Practice Ring Muscle Ups

> 링 머슬업 (무반동) 연습을 위한 참고 링크.

- Wednesday, June 21, 2023
  - 강철 팔뚝&전완근 만들기 : 펄스그립 (False Grip)



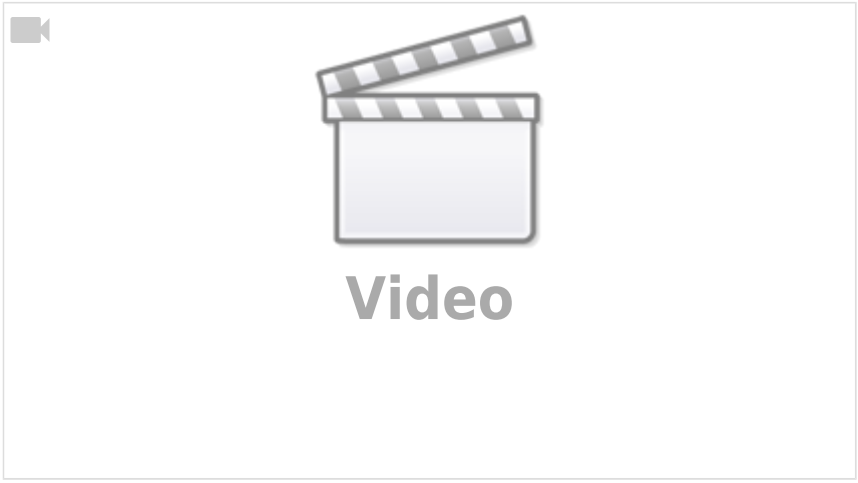
- Thursday, June 15, 2023
  - 링 머슬업(Ring Muscle Up) 성공기 @naver.com
  - JackPot WOD / 인사만 잘했더니 내가 링머슬업 천재?



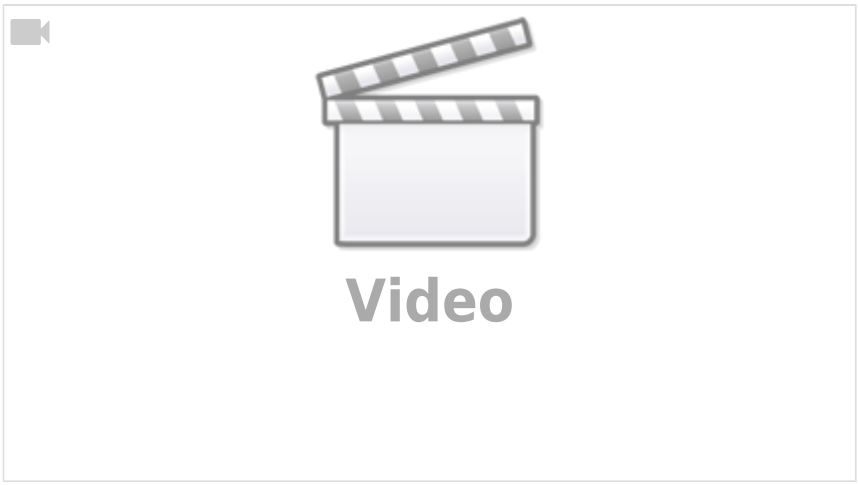
  - JackPot WOD / 링머슬업 하고 싶으면 저번 강의부터 보고 오세요(2탄)



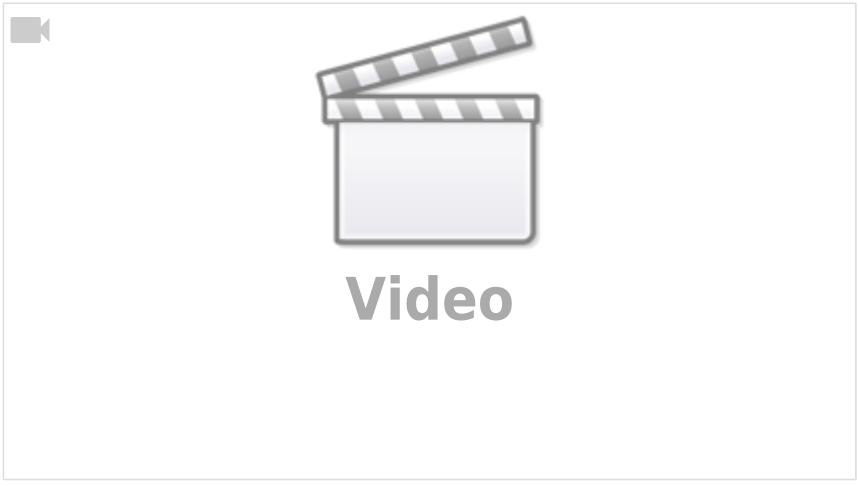
  - 링 머슬업 집에서 연습하기 (3가지 포인트!!) / 무반동 머슬업



