



# Vídeos dos Exercícios

Alguns exercícios podem ter nomes diferentes de acordo com região, portanto para não haver divergências sempre siga conforme aqui!

## Peitoral

Exercício	Execução em Vídeo
Supino Reto Barra	<a href="https://youtu.be/sq0w2Y6uDWQ">https://youtu.be/sq0w2Y6uDWQ</a>
Supino Reto Halteres	<a href="https://youtu.be/Spbmm66NsuY">https://youtu.be/Spbmm66NsuY</a>
Supino Reto Smith	<a href="https://youtu.be/b-THwNtIYxY">https://youtu.be/b-THwNtIYxY</a>
Supino Inclinado Barra	<a href="https://youtu.be/lBCjPgnIzKk">https://youtu.be/lBCjPgnIzKk</a>
Supino Inclinado Halteres	<a href="https://youtu.be/Z1rCZ0YHrP0">https://youtu.be/Z1rCZ0YHrP0</a>
Supino Inclinado Smith	<a href="https://youtu.be/L4kIk2gMeBw">https://youtu.be/L4kIk2gMeBw</a>
Supino Declinado Barra	<a href="https://youtu.be/hZ9woVlzGdA">https://youtu.be/hZ9woVlzGdA</a>
Supino Declinado Halteres	<a href="https://youtu.be/0SFB2chOTPY">https://youtu.be/0SFB2chOTPY</a>
Supino Declinado Smith	<a href="https://youtu.be/xLQ9ZbH9ljc">https://youtu.be/xLQ9ZbH9ljc</a>
Crucifixo Reto Halteres	<a href="https://youtu.be/dQi36EfA88c">https://youtu.be/dQi36EfA88c</a>
Crucifixo Inclinado Halteres	<a href="https://youtu.be/4jvT5Ys1Bog">https://youtu.be/4jvT5Ys1Bog</a>
Crucifixo Declinado Halteres	<a href="https://youtu.be/QsZ8VYaRh34">https://youtu.be/QsZ8VYaRh34</a>
Cross-Over Polia Alta	<a href="https://youtu.be/HNUji0rHFCs">https://youtu.be/HNUji0rHFCs</a>
Cross-Over Polia Média	<a href="https://youtu.be/iLRFLm82dbg">https://youtu.be/iLRFLm82dbg</a>
Cross-Over Polia Baixa	<a href="https://youtu.be/Jy_hZnK-lo">https://youtu.be/Jy_hZnK-lo</a>
Flexão De Braço	<a href="https://youtu.be/F9FC_KBsLpY">https://youtu.be/F9FC_KBsLpY</a>
Peck Deck \ Crucifixo Na Máquina	<a href="https://youtu.be/Ru90VOUlp0U">https://youtu.be/Ru90VOUlp0U</a>

## Dorsais

Exercício	Execução em Vídeo
Barra Fixa Peg Pronada	<a href="https://youtu.be/JX_YM7Bp26U">https://youtu.be/JX_YM7Bp26U</a>
Barra Fixa Peg Supinada	<a href="https://youtu.be/WlOu_aru3XM">https://youtu.be/WlOu_aru3XM</a>
Barra Fixa Com Triângulo	<a href="https://youtu.be/uCnmHgHgFOs">https://youtu.be/uCnmHgHgFOs</a>
Levantamento Terra	<a href="https://youtu.be/T3x53s0jEns">https://youtu.be/T3x53s0jEns</a>
Puxada Vertical Peg Pronada	<a href="https://youtu.be/H09EvebBsB4">https://youtu.be/H09EvebBsB4</a>
Puxada Vertical Peg Supinada	<a href="https://youtu.be/v1rPzvIvwIE">https://youtu.be/v1rPzvIvwIE</a>
Puxada Vertical Com Triângulo	<a href="https://youtu.be/ej9Z_jMQpLY">https://youtu.be/ej9Z_jMQpLY</a>
Remada Curvada Peg Pronada	<a href="https://youtu.be/XruycmUNi1Y">https://youtu.be/XruycmUNi1Y</a>
Remada Curvada Peg Supinada	<a href="https://youtu.be/y-XZnuKx3Q0">https://youtu.be/y-XZnuKx3Q0</a>
Remada Curvada Cavalinho	<a href="https://youtu.be/Hdqf7mlEHrA">https://youtu.be/Hdqf7mlEHrA</a>
Remada Curvada Halteres Peg Pronada	<a href="https://youtu.be/AT8pPML17VU">https://youtu.be/AT8pPML17VU</a>
Remada Curvada Halteres Peg Supinada	<a href="https://youtu.be/g0VduhIsJIE">https://youtu.be/g0VduhIsJIE</a>
Remada Curvada Halteres Peg Neutra	<a href="https://youtu.be/CyCkDYs49hM">https://youtu.be/CyCkDYs49hM</a>
Remada Máquina Peg Pronada	<a href="https://youtu.be/_g6GeyWVivl">https://youtu.be/_g6GeyWVivl</a>

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Remada Máquina Peg Supinada	<a href="https://youtu.be/1CG-dreRL6Q">https://youtu.be/1CG-dreRL6Q</a>
Remada Máquina Peg Neutra	<a href="https://youtu.be/C0-C0X7G8eQ">https://youtu.be/C0-C0X7G8eQ</a>
Remada Cross Peg Pronada	<a href="https://youtu.be/1A0SRm2mY9M">https://youtu.be/1A0SRm2mY9M</a>
Remada Cross Peg Supinada	<a href="https://youtu.be/Q5Rl_fnOCBs">https://youtu.be/Q5Rl_fnOCBs</a>
Remada Cross Peg Neutra	<a href="https://youtu.be/wC1EsDy_esM">https://youtu.be/wC1EsDy_esM</a>
Remada Unilateral Peg Pronada	<a href="https://youtu.be/VICc-rDbwhA">https://youtu.be/VICc-rDbwhA</a>
Remada Unilateral Peg Supinada	<a href="https://youtu.be/MAHNlcA4oXc">https://youtu.be/MAHNlcA4oXc</a>
Remada Unilateral Peg Neutra	<a href="https://youtu.be/C-tlPEhJwTk">https://youtu.be/C-tlPEhJwTk</a>
Pull-Down Barra	<a href="https://youtu.be/qw37xEEcoig">https://youtu.be/qw37xEEcoig</a>
Pull-Down Cross Peg Pronada	<a href="https://youtu.be/EG1ua8IDQJA">https://youtu.be/EG1ua8IDQJA</a>
Pull-Down Cross Peg Supinada	<a href="https://youtu.be/U80znmkD2z0">https://youtu.be/U80znmkD2z0</a>
Pull-Down Cross Corda	<a href="https://youtu.be/zdLHXB9Sn88">https://youtu.be/zdLHXB9Sn88</a>

## Deltóides

Exercício	Execução em Vídeo
Elevação Lateral Halteres	<a href="https://youtu.be/89K5H0Vvhnw">https://youtu.be/89K5H0Vvhnw</a>
Elevação Lateral Sentado Halteres	<a href="https://youtu.be/esWhjFJMNtU">https://youtu.be/esWhjFJMNtU</a>
Elevação Lateral Cross Posterior	<a href="https://youtu.be/I-ywK8Q-9TM">https://youtu.be/I-ywK8Q-9TM</a>
Elevação Lateral Cross Anterior	<a href="https://youtu.be/8KOat8ZsidI">https://youtu.be/8KOat8ZsidI</a>
Elevação Lateral Unilateral Banco Inclinado	<a href="https://youtu.be/8s9JRhE95mU">https://youtu.be/8s9JRhE95mU</a>
Elevação Frontal Barra Peg Pronada	<a href="https://youtu.be/jXUIrrvLR_0">https://youtu.be/jXUIrrvLR_0</a>
Elevação Frontal Barra Peg Supinada	<a href="https://youtu.be/Ea_8qpcysYI">https://youtu.be/Ea_8qpcysYI</a>
Elevação Frontal Halteres Peg Pronada	<a href="https://youtu.be/0K9NjHXYSm4">https://youtu.be/0K9NjHXYSm4</a>
Elevação Frontal Halteres Peg Supinada	<a href="https://youtu.be/DuUh84gcase">https://youtu.be/DuUh84gcase</a>
Elevação Frontal Halteres Peg Neutra	<a href="https://youtu.be/kQTNDsaEIKc">https://youtu.be/kQTNDsaEIKc</a>
Elevação Frontal Cross Peg Pronada	<a href="https://youtu.be/mOTigenwgUc">https://youtu.be/mOTigenwgUc</a>
Elevação Frontal Cross Peg Supinada	<a href="https://youtu.be/IL8hIRuFcnU">https://youtu.be/IL8hIRuFcnU</a>
Elevação Frontal Cross Corda	<a href="https://youtu.be/xCQLo6LcudM">https://youtu.be/xCQLo6LcudM</a>
Elevação Frontal Anilha	<a href="https://youtu.be/5bdlcZZvpzE">https://youtu.be/5bdlcZZvpzE</a>
Elevação Frontal Cruzada	<a href="https://youtu.be/btAEYSe5kp0">https://youtu.be/btAEYSe5kp0</a>
Crucifixo Inverso Halteres	<a href="https://youtu.be/SLQZ0ByDo04">https://youtu.be/SLQZ0ByDo04</a>
Crucifixo Inverso Cross	<a href="https://youtu.be/gWa5abtK4G4">https://youtu.be/gWa5abtK4G4</a>
Desenvolvimento Halteres	<a href="https://youtu.be/4pU-kV-OaVU">https://youtu.be/4pU-kV-OaVU</a>
Desenvolvimento Anterior	<a href="https://youtu.be/V_15VvJ3mr4">https://youtu.be/V_15VvJ3mr4</a>
Desenvolvimento Posterior	<a href="https://youtu.be/Wllm9oHEEq8">https://youtu.be/Wllm9oHEEq8</a>
Desenvolvimento Militar	<a href="https://youtu.be/urj7vgvfojk">https://youtu.be/urj7vgvfojk</a>
Desenvolvimento Smith	<a href="https://youtu.be/oi18jaIbFRM">https://youtu.be/oi18jaIbFRM</a>
Desenvolvimento Máquina	<a href="https://youtu.be/oBF4Ylwh_w8">https://youtu.be/oBF4Ylwh_w8</a>
Manguito Rotador Externo Barra	<a href="https://youtu.be/QdUn8TBdjvU">https://youtu.be/QdUn8TBdjvU</a>
Manguito Rotador Externo Halteres	<a href="https://youtu.be/2ecstA3a5f4">https://youtu.be/2ecstA3a5f4</a>

