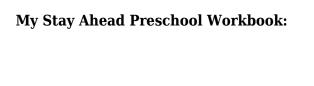


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web apr 28 2019 the bar brothers system was created by lazar novovic and dusan djolevic see the image below two bodyweight enthusiasts who became close friends over their passion for calisthenics workouts after pushing each other to get the most out of their workouts they created the bar brothers movement to help people from all over the

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web this is our first attempt on bar brother requirement after two months of training on calisthenics workout feel free to comment

 $\underline{\text{the essential 6 month calisthenics workout plan bar brothers}} \text{-} \ \text{Sep } 14\ 2023$ 

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