

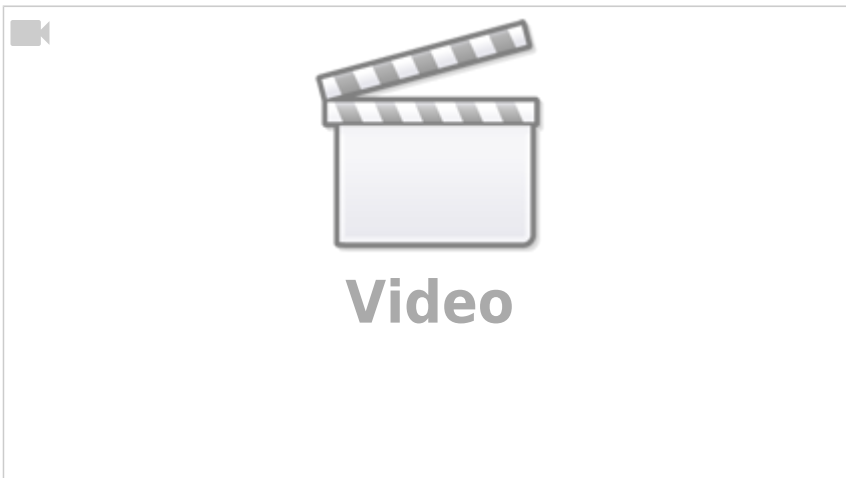
# Practice Ring Muscle Ups

링 머슬업 (무반동) 연습을 위한 참고 링크.

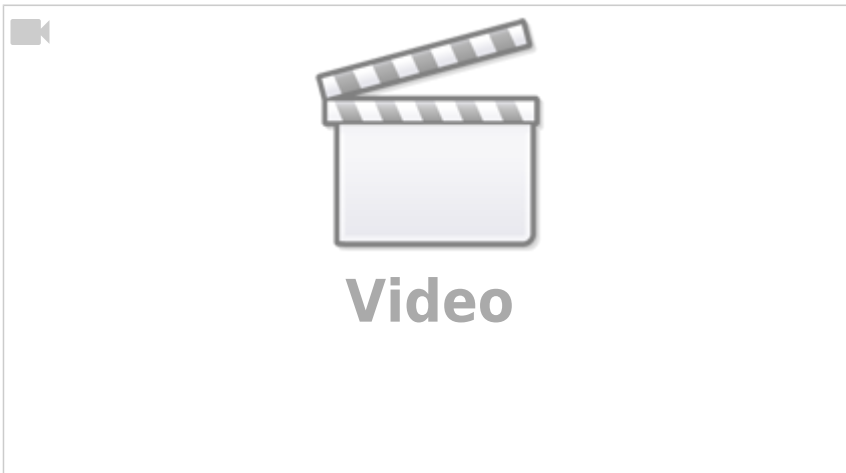
- [Wednesday, June 21, 2023](#)
  - [강철 팔뚝&전완근 만들기 : 펄스그립 \(False Grip\)](#)



- [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\(2탄\)](#)

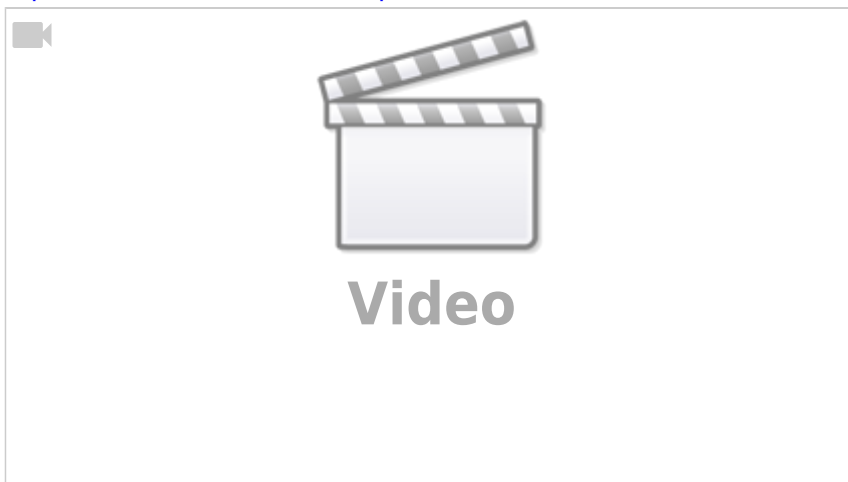


- [링 머슬업 집에서 연습하기 \(3가지 포인트!\) / 무반동 머슬업](#)



