

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.