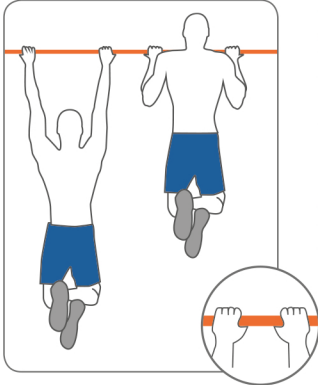


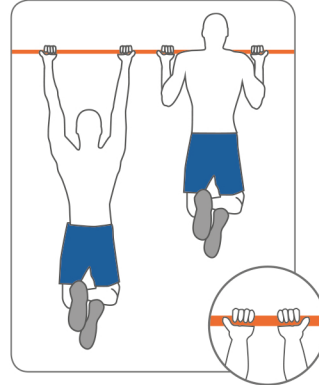
## Work Out

1



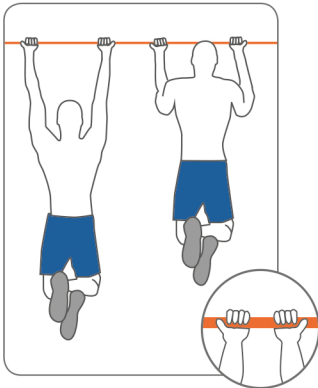
**NORMALER KLIMMZUG**  
NORMAL PULL UP

2



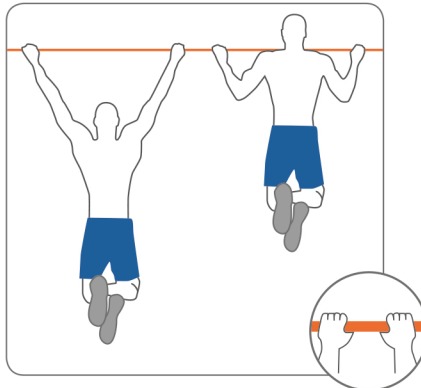
**CHIN UP**  
CHIN UP

3



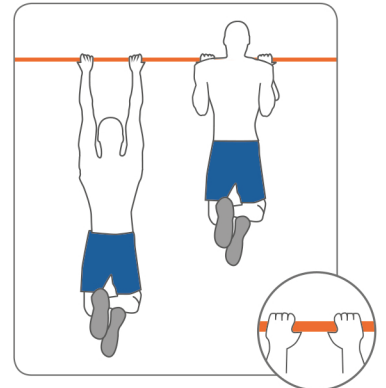
**PART CHIN-UP**  
PART CHIN UP

4



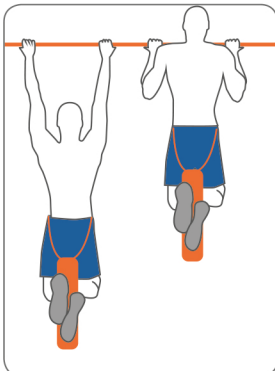
**BREITER KLIMMZUG**  
WIDE PULL UP

5



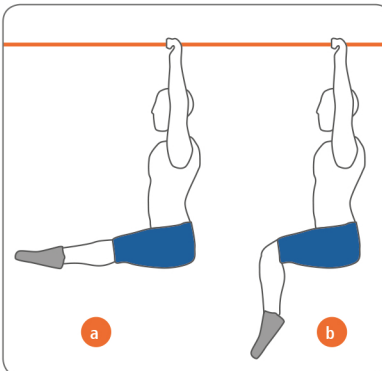
**SCHMALER KLIMMZUG**  
NARROW PULL UP

6



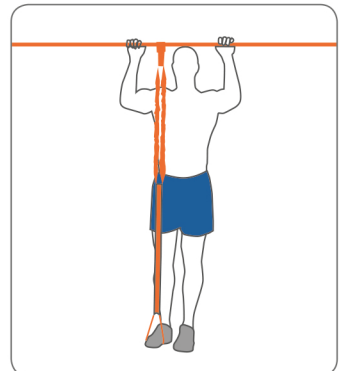
**KÖNIGSKLIMMZUG**  
KING OF THE PULL UPS

7



**SITZENDER KLIMMZUG**  
SITTING PULL UP

8



**KLIMMZUG MIT ASSISSTENT**  
PULL UP WITH ASSISTANT