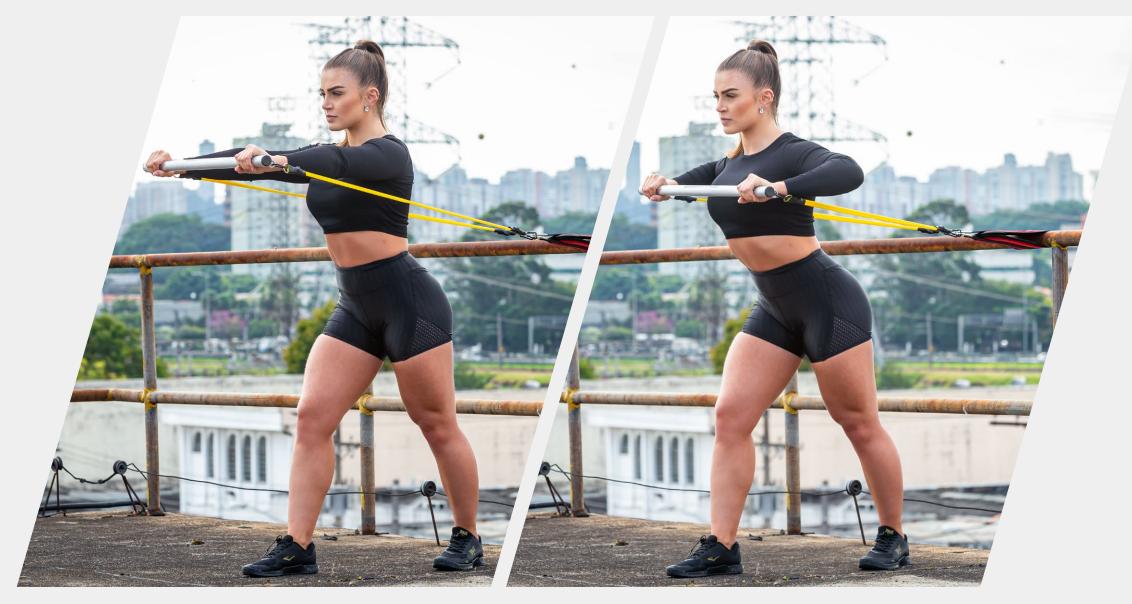


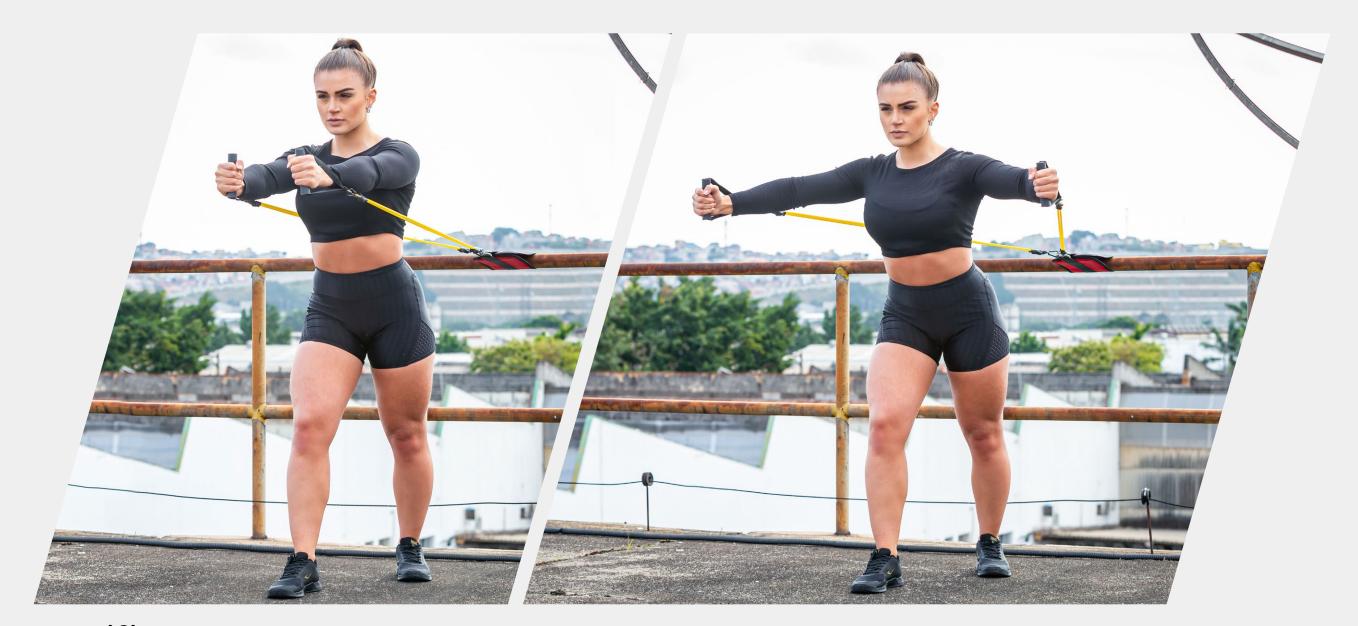
EXERCÍCIOS
COMBULLO DE REMULTIBAR
E 260 CUBE