## Trapézio

Exercício	Execução em Vídeo
Encolhimento Barra Anterior	<a href="https://youtu.be/FutT8_yYJ58">https://youtu.be/FutT8_yYJ58</a>

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Encolhimento Barra Posterior	<a href="https://youtu.be/Y4w7ZZW84eM">https://youtu.be/Y4w7ZZW84eM</a>
Encolhimento Halteres	<a href="https://youtu.be/ZzJ3zelC0qI">https://youtu.be/ZzJ3zelC0qI</a>
Encolhimento Smith Anterior	<a href="https://youtu.be/5DQl_71T8iI">https://youtu.be/5DQl_71T8iI</a>
Encolhimento Smith Posterior	<a href="https://youtu.be/7Ui8zi1w5A4">https://youtu.be/7Ui8zi1w5A4</a>
Remada Alta Halteres	<a href="https://youtu.be/hFMCum41W9c">https://youtu.be/hFMCum41W9c</a>
Remada Alta Barra	<a href="https://youtu.be/Z6jSLKXZ0Ag">https://youtu.be/Z6jSLKXZ0Ag</a>
Remada Alta Cross	<a href="https://youtu.be/dHjEyNaCmn0">https://youtu.be/dHjEyNaCmn0</a>
Remada Alta Smith	<a href="https://youtu.be/ID_zvmzP1K0">https://youtu.be/ID_zvmzP1K0</a>

