# Exercise through Navigation

https://www.mvangageldonk.com/index#/exercise-thtough-navigation
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## Project Information (EN)

Description: You are standing on the train platform when the sign flashes ‘five-minute delay’. Instead of waiting, you do a micro-workout, balancing along a backrest like a beam. Meanwhile, fellow commuters along the platform are doing curl-ups on hyb

## Projectinformatie (NL)

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## Image List

| Filename | Caption | Credit |
|---|---|---|
| mathijsvangageldonk-exercisethroughnavigation_1602089818.jpg | Exercise through Navigation: bench | Chris König |
| mathijs-highres_1602090099.jpg | Exercise through Navigation: abdominal exercise | Chris König |
| mathijs-highres-13_1602090186.jpg | Exercise through Navigation: Jumps | Chris König |
| mathijs-highres-17_1602090256.jpg | Exercise through Navigation: Stairs | |
| installation_1602090528.jpg | Exercise through navigation: physical installation | |

The images above are included in the ZIP under `/images`.