

# Segunda - Braços / Peito / Costas

## TRX Chest Press

**Warming:** 12@50% | 10@50% (faster) | 4r@75% | 1@90%

**Reps:** 8 - 12 [2 sec | 2 sec] x 3[60 sec]



## TRX Row

**Warming:** 12@50% | 10@50% (faster) | 4r@75% | 1@90%

**Reps:** 8 - 12 [2 sec | 2 sec] x 3[60 sec]



## TRX Push Up

**Reps:** 8 - 12 [2 sec | 2 sec] x 3[60 sec]



## TRX Bicep curl

**Reps:** 8 - 12 [2 sec | 2 sec] x 3[60 sec]



# TRX Triceps Press

Reps: 8 - 12 [2 sec | 2 sec] x 3[60 sec]

