

Plano de Treino Semanal - Musculação

Segunda - Peito, Tríceps e Abdômen

Peito:

1. Supino inclinado com halteres - 4x10



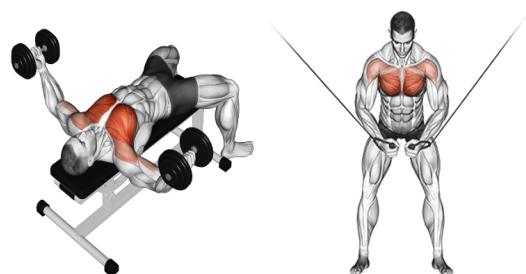
STRENGTH LEVEL

2. Supino reto com barra - 4x8-12



STRENGTH LEVEL

3. Crucifixo (máquina ou halteres) - 4x12

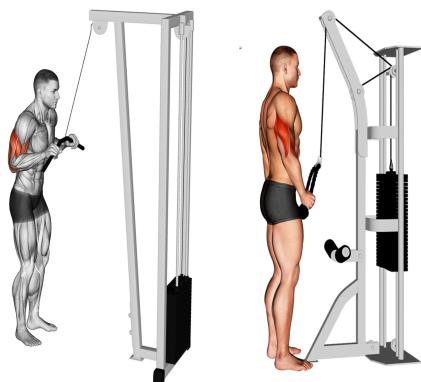


4. Crossover ou peck-deck - 4x12



Tríceps:

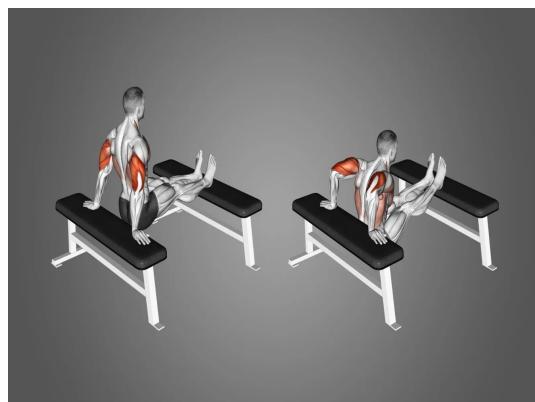
1. Tríceps pulley (barra ou corda) - 4x10-12



2. Tríceps na paralela - 4x

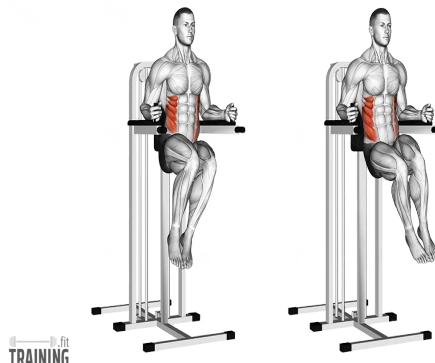


3. Mergulho no banco - 3x12

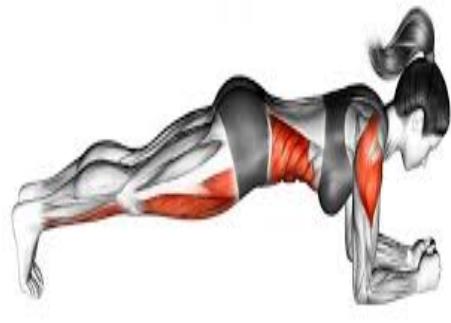


Abdômen:

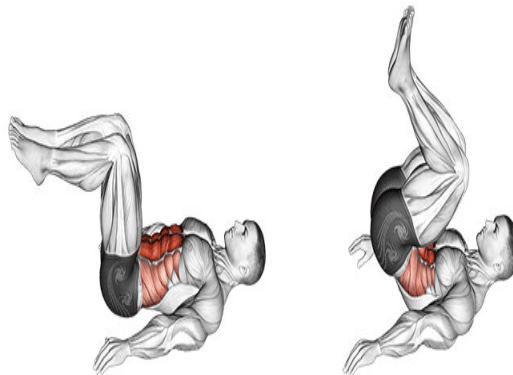
1. Elevação de pernas na barra - 3x15



2. Prancha - 3x 45seg

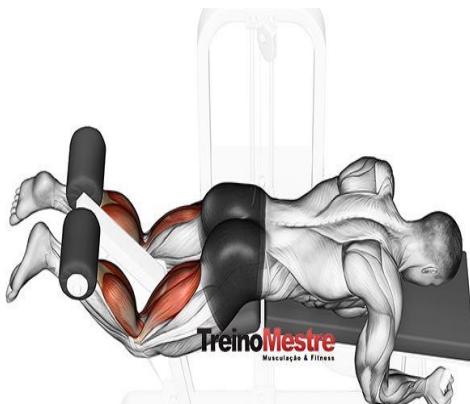


3. Abdominal infra solo - 3x15

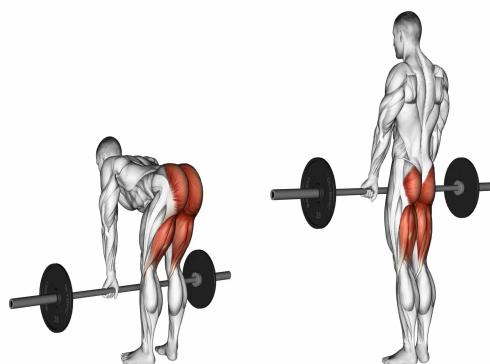


Terça - Posterior de Pernas + Adbômen

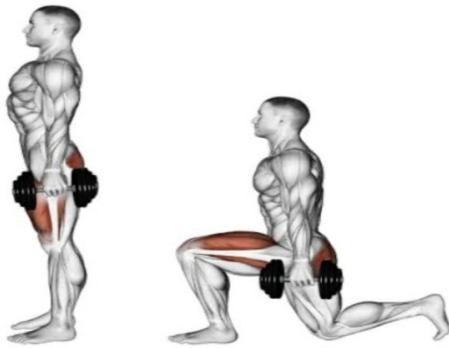
1. Mesa flexora - 4x12



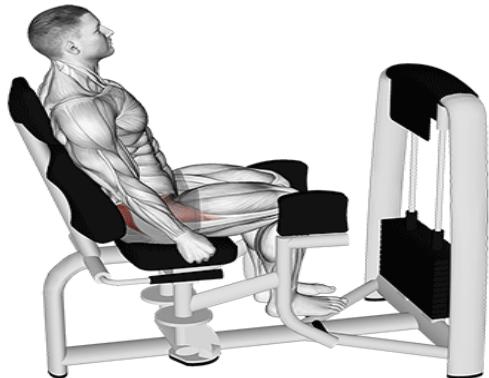
2. Stiff com barra ou halteres - 4x10



3. Avanço (passada) - 4x10 por perna



4. Abdução de quadril na máquina - 4x15



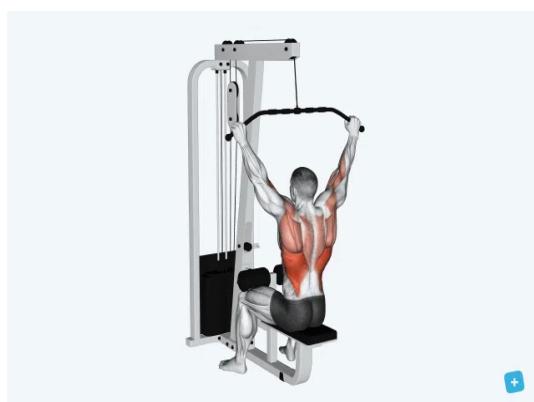
5. Abdômen máquina - 10x



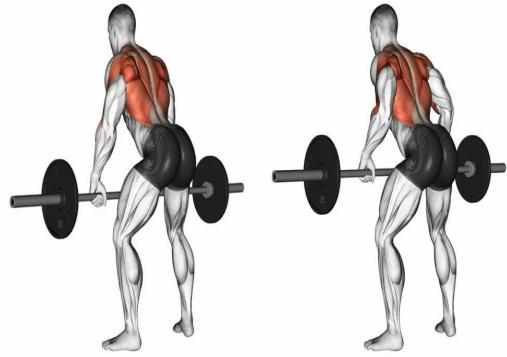
Quarta - Costas, Bíceps e Trapézio

Costas:

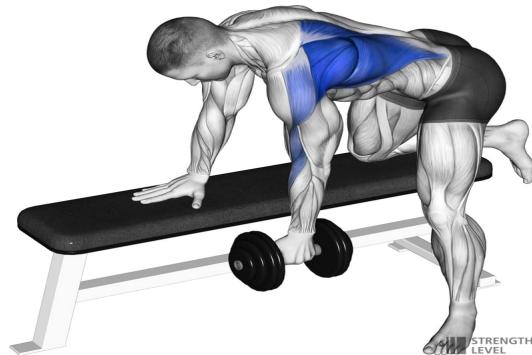
1. Puxada na frente - 4x10



2. Remada curvada com barra - 3x10



3. Remada unilateral com halter - 3x10 cada lado

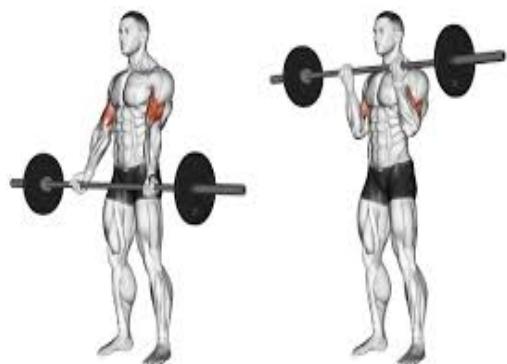


4. Remada baixa - 3x12



Bíceps:

1. Rosca direta com barra - 3x10



2. Rosca alternada com halteres - 3x10



3. Rosca martelo - 3x12

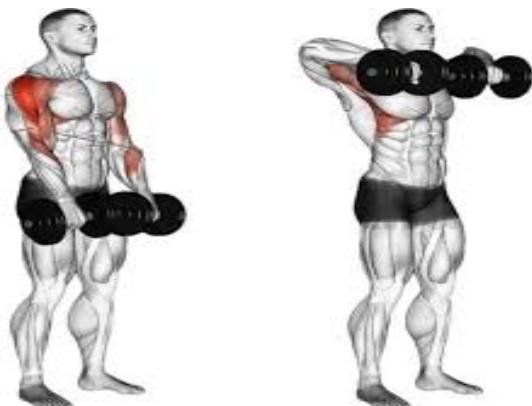


Trapézio:

1. Encolhimento com halteres - 3x15

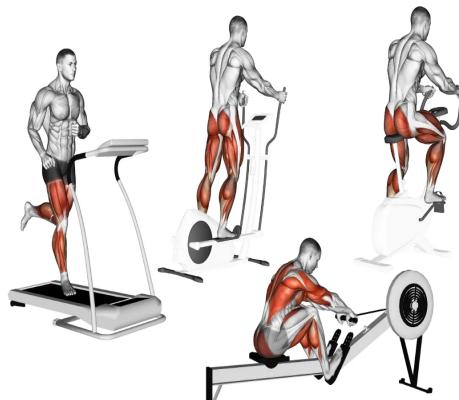


2. Remada alta com barra - 3x12



Quinta - Descanso ou cardio

1. 30 min esteira ou bicicleta ergométrica



2. 10x abdominal máquina



Sexta - Inferior de Pernas

1. Agachamento livre - 5x10



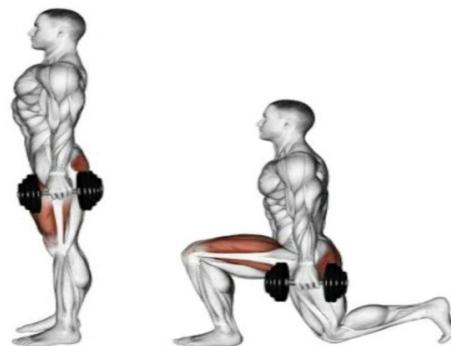
2. Leg press - 4x10-12



3. Cadeira extensora - 4x12



4. Avanço com halteres - 4x10



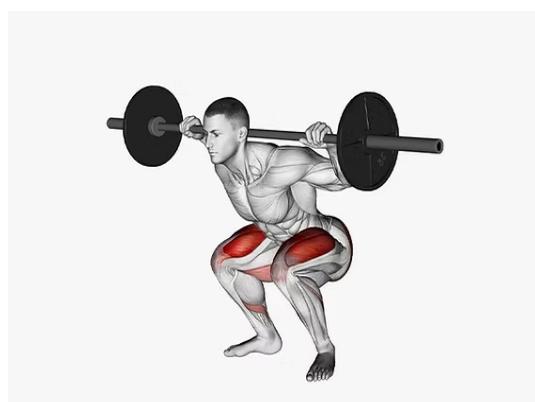
5. Panturrilha em pé - 4x20



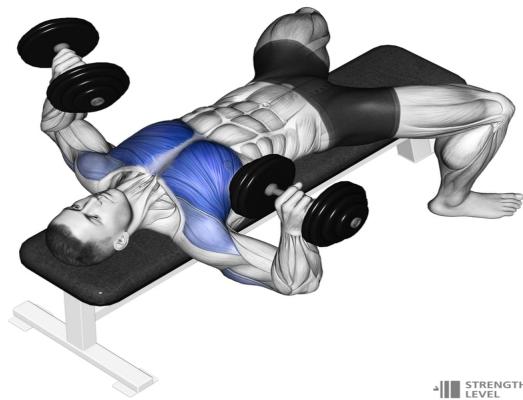
Sábado - Full Body + Abdômen

Full Body:

1. Agachamento - 4x12



2. Supino reto com halteres - 4x10

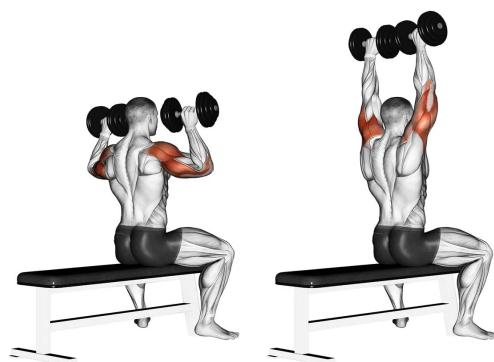


STRENGTH LEVEL

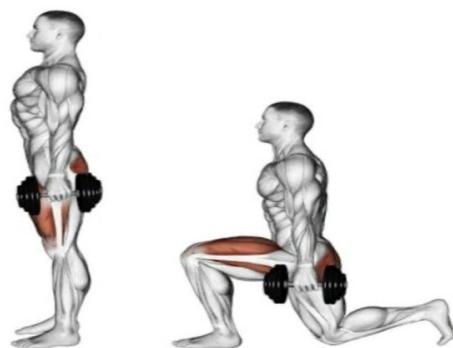
3. Remada curvada - 4x10



4. Desenvolvimento de ombros - 4x10

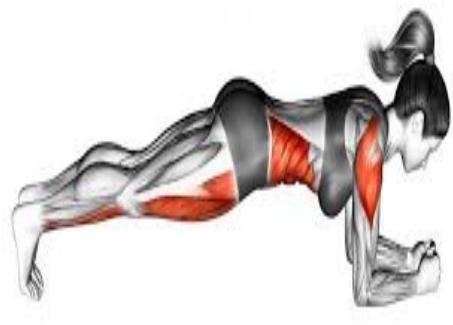


5. Passada- 4x12



Abdômen:

1. Prancha - 4x 45seg



2. Abdominal máquina - 7x20



3. Abdominal com carga no banco inclinado- 7x15