## Tríceps

Exercício	Execução em Vídeo
Paralelas	<a href="https://youtu.be/8ZhWzT-V54Q">https://youtu.be/8ZhWzT-V54Q</a>
Mergulho	<a href="https://youtu.be/iAkRzFnEvSo">https://youtu.be/iAkRzFnEvSo</a>
Supino Fechado	<a href="https://youtu.be/qJGw6CnVh2Q">https://youtu.be/qJGw6CnVh2Q</a>
Rosca Testa Barra Peg Pronada	<a href="https://youtu.be/orME0zQjiAs">https://youtu.be/orME0zQjiAs</a>
Rosca Testa Barra Peg Supinada	<a href="https://youtu.be/D_wnqWbIrYs">https://youtu.be/D_wnqWbIrYs</a>
Rosca Testa Halteres Peg Supinada	<a href="https://youtu.be/OS8sz24YV1g">https://youtu.be/OS8sz24YV1g</a>
Rosca Testa Halteres Peg Neutra	<a href="https://youtu.be/KzKdkwljZg8">https://youtu.be/KzKdkwljZg8</a>
Rosca Testa Halteres Peg Pronada	<a href="https://youtu.be/esAavWMIRZ8">https://youtu.be/esAavWMIRZ8</a>
Tríceps Pulley Corda	<a href="https://youtu.be/_KrR8248eLo">https://youtu.be/_KrR8248eLo</a>
Tríceps Pulley Peg Pronada	<a href="https://youtu.be/QDt8P440Ra4">https://youtu.be/QDt8P440Ra4</a>
Tríceps Pulley Peg Supinada	<a href="https://youtu.be/2W09NaNpiOA">https://youtu.be/2W09NaNpiOA</a>
Tríceps Pulley Unilateral Peg Pronada	<a href="https://youtu.be/TmO_85EK09I">https://youtu.be/TmO_85EK09I</a>
Tríceps Pulley Unilateral Peg Supinada	<a href="https://youtu.be/iO5EOd9Xe4c">https://youtu.be/iO5EOd9Xe4c</a>
Rosca Francesa Anilha	<a href="https://youtu.be/D2oQITz-RCA">https://youtu.be/D2oQITz-RCA</a>
Rosca Francesa Barra Peg Pronada	<a href="https://youtu.be/fclzvqX0Jzs">https://youtu.be/fclzvqX0Jzs</a>
Rosca Francesa Barra Peg Supinada	<a href="https://youtu.be/xnP-A7ig8No">https://youtu.be/xnP-A7ig8No</a>
Rosca Francesa Halteres Peg Neutra	<a href="https://youtu.be/al8x4pHiByU">https://youtu.be/al8x4pHiByU</a>
Rosca Francesa Halteres Peg Supinada	<a href="https://youtu.be/KoLqZRyZuuU">https://youtu.be/KoLqZRyZuuU</a>
Rosca Francesa Halteres Peg Pronada	<a href="https://youtu.be/DCbDCIEDQvQ">https://youtu.be/DCbDCIEDQvQ</a>
Rosca Francesa Cross Corda	<a href="https://youtu.be/QhJ67UyNdsc">https://youtu.be/QhJ67UyNdsc</a>
Tríceps Coice Bilateral Halteres	<a href="https://youtu.be/lbYQgZvJApA">https://youtu.be/lbYQgZvJApA</a>
Tríceps Coice Unilateral Halteres	<a href="https://youtu.be/I4hzS9nYlgs">https://youtu.be/I4hzS9nYlgs</a>
Tríceps Coice Unilateral Cross	<a href="https://youtu.be/MGlqvSCWLQ">https://youtu.be/MGlqvSCWLQ</a>
Flexão De Braço Fechada	<a href="https://youtu.be/9qT4QxmIuuU">https://youtu.be/9qT4QxmIuuU</a>

## Bíceps

Exercício	Execução em Vídeo
Rosca Direta Barra Reta ou Barra W	<a href="https://youtu.be/po8ibB0yY0Q">https://youtu.be/po8ibB0yY0Q</a>
Rosca Direta Halteres	<a href="https://youtu.be/ilyxkSNoyL8">https://youtu.be/ilyxkSNoyL8</a>
Rosca Direta Cross	<a href="https://youtu.be/_t2nQjiyboo">https://youtu.be/_t2nQjiyboo</a>
Rosca Martelo Barra H	<a href="https://youtu.be/4YbWsz77mfc">https://youtu.be/4YbWsz77mfc</a>
Rosca Martelo Halteres	<a href="https://youtu.be/KnymofpyiIQ">https://youtu.be/KnymofpyiIQ</a>

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Rosca Martelo Corda Cross	<a href="https://youtu.be/TXYeSl2QT50">https://youtu.be/TXYeSl2QT50</a>
Rosca Alternada Halteres	<a href="https://youtu.be/v15BcmivG8g">https://youtu.be/v15BcmivG8g</a>
Rosca Alternada Cross-Over	<a href="https://youtu.be/LiiNiYF4IPY">https://youtu.be/LiiNiYF4IPY</a>
Rosca Scott Halteres	<a href="https://youtu.be/WbHASg1d29w">https://youtu.be/WbHASg1d29w</a>
Rosca Scott Barra ou Barra W	<a href="https://youtu.be/wQRRqKu9g7U">https://youtu.be/wQRRqKu9g7U</a>
Rosca Scott Máquina	<a href="https://youtu.be/3GfAZv126D0">https://youtu.be/3GfAZv126D0</a>
Rosca Concentrada	<a href="https://youtu.be/Cryg5VkgQBw">https://youtu.be/Cryg5VkgQBw</a>
Rosca Concentrada Martelo	<a href="https://youtu.be/ysjKbVT6-FQ">https://youtu.be/ysjKbVT6-FQ</a>