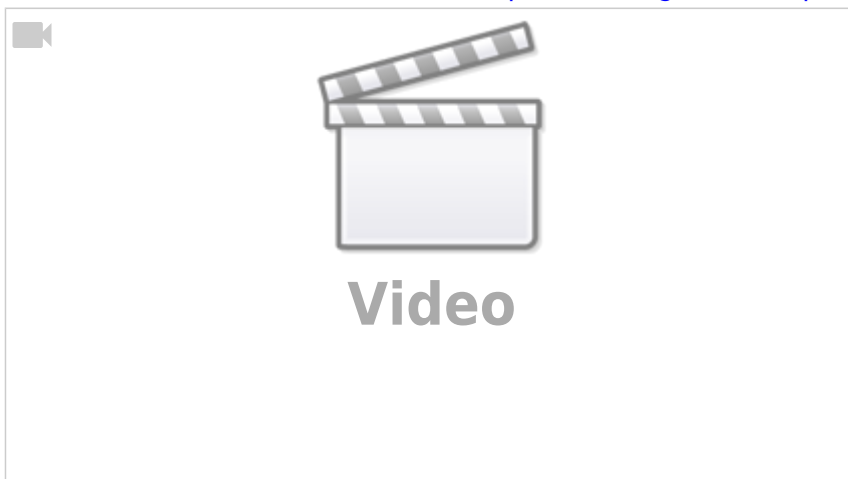
- [Sunday, June 11, 2023](#)

- [Top 3 Exercises for Muscle Up \(머슬업을 위한 운동 베스트3\)](#)



- [Wednesday, June 7, 2023](#)

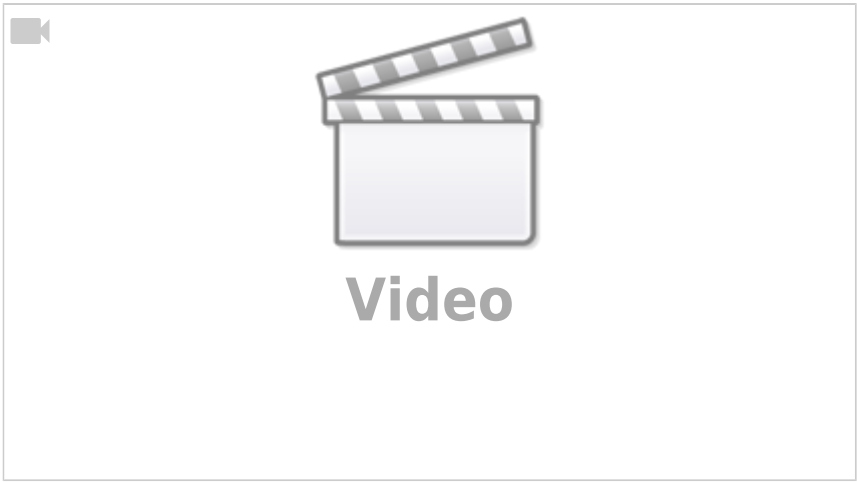
- [필스그립과 링머슬업 연습 방법\(how to practice ring muscle up and false grip\)](#)



- [필스그립&무반동 머슬업 튜토리얼](#)

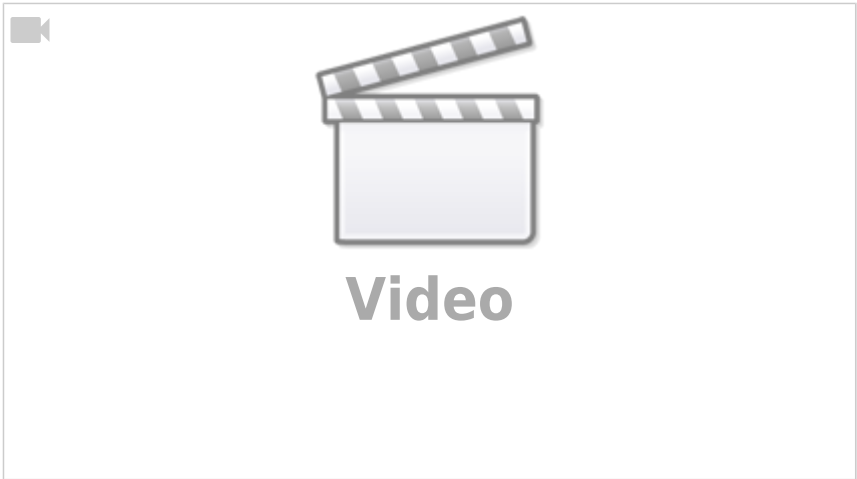


- [그립의 차이?](#)



- [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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