|  |  |  |  |
| --- | --- | --- | --- |
| **TRÍCEPS** | | | |
| **Nº** | **EXERCÍCIO** | **REPETIÇÃO** | **PESO** |
| **1** | **TRÍCEPS PULLEY** | **3X 12** | **12 KG** |
| **2** | **TRÍCEPS CORDA** | **3X 12** | **12 KG** |
| **3** | **TRÍCEPS FRANCÊS** | **3X 12** | **8 KG** |
| **4** | **TRÍCEPS MÁQUINA** | **3X 12** | **32 KG** |
| **BÍCEPS** | | | |
| **5** | **ROSCA MARTELO** | **3X 12** | **10 KG** |
| **6** | **ROSCA ALTERNADA** | **3X 12** | **10 KG** |
| **7** | **ROSCA REVERSA C/ BARRA** | **3X 12** | **15 KG** |
| **8** | **ROSCA SCOTT** | **3X 12** | **20 KG** |
| **ABDOMINAL** | | | |
| **9** | **MÁQUINA** | **3X 20** | **45 KG** |
| **AERÓBICO** | | | |
| **10** | **ESTEIRA** | **-** | **25 Min.** |