

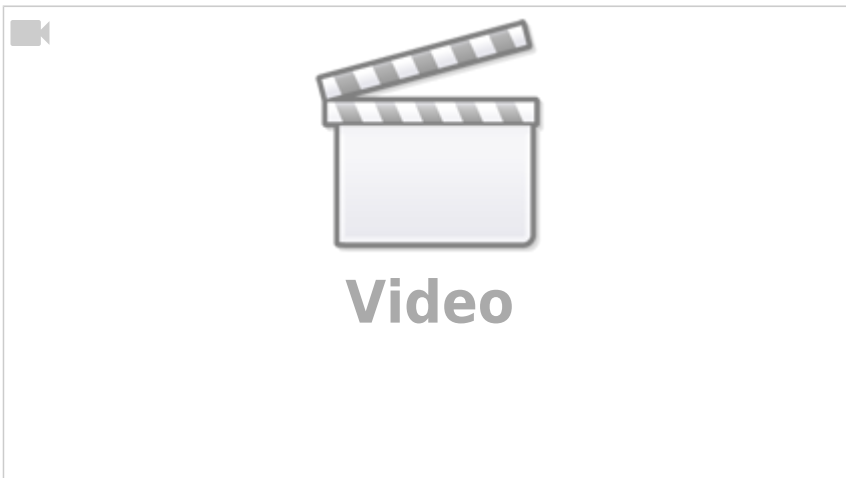
# Practice Ring Muscle Ups

링 머슬업 (무반동) 연습을 위한 참고 링크.

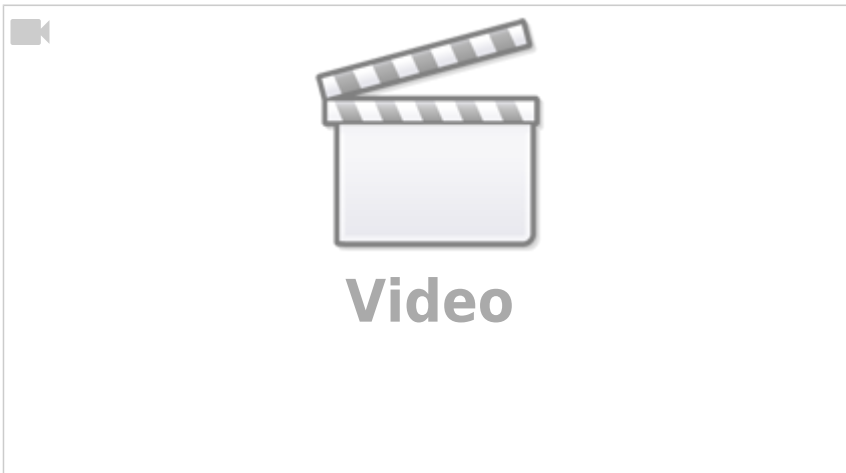
- [Wednesday, June 21, 2023](#)
  - 강철 팔뚝&전완근 만들기 : 펄스그립 (False Grip)



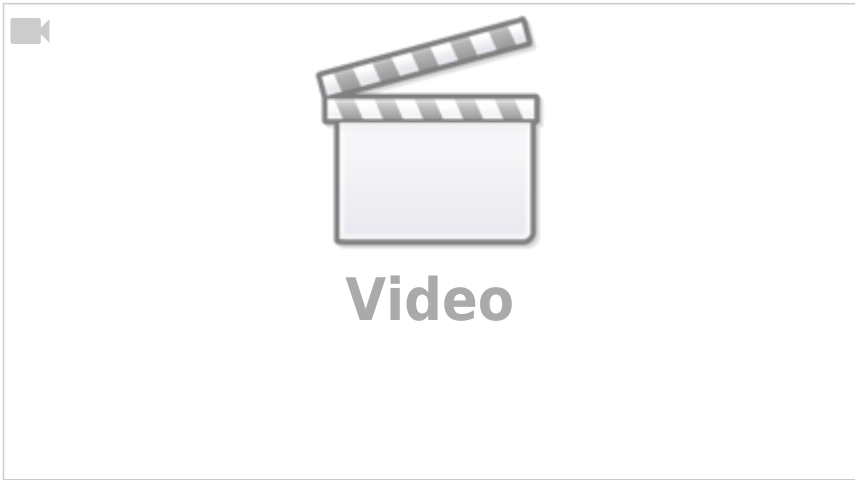
- [Thursday, June 15, 2023](#)
  - 링 머슬업(Ring Muscle Up) 성공기 @naver.com
  - JackPot WOD / 인사만 잘했더니 내가 링머슬업 천재?



