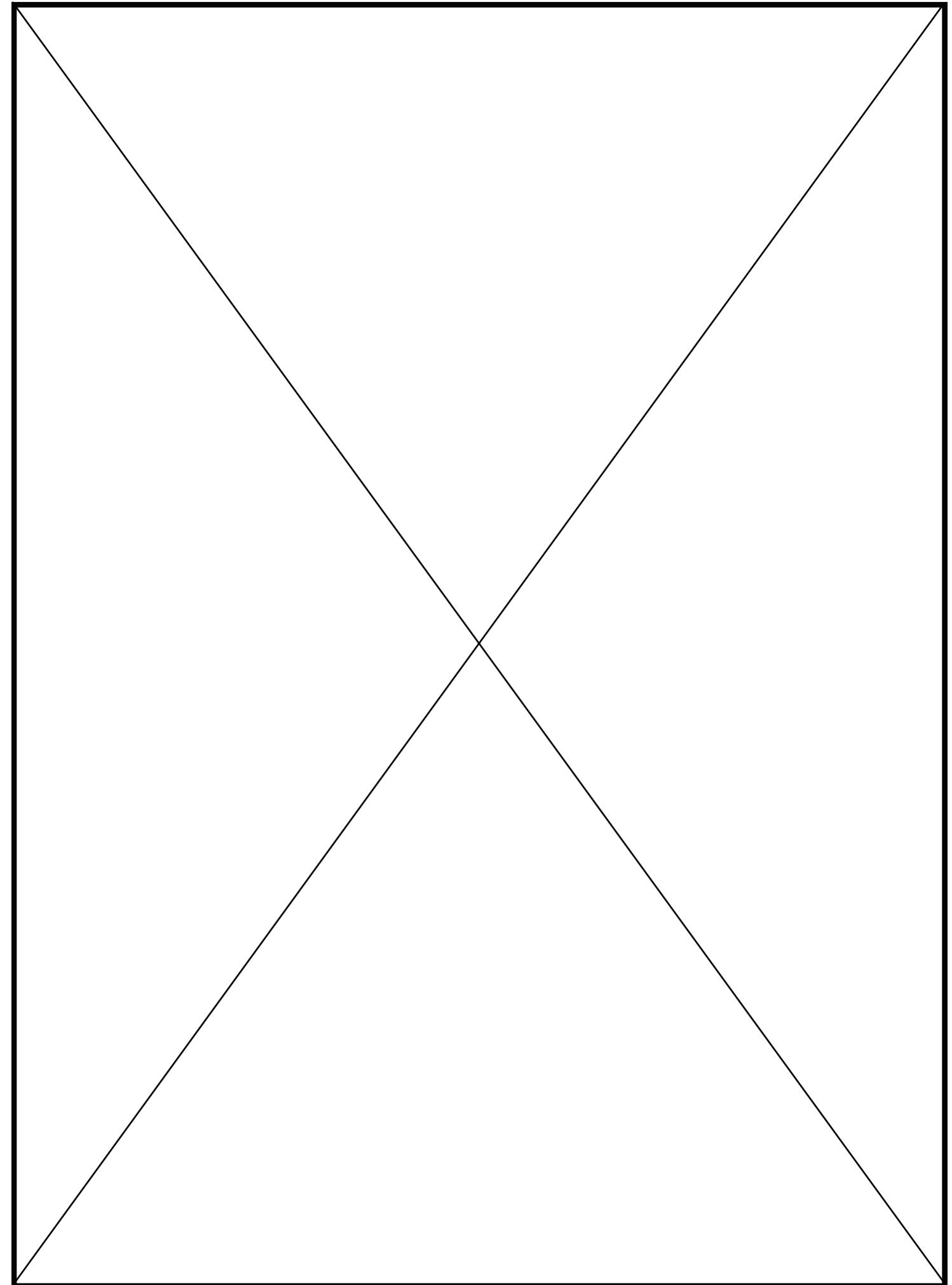


**EMAIL**

digite o seu email

**SENHA**

digite a sua senha

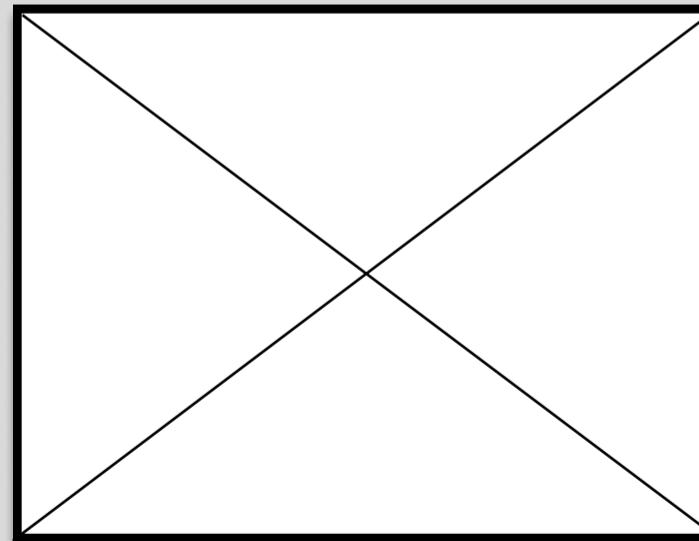


# AppShape

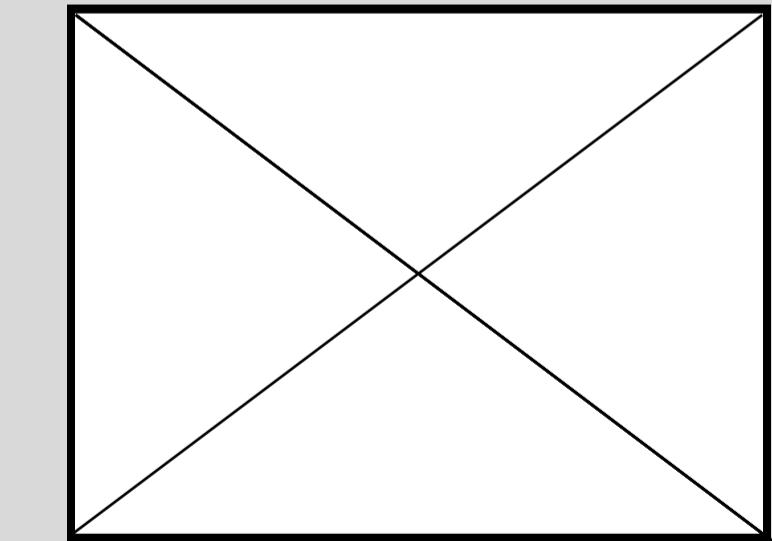
