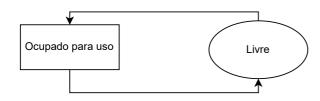


Treino de perna



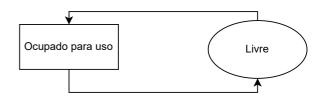
Treino de costa



Treino de bíceps



Treino de peito



Treino de tríceps

