

AMILA ???????? ??????



-4,40 €

???? ???? ??????? ???? ?? ???????

????????

AMILA ??????? ??????

- ???
- ??????????????????????????????
- ??????????????????????????????

???????? ?????? ??? ??? AMILA 63-93 ??????????. ?????? ??? ?????? ??? ?????????? ??? ?????? QR ??? ?? ?????? 2 ?????????????? ????????? (2
 ?????????) ??? 1 ????? ?? ?????? ??? ?????? ??? ?????? ???.


?? ??????? ????? ?? ?????? ??????? ??? ??????????? ??? ?????? ??? ??? ?????????? (?????? ??? ???????????) ??? ??? ??????? ??? ???????.
 ????????? ?? ??????????????????? ????????? ?????????? ??? ???????, ??????????, push ups ?.?. ??? ?????????????? ?????????? ?? ?????????? ??? ??????
 ??????????? ??? ?????????? ??? ?? ??????????? ?? ?????? ??????????? ???????????.

????????? ???? ???? ??? ?????? ??????? ?? ?????????????????? ??? ?????????? ???, ?????????? ?? ?????????? ?? ?? ?????? ??? ??? ?? ?????? ???
 ?????? ????????,


PULL-UP

BY DAREBEE
© darebee.com


VARIATIONS



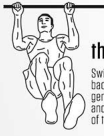
classic
Use a shoulder width apart overhand grip on the bar.
Exhale all the way as you are pulling up. Get your chin over the bar before lowering slowly to the start position without swinging.




tarzan
Grip the middle of the bar, with both hands close together.
Exhale and pull yourself up and as you reach the top, pull your body to the right before lowering and then repeating to the left side.




side-to-side
Exhale as you pull yourself to the top. As you approach the top of the bar lift up and to the left before moving across to the right and complete a semi-circular motion before lowering yourself down.




thrust
Swing your legs back and forth to generate momentum and pull yourself to the top of the bar.




knee twist
Start at the top of the bar draw your knees in to your chest before twisting to the left, then to the right before lowering down.




leg raises
As you reach the top of the bar raise your legs out in front of you until they are parallel to the floor and at a right angle, before lowering.



chin-up
Start with a narrow grip, place your hands so that your palms are in front of your face.



weighed
Use a ball or place a weight from or place a dumbbell between your legs before performing a pull-up.



towel grip
Wrap two towels over the bar and grip one with each hand, hands held shoulder width apart.
Grip the towels and pull yourself up to the bar before lowering yourself slowly, down.

??????? ??? ??????????:1