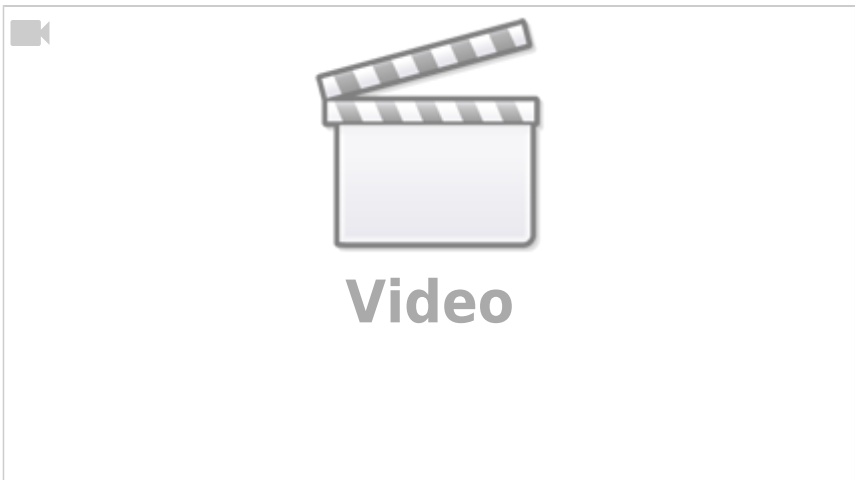
- [JackPot WOD / 링머슬업 하고 싶으면 저번 강의부터 보고 오세요\(2탄\)](#)



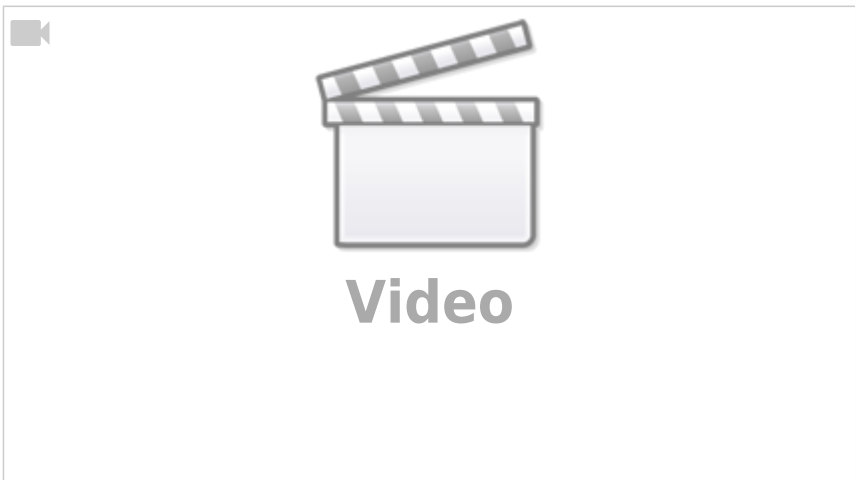
- [링 머슬업 집에서 연습하기 \(3가지 포인트!\) / 무반동 머슬업](#)



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



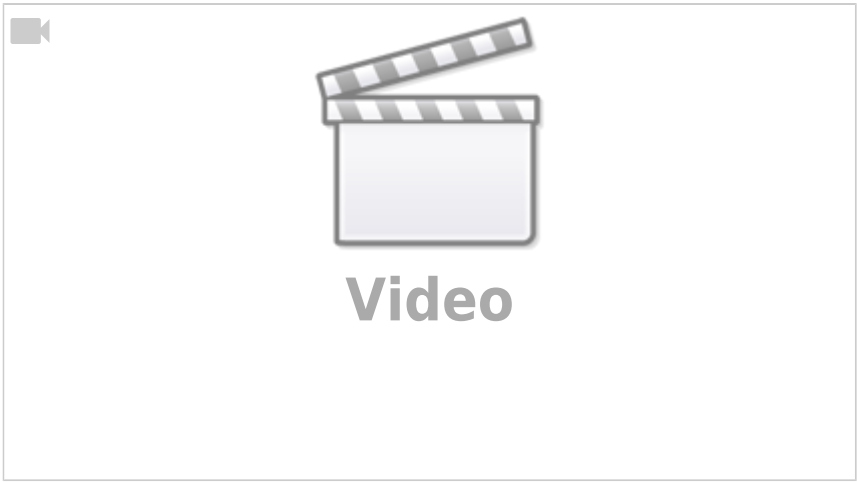
- [Wednesday, June 7, 2023](#)
  - [필스그립과 링머슬업 연습 방법\(how to practice ring muscle up and false grip\)](#)



