

НОТАТКИ

напевно якась менюшко або інша інфа

CHOOSE YOUR WORKOUT [RECIPES ->](#)

BEGINNER

DA **ELD**
SL

JUST DO IT.

MIDDLE

STRIVE. THRIVE. ACHIEVE.

MASTER

Шрифти:



Furore
400 – Europe
CHOOSE YOUR WORKOUT
RussOne
400 – RussOne
Choose your workout
Airborne
400 – Airborne
CHOOSE YOUR WORKOUT

MOTIVATING PHRASES:

1. "JUST BEGIN. SUCCESS FOLLOWS."
2. "STRIVE, THRIVE, ACHIEVE."
3. "DARE. DO. SUCCEED."
4. "DREAM. ACT. EXCEL."
5. "CONQUER. PREVAIL. SOAR."
6. "CREATE YOUR DESTINY."
7. "DEFY LIMITS. ACHIEVE MORE."
8. "BOUNCE BACK. TRIUMPH."
9. "PROVE THEM WRONG. RISE."
10. "EMBRACE CHALLENGES. TRIUMPH."

PHOTOS FOR MIDDLE:



PHOTOS FOR MASTERS:



DELTA SPORT
DS

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CHOOSE YOUR WORKOUT

BEGINNER



BICEPS



GRIP STREN...



TRICEPS



SHOULDERS



BICEPS



GRIP STREN...



TRIC
EPS



SHOU
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DERS

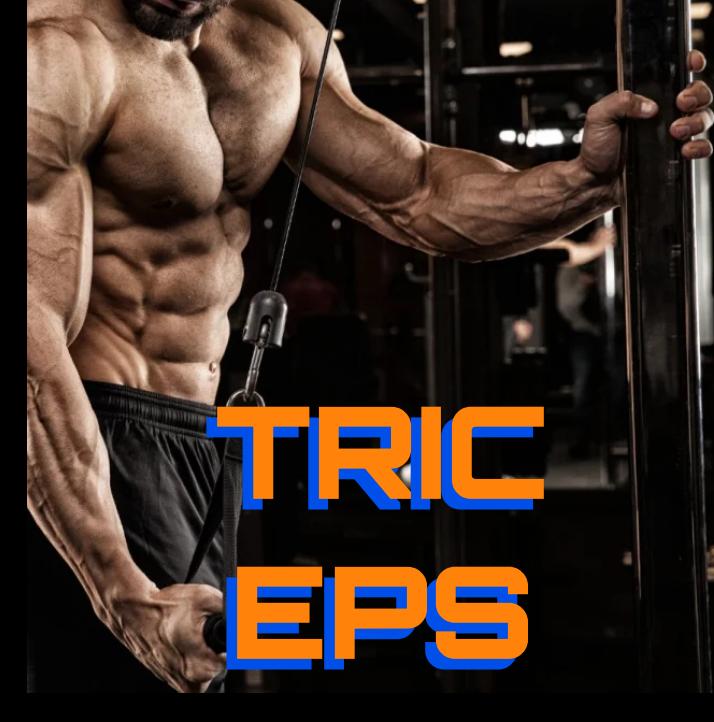
MASTER



BICEPS



GRIP STREN...



TRIC
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SHOU
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DERS

ACHIEVE.

ATTENTION!

Please Note When Using This Workout Website, All Exercises And Recommendations Are Provided For Informational Purposes Only. Before Engaging In Any Physical Activity, Especially If You Have Any Health Issues, It Is Recommended To Consult With A Qualified Medical Professional.

You Should Be Aware Of Your Physical Capabilities And Limits.

Avoid Exercises That You Consider Dangerous Or Beyond Your Abilities. Always Listen To Your Body And Stop The Exercise If You Experience Any Painful Sensations Or Discomfort.

Remember That Training Is An Individual Process, And Results May Vary For Each Person. Avoid Comparing Your Progress To Others And Keep In Mind That Gradual Progress Is More Important Than Instant Results.

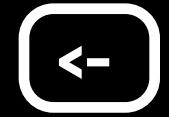
Adapt The Workouts To Suit Your Needs And Abilities. If You're Unsure About The Proper Execution Of An Exercise, Seek Guidance From A Professional Trainer Or Fitness Instructor To Receive Personalized Recommendations.

Keep In Mind That Your Health And Safety Are Your Primary Concerns. The Authors And Creators Of This Website Are Not Liable For Any Injuries, Damages, Or Negative Consequences Resulting From The Use Of The Exercises And Recommendations Provided Here.

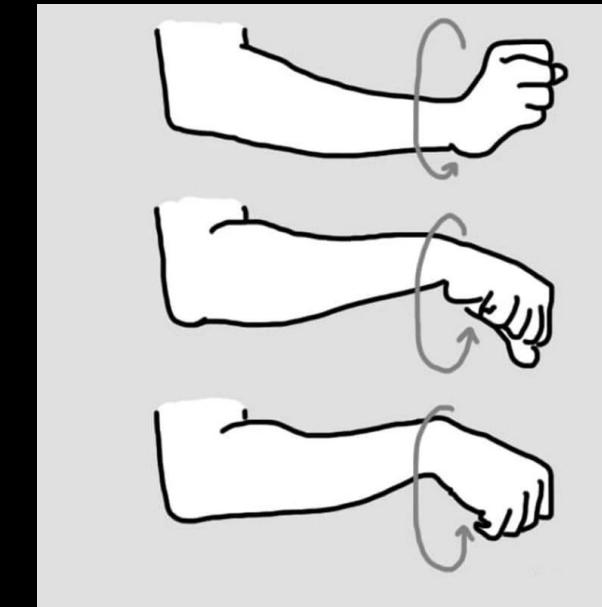
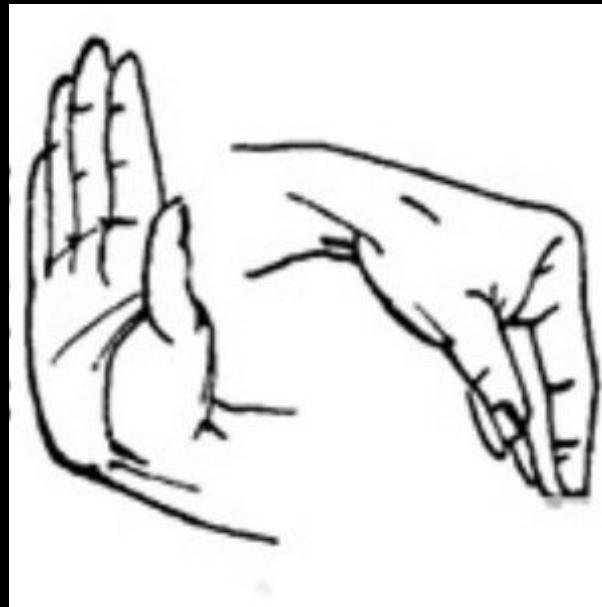
Train Responsibly, Listen To Your Body, And Enjoy The Process Of Achieving Your Fitness Goals!

Yours, Delta Sierra

OK



GRIP STRENGTH FOR BEGINNERS



Starting position: Set your fingers straight.

**Move your hand up and down,
then move left and right way,
twist it clockwise and anticlockwise,**

Repeat for 30 seconds each.

Previous

Next

next

previous