## Cálculo IMC

### Tipo de treino

Treino em casa



Treino academia



## Cálculo Índice de Massa Corporal

Sexo

Masculino

Feminino

Altura

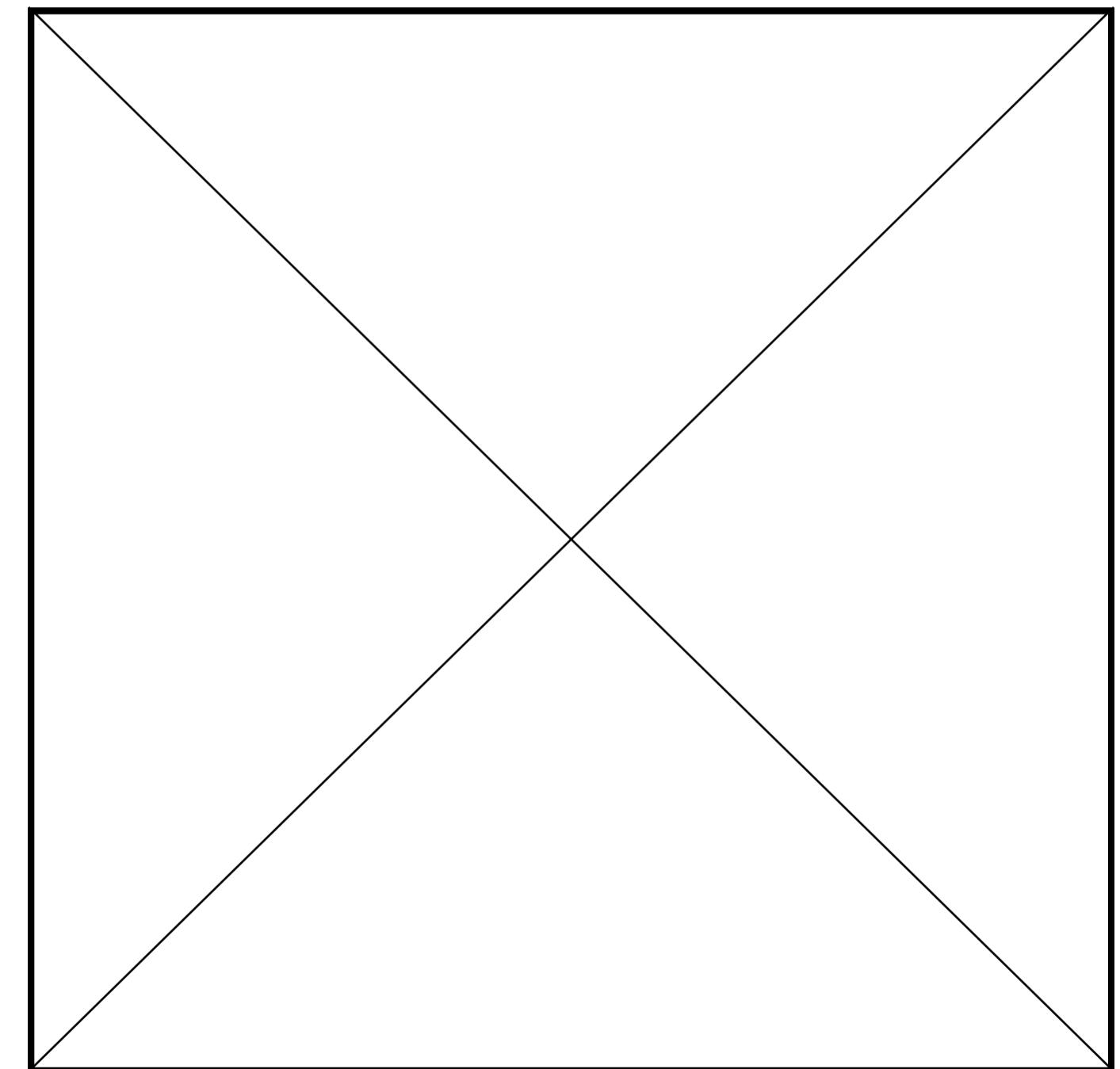
