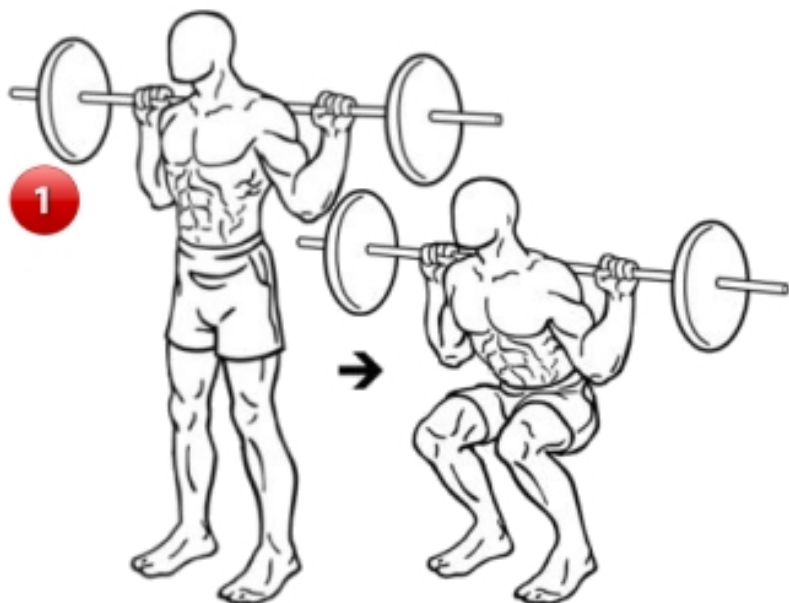
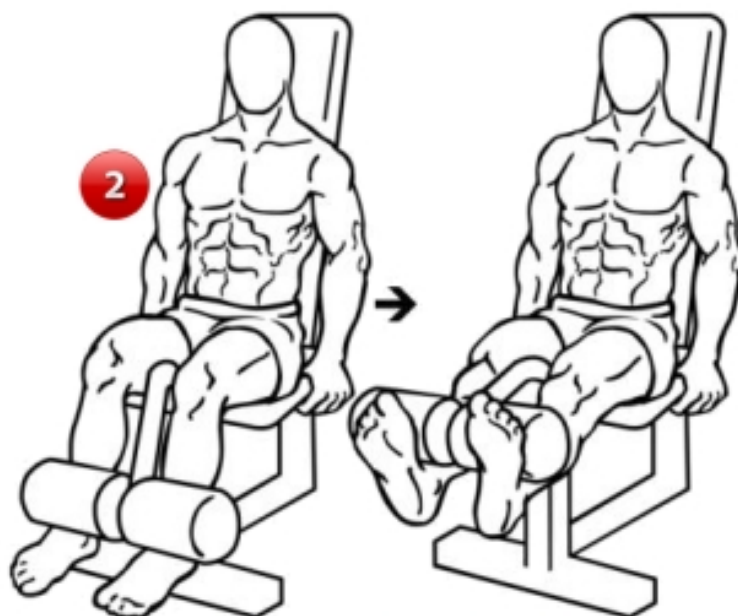


Agachamento



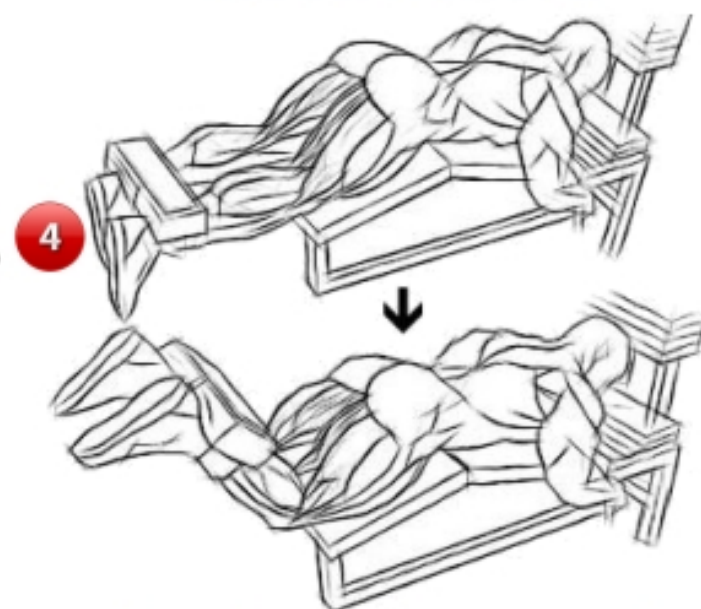
Cadeira extensora



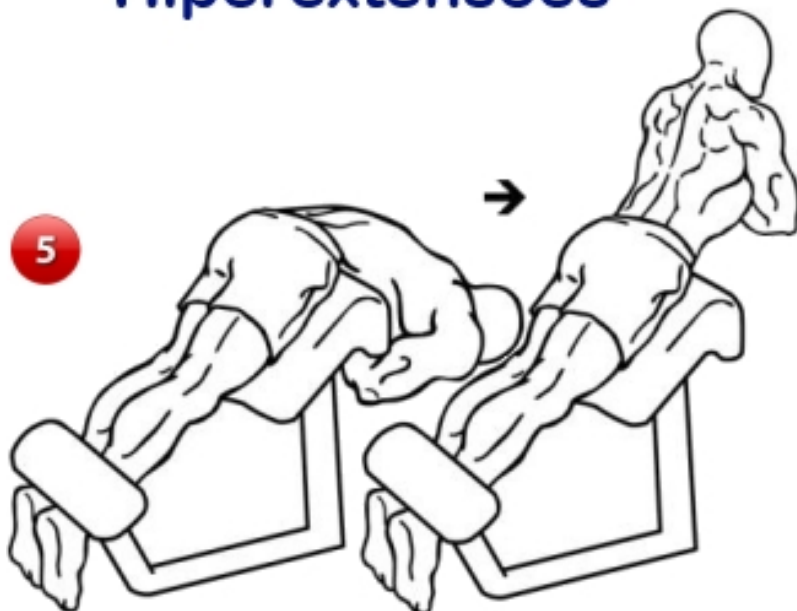
Bom dia



Mