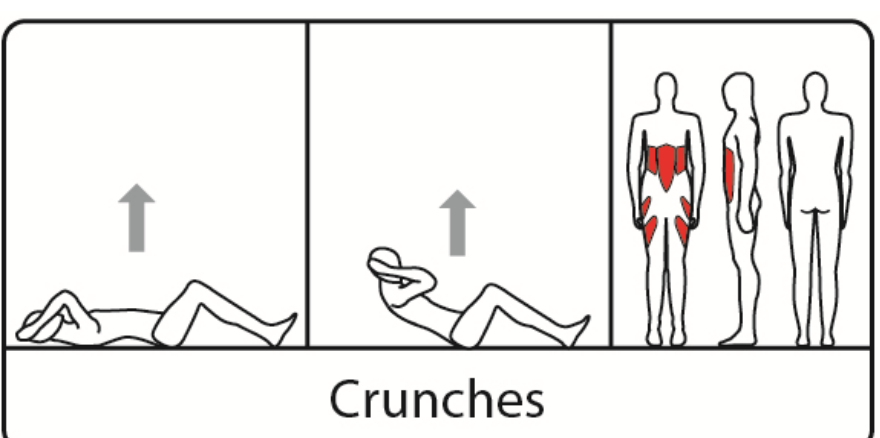
Squat



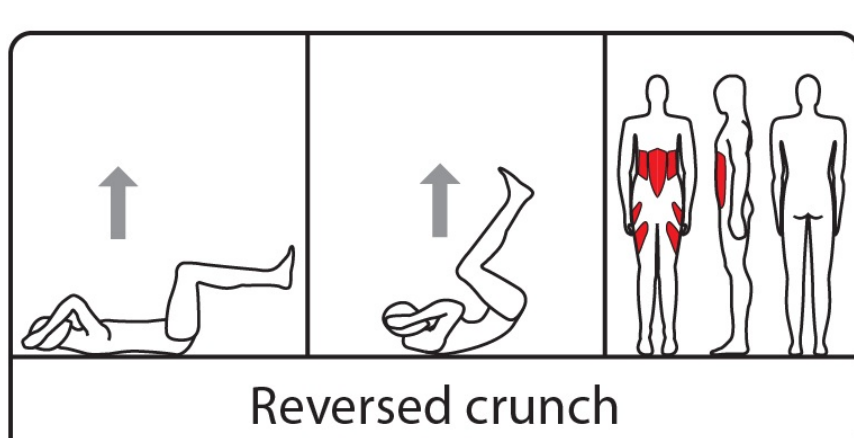
Side Squat



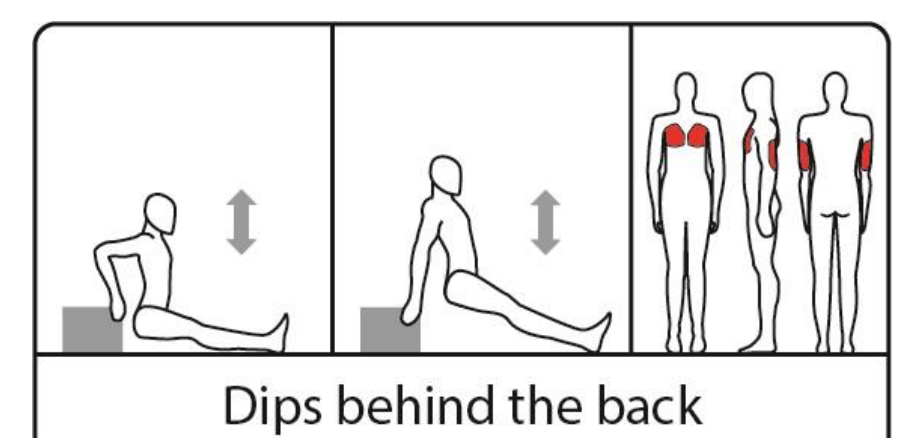
Jumping squats on bench



Crunches



Reversed crunch



Dips behind the back