Peso

Idade

O seu IMC é:

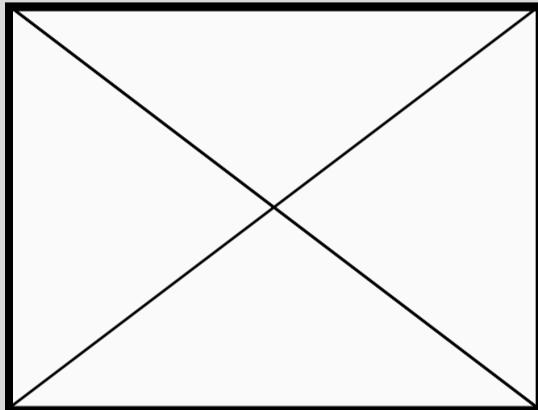


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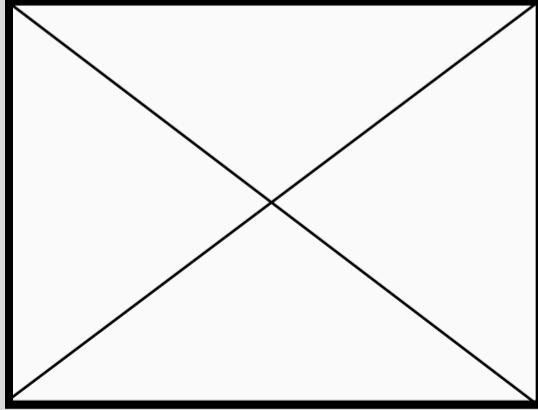


