# Video esercizi

Pull up: https://www.youtube.com/shorts/l6-aIZTbAR0

One arm australian pull up: https://www.youtube.com/shorts/wQ0R6GXP15Y

Australian pull up: https://www.youtube.com/watch?v=bHO0A4ZF\_Zg

Bulgarian split squat: https://www.youtube.com/shorts/J1PEjNVe7po

Squat: https://www.youtube.com/shorts/-5LhNSMBrEs

Plank piedi stesi: 🔗 [manca link]

Plank laterale: https://www.youtube.com/shorts/fXoTfLuMogs

Dip: https://www.youtube.com/shorts/Zh5xZnL1WzI

Pike push up: https://www.youtube.com/shorts/3d-xLoUAP0o

Archer push up: https://www.youtube.com/shorts/OskpsD1eDWw

Good morning elastico: https://www.youtube.com/shorts/6esFq-x76Vk

Step up: https://www.youtube.com/shorts/vjIvnLHv1ZM

Knee raises alla sbarra: https://www.youtube.com/watch?v=jnCJEvp2P3k

Butterfly sit up: https://www.youtube.com/watch?v=O4\_u-dOYBA0

One leg squat box: https://www.youtube.com/shorts/PAZQt9XSAKU

Pull up alla fronte: https://www.youtube.com/watch?v=VUGsK3nS0hI

Pull up piedi a terra: https://www.youtube.com/shorts/PSWMoxeaPqQ

Curl anelli: https://www.youtube.com/shorts/u3XbmicvU8g

Tuck l-sit: https://www.youtube.com/watch?v=rDAQRbcZ-Gg

Laying leg raise: https://www.youtube.com/shorts/2wUpI98Ix-k

V push up: https://www.youtube.com/shorts/V6BtY3Lt0Ys

Clapping push up: https://www.youtube.com/shorts/8YyWPS6Jm-0

Dip panchetta: https://www.youtube.com/shorts/N3hB8rDErZI

Skull crusher a terra: https://www.youtube.com/shorts/JG1EpdAg4kU

Hollow body: https://www.youtube.com/shorts/\_wBPcny-7Hc

Plank: https://www.youtube.com/shorts/T05dLl9YV\_s