- [필스그립&무반동 머슬업 튜토리얼](#)

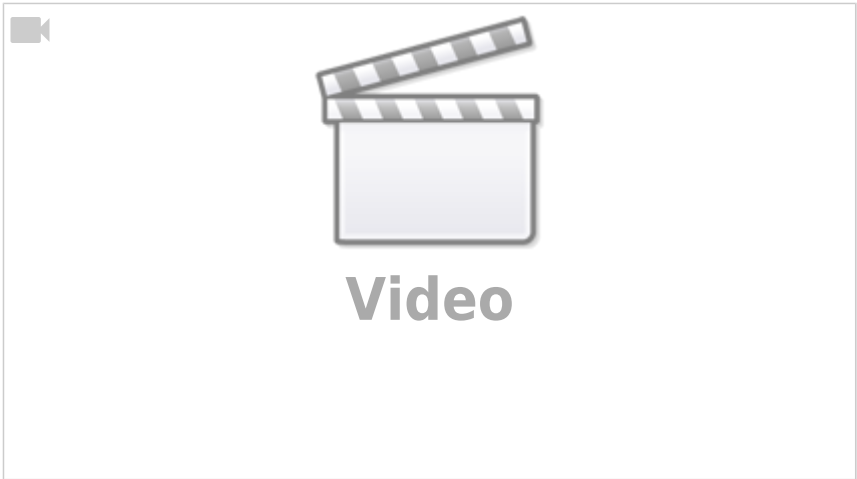


- 그림의 차이?

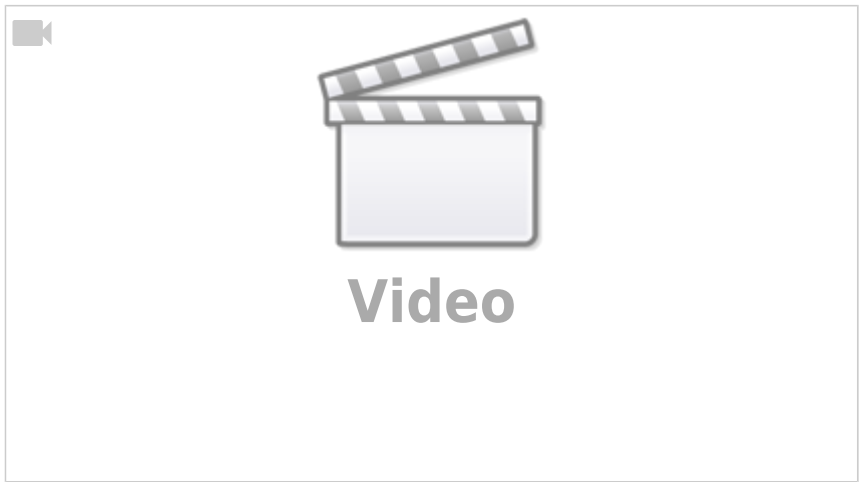


- Monday, June 5, 2023

- [Bounce-free Ring Muscle Up 7-Step Guide at a Speed That Koreans Love | AnyeongChoi](#)



- 링\_머슬업 알려드립니다.(상)



- [머슬업을 위한 준비 단계 @naver blog](#)

From:

<http://www.theta5912.net/> - reth

Permanent link:

[http://www.theta5912.net/doku.php?id=public:training:practice\\_ring\\_muscle\\_ups](http://www.theta5912.net/doku.php?id=public:training:practice_ring_muscle_ups)

Last update: **2025/04/04 19:44**