## Treino em casa

### Perna

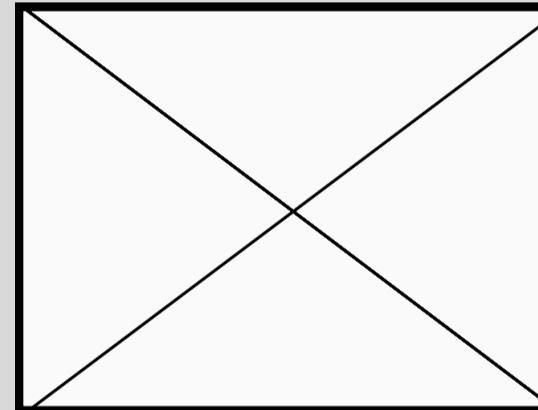


Agachamento

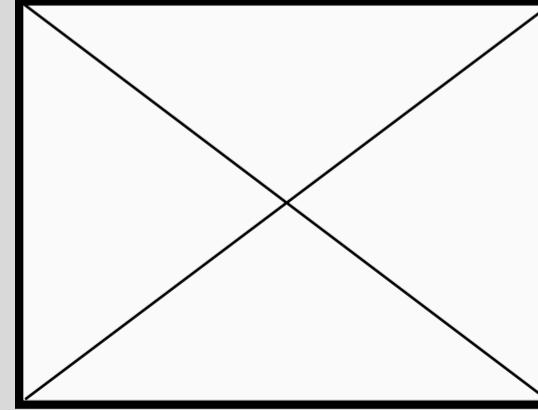


Agachamento  
Búlgaro

### Braço

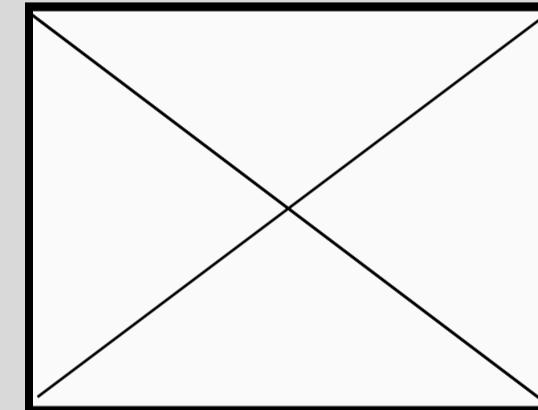


Tríceps banco

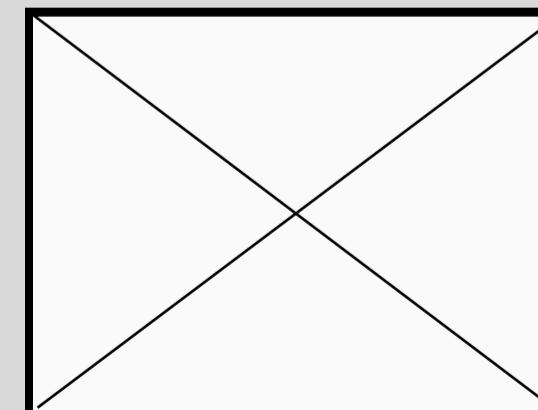


Rosca direta  
bíceps

### Costas

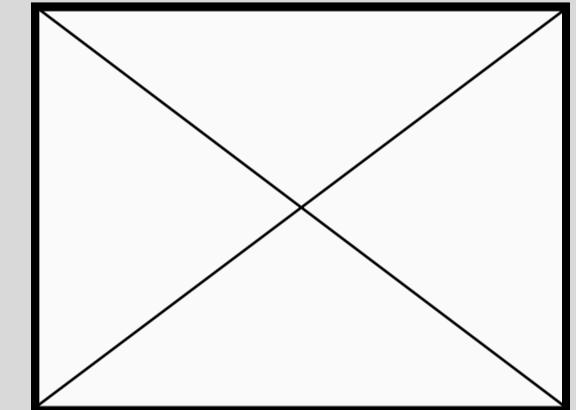


