



Exercise 3 Nylon twist

1. Before the first attempt, watch the introduction video on www.luebeck-toolbox.com
2. Complete the exercise exactly as required. Only then can objectives be related to your training progress.
3. It is strongly recommended to read through and internalize the video „**Tipps and Tricks**“ to the below mentioned repetitions. This will also improve your learning curve.

Target time: **66 seconds**

Objective: **The target time should be reached twice in 5 repetitions.**

Watch film

Name

#	TIME	# OF DROPPED TUBES
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#	TIME	# OF DROPPED TUBES
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#	TIME	# OF DROPPED TUBES
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#	TIME	# OF DROPPED TUBES
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(Attempts 81 to 100 are optional)