

# von Richthofen's Flying Circus

Colours and markings of Jagdgeschwader Nr.1



By Greg VanWyngarden • Colour plates by Roy Rimmell

# Windsock Datafile Special Von Richthofens Flying Circus Colours Markings Of Jagdgeschwader Nr 1

**Sebastian Brünink**

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web phase 1 workouts build the base the first phase of this 8 week shred consists of 4 weeks of muscle building and moderate cardio you will rotate through several different workouts depending on the week combining cardio and heavily weighted exercises all of these workouts in phase 1 should be executed to near failure