Supino

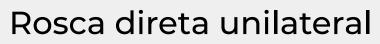


Crucifixo







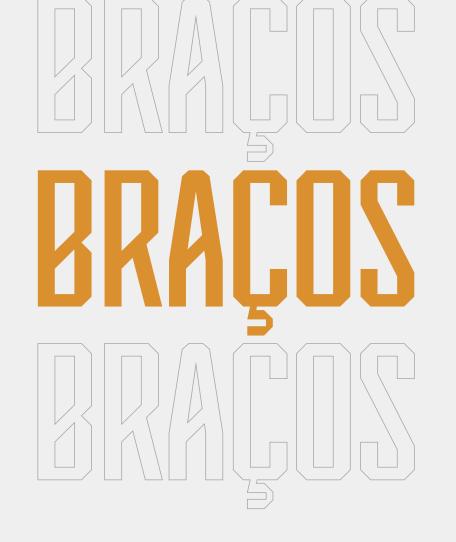


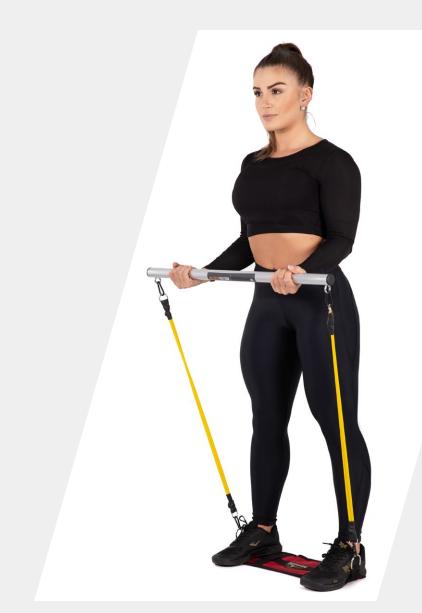


Rosca direta com peso + elástico



Rosca alternada





Rosca direta



Tríceps francês unilateral



Tríceps francês



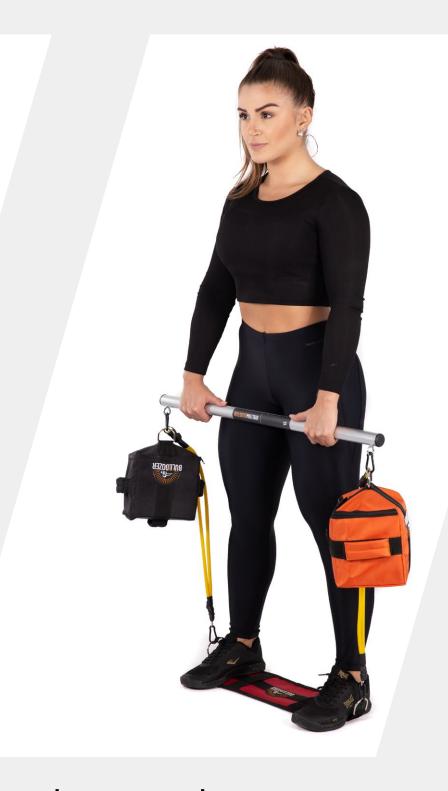
Tríceps testa











Remada curvada com peso + elástico

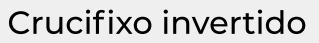


Remada unilateral











Desenvolvemento unilateral

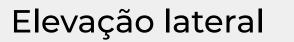


