|  |  |  |  |
| --- | --- | --- | --- |
| **PEITO** | | | |
| **Nº** | **EXERCÍCIO** | **REPETIÇÃO** | **PESO** |
| **1** | **SUPINO BARRA** | **3X 12** | **10 KG** |
| **2** | **SUPINO INCLINADO** | **3X 12** | **10 KG** |
| **3** | **ABERTURA INCLINADA COM HALTERES** | **3X 12** | **9 KG** |
| **4** | **VOADOR** | **3X 12** | **42 KG** |
| **5** | **CROSSOVER** | **3X 12** | **12 KG** |
| **COSTAS** | | | |
| **6** | **PUXADOR FRENTE** | **3X 12** | **32 KG** |
| **7** | **PUXADOR TRÍANGULO** | **3X 12** | **28 KG** |
| **8** | **PUXADOR SUPINADO** | **3X 12** | **32 KG** |
| **9** | **REMADA** | **3X 12** | **27 KG** |
| **ABDOMINAL** | | | |
| **10** | **PRANCHA** | **3X** | **60 Seg.** |
| **AERÓBICO** | | | |
| **11** | **BIKE** | **-** | **15 A 20 Min.** |