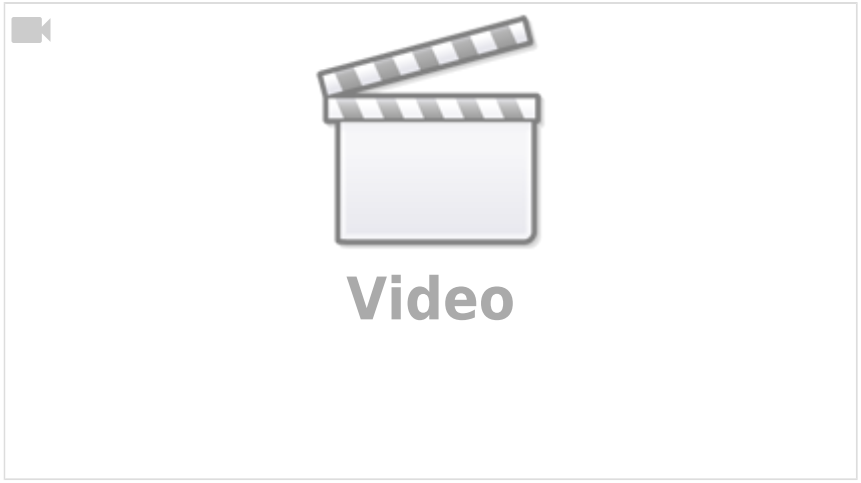
- Sunday, June 11, 2023
  - Top 3 Exercises for Muscle Up (머슬업을 위한 운동 베스트3)



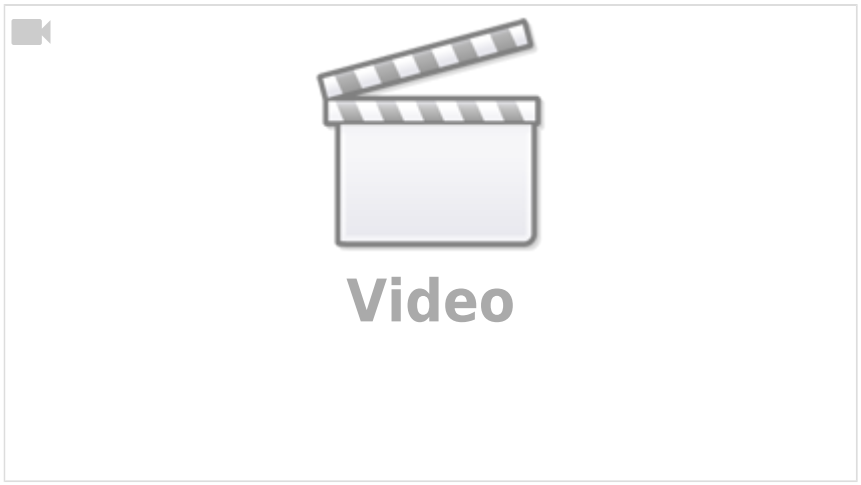
- Wednesday, June 7, 2023
  - 펄스그립과 링머슬업 연습 방법(how to practice ring muscle up and false grip)



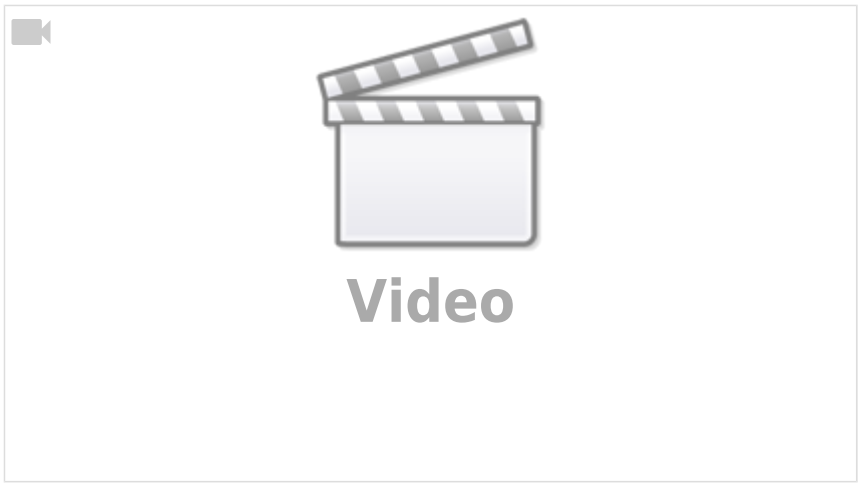
  - 펄스그립&무반동 머슬업 튜토리얼



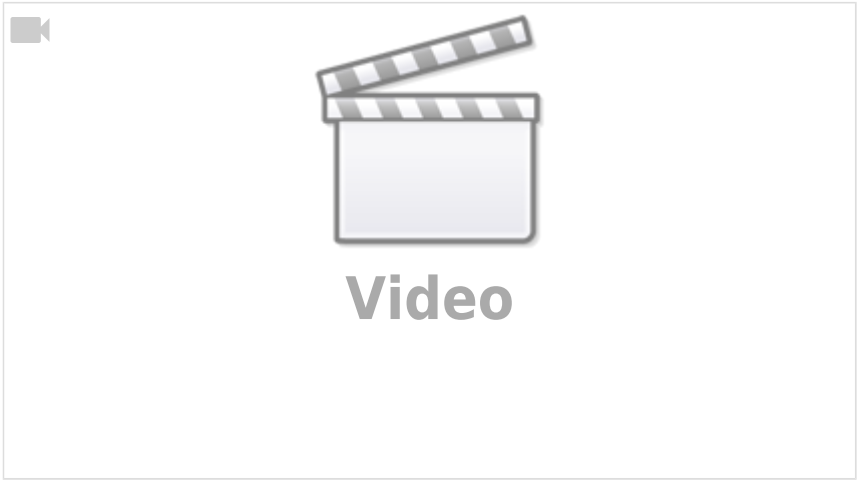
- 그립의 차이?



- Monday, June 5, 2023
  - Bounce-free Ring Muscle Up 7-Step Guide at a Speed That Koreans Love | AnnyeongChoi



  - 링_머슬업 알려드립니다.(상)



- 머슬업을 위한 준비 단계 @naver blog

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