Puxada com  
halter

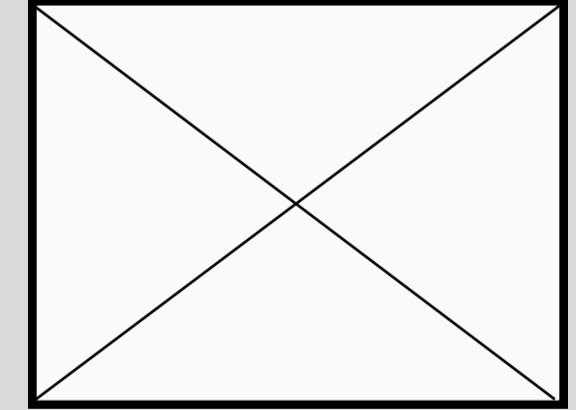


Superman Pull

### Peito



Flexão de braço

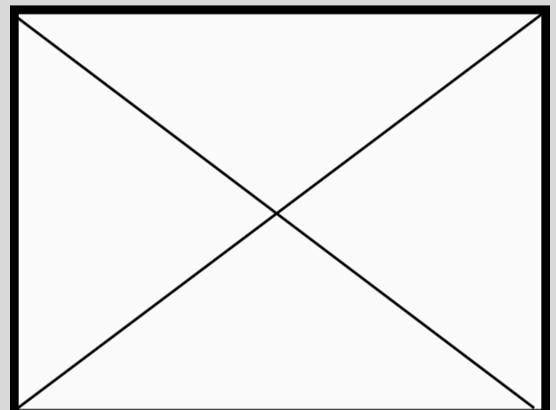


Flexão declinada

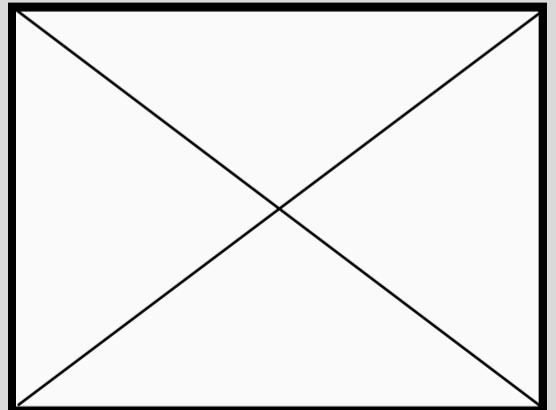
# AppShape

## Treino Academia

### Braço

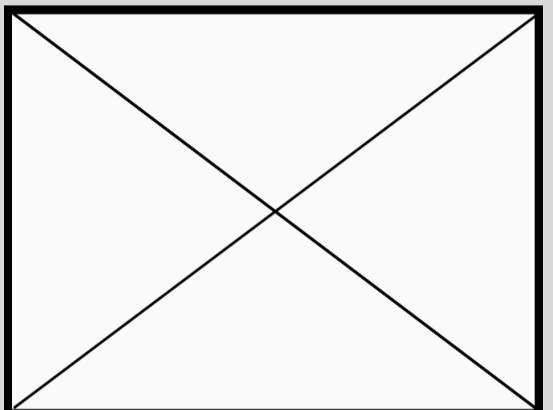


Tríceps Corda

