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Street Workout

Street Workout is a form of physical exercise that combines elements of gymnastics, parkour and strength training, practised mainly outdoors on urban structures and equipment. It is based on movements using mainly body weight.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





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