



ALONGAMENTO



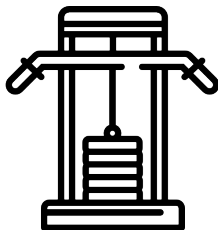
ABDOMINAL



CORRIDA



LEVANTAMENTO COM HALTERES PARA BÍCEPS



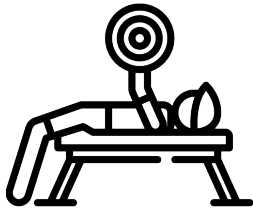
PUXADA ALTA



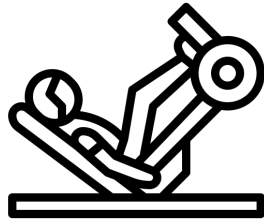
BICICLETA



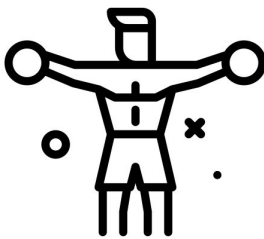
DESENVOLVIMENTO COM HALTERES PARA OMBROS



SUPINO NA BARRA



LEG 45°



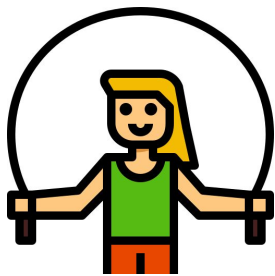
ELEVAÇÃO LATERAL COM HALTERES



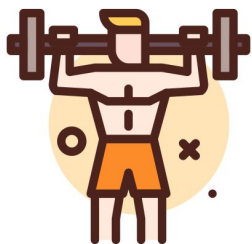
SUPINO INCLINADO COM HALTERES



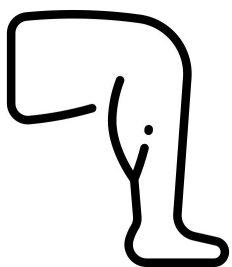
FLEXÃO DE BRAÇOS



PULAR CORDA



AFUNDO COM BARRA



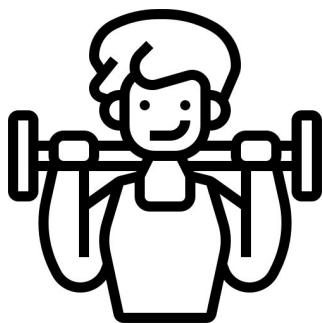
ELEVAÇÃO DE PANTURRILHA



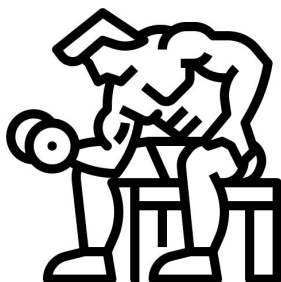
ELEVAÇÃO PÉLVICA



LEVANTAMENTO TERRA



DESENVOLVIMENTO DE OMBROS COM BARRA



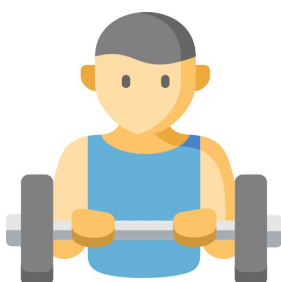
ROSCA CONCENTRADA



BARRA FIXA



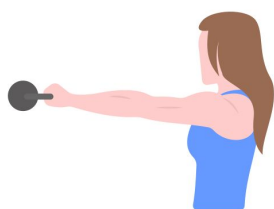
AGACHAMENTO COM BARRA



ROSCA INVERTIDA ANTEBRAÇO



PUXADA UNILATERAL



ELEVAÇÃO FRONTAL COM BARRA