## Antebraço

Exercício	Execução em Vídeo
Flexão de Punho Barra Sentado	<a href="https://youtu.be/pfNPsniVWb4">https://youtu.be/pfNPsniVWb4</a>
Flexão de Punho Barra Em Pé	<a href="https://youtu.be/PF1w-a7yQus">https://youtu.be/PF1w-a7yQus</a>
Extensão de Punho Barra Sentado	<a href="https://youtu.be/gHY5opbOhNE">https://youtu.be/gHY5opbOhNE</a>
Extensão de Punho Barra Em Pé	<a href="https://youtu.be/guTTkQcy8jU">https://youtu.be/guTTkQcy8jU</a>
Extensão de Punho Cross	<a href="https://youtu.be/SYHfATlt7LI">https://youtu.be/SYHfATlt7LI</a>
Flexão de Punho Cross	<a href="https://youtu.be/4_Zf2r-2rAo">https://youtu.be/4_Zf2r-2rAo</a>
Rotacional de Punho	<a href="https://youtu.be/MZ8y2hqjHxQ">https://youtu.be/MZ8y2hqjHxQ</a>
Rosca Inversa Barra	<a href="https://youtu.be/G1L3eV-a7gg">https://youtu.be/G1L3eV-a7gg</a>
Rosca Inversa Cross	<a href="https://youtu.be/0587NfWzEec">https://youtu.be/0587NfWzEec</a>
Rosca Inversa Alternada	<a href="https://youtu.be/k86sqzLgiwY">https://youtu.be/k86sqzLgiwY</a>

## Coxas

Exercício	Execução em Vídeo
Agachamento Livre	<a href="https://youtu.be/4TG8jdU6NPU">https://youtu.be/4TG8jdU6NPU</a>
Agachamento Livre Frontal	<a href="https://youtu.be/fjt1l_eUb2g">https://youtu.be/fjt1l_eUb2g</a>
Agachamento Hack	<a href="https://youtu.be/QZglgfUQZdk">https://youtu.be/QZglgfUQZdk</a>
Agachamento Smith	<a href="https://youtu.be/4vA727LveHQ">https://youtu.be/4vA727LveHQ</a>
Agachamento Smith Frontal	<a href="https://youtu.be/_lPh4iHfvXA">https://youtu.be/_lPh4iHfvXA</a>
Agachamento Halteres	<a href="https://youtu.be/CROT808X_u0">https://youtu.be/CROT808X_u0</a>
Agachamento Adutores	<a href="https://youtu.be/T64bNYs5-gl">https://youtu.be/T64bNYs5-gl</a>
Passada Barra	<a href="https://youtu.be/q8oWAsKvdT0">https://youtu.be/q8oWAsKvdT0</a>
Passada Halteres	<a href="https://youtu.be/PCSEZejLkjk">https://youtu.be/PCSEZejLkjk</a>
Afundos Barra	<a href="https://youtu.be/YoQL-sR3kFo">https://youtu.be/YoQL-sR3kFo</a>
Afundos Halteres	<a href="https://youtu.be/vj7uUw_5HYy">https://youtu.be/vj7uUw_5HYy</a>
Afundos Smith	<a href="https://youtu.be/0YjOOxFc7fY">https://youtu.be/0YjOOxFc7fY</a>
Cadeira Extensora	<a href="https://youtu.be/1f1DjMr68hY">https://youtu.be/1f1DjMr68hY</a>
Mesa Flexora	<a href="https://youtu.be/OMKhQ2011fc">https://youtu.be/OMKhQ2011fc</a>
Cadeira Flexora	<a href="https://youtu.be/n8j1X_xByD4">https://youtu.be/n8j1X_xByD4</a>
Flexor Vertical	<a href="https://youtu.be/HGoN-nfjFGE">https://youtu.be/HGoN-nfjFGE</a>
Leg Press	<a href="https://youtu.be/kyESFAj3W0E">https://youtu.be/kyESFAj3W0E</a>
Leg Press Adutores	<a href="https://youtu.be/1kxuWNPBUc">https://youtu.be/1kxuWNPBUc</a>
Stiff Barra	<a href="https://youtu.be/Xgql23RkpBk">https://youtu.be/Xgql23RkpBk</a>
Stiff Halteres	<a href="https://youtu.be/mNsSgOKopbE">https://youtu.be/mNsSgOKopbE</a>
Stiff Smith	<a href="https://youtu.be/QDLNogcXvHU">https://youtu.be/QDLNogcXvHU</a>

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Agachamento Bulgaro Halteres	<a href="https://youtu.be/WyMsCylTcKM">https://youtu.be/WyMsCylTcKM</a>
Agachamento Bulgaro Barra	<a href="https://youtu.be/wENBoTTRDa8">https://youtu.be/wENBoTTRDa8</a>
Cadeira Adutora	<a href="https://youtu.be/UB5qna8tQkw">https://youtu.be/UB5qna8tQkw</a>

## Glúteos

Exercício	Execução em Vídeo
4 Apoios Joelho Estendido	<a href="https://youtu.be/C1LK-ca840k">https://youtu.be/C1LK-ca840k</a>
4 Apoios Joelho Flexionado	<a href="https://youtu.be/3H_WSx0dK-I">https://youtu.be/3H_WSx0dK-I</a>
Glúteos Graviton	<a href="https://youtu.be/F2yGtpW4J4s">https://youtu.be/F2yGtpW4J4s</a>
Glúteos Máquina	<a href="https://youtu.be/A68gT5W_J50">https://youtu.be/A68gT5W_J50</a>
Glúteos Smith	<a href="https://youtu.be/PMbVxKqNM7I">https://youtu.be/PMbVxKqNM7I</a>
Glúteos Cross	<a href="https://youtu.be/vgit9LUm6Jg">https://youtu.be/vgit9LUm6Jg</a>
Elevação Pélvica Barra	<a href="https://youtu.be/jqgDVIv581k">https://youtu.be/jqgDVIv581k</a>
Elevação Pélvica Halter	<a href="https://youtu.be/XNbfCoWFcFs">https://youtu.be/XNbfCoWFcFs</a>
Elevação Pélvica Anilha	<a href="https://youtu.be/0lPFQdMtNBU">https://youtu.be/0lPFQdMtNBU</a>
Elevação Pélvica Smith	<a href="https://youtu.be/0I3xQYtPCGQ">https://youtu.be/0I3xQYtPCGQ</a>
Cadeira Abdutora	<a href="https://youtu.be/yVZ0Vs7j6EM">https://youtu.be/yVZ0Vs7j6EM</a>

## Panturrilhas

Exercício	Execução em Vídeo
Gêmeos Em Pé Máquina	<a href="https://youtu.be/hlQbAQB61_Y">https://youtu.be/hlQbAQB61_Y</a>
Gêmeos Em Pé Hack	<a href="https://youtu.be/GAn7R1U3EDw">https://youtu.be/GAn7R1U3EDw</a>
Gêmeos Em Pé Smith	<a href="https://youtu.be/ER72bXEam4c">https://youtu.be/ER72bXEam4c</a>
Gêmeos Em Pé Livre	<a href="https://youtu.be/VMa37XJdejK">https://youtu.be/VMa37XJdejK</a>
Gêmeos Sentado Máquina	<a href="https://youtu.be/gBlxBWBorB8">https://youtu.be/gBlxBWBorB8</a>
Gêmeos Sentado Smith	<a href="https://youtu.be/iK6cVWR3-jl">https://youtu.be/iK6cVWR3-jl</a>
Gêmeos Sentado Livre	<a href="https://youtu.be/CiFlAqIx-lY">https://youtu.be/CiFlAqIx-lY</a>
Gêmeos Leg Press	<a href="https://youtu.be/omdVB4rQnoQ">https://youtu.be/omdVB4rQnoQ</a>

## Abdômen \ Core \ Lombar

*Caso eu não tenha especificado, você pode escolher qualquer um dos vídeos!*

Exercício	Execução em Vídeo
Supra	<a href="https://youtu.be/N5SL7rhM07c">https://youtu.be/N5SL7rhM07c</a>
Infra	<a href="https://youtu.be/8sIFj9J31IM">https://youtu.be/8sIFj9J31IM</a>
Oblíquos	<a href="https://youtu.be/k9rfQiXoM1w">https://youtu.be/k9rfQiXoM1w</a>
Prancha	<a href="https://youtu.be/TxadpmTHK08">https://youtu.be/TxadpmTHK08</a>
Extensão Lombar	<a href="https://youtu.be/Ito980puQ3c">https://youtu.be/Ito980puQ3c</a>

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