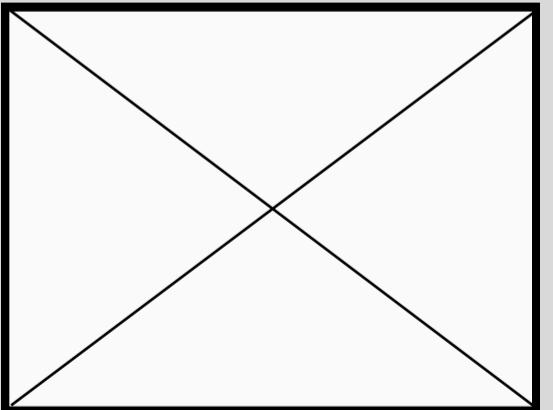


Rosca W bíceps

### Perna

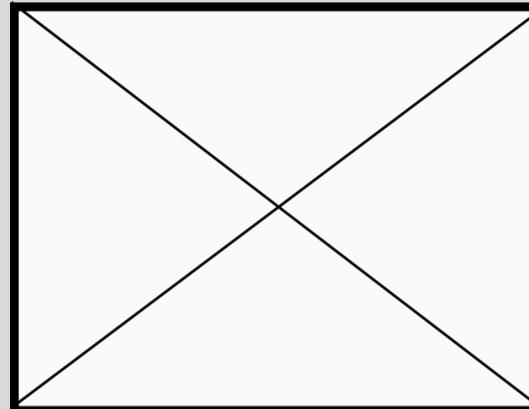


Leg 45

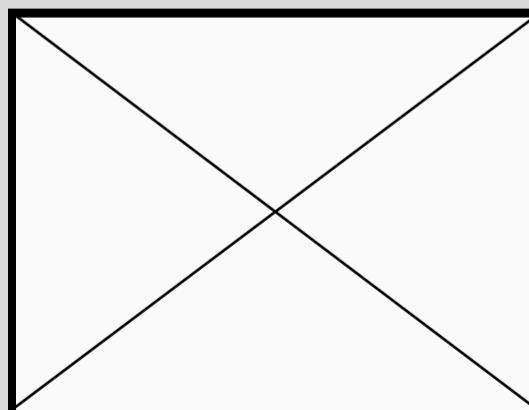


Panturrilha em pé

### Costas

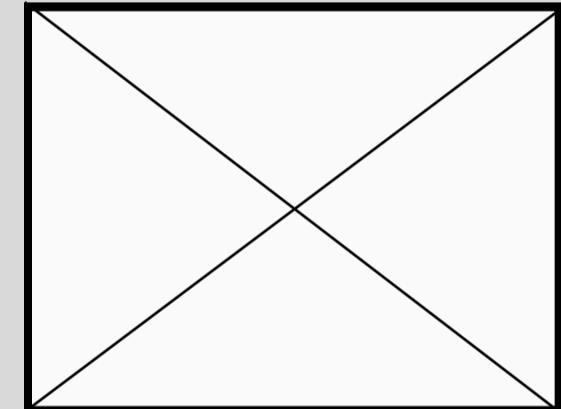


Remada serrote

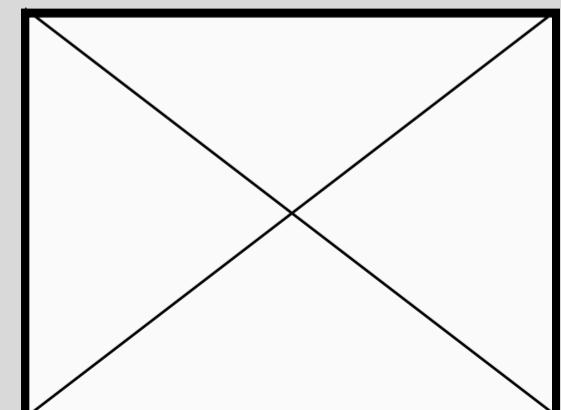


Remada cavalinho

### Peito



Supino reto



Crucifixo