Desenvolvimento





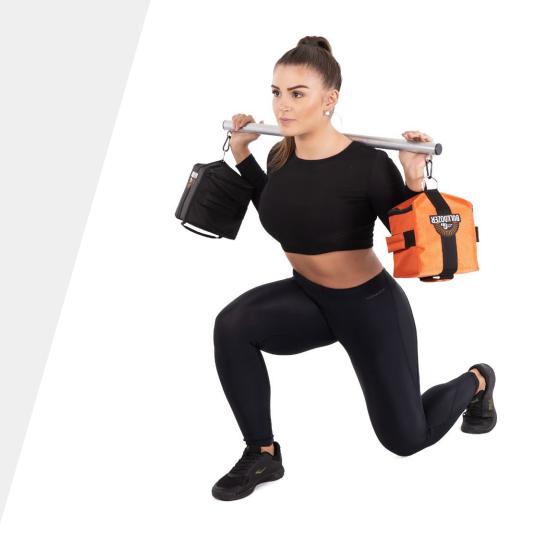


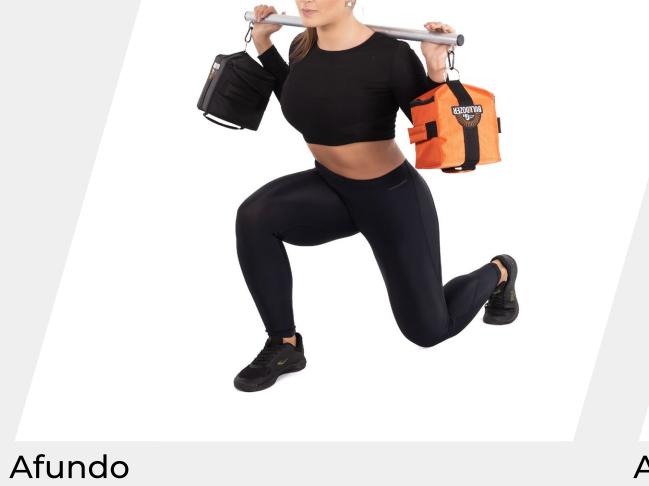


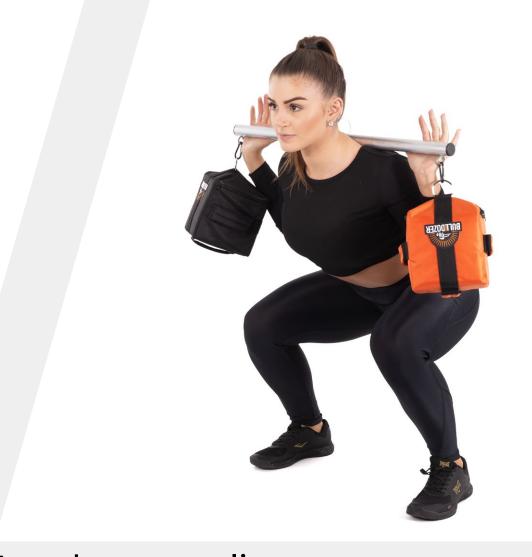


Remada alta





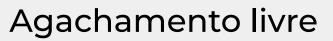




Agachamento livre com peso









Agachamento sumô



Agachamento livre com peso + elástico











Elevação pélvica

Glúteo em 4 apoios

Leg press







BBULLS



2(G(O)B)A(G 2(G(O)B)A(G

BULLDOZER MULTIBAR 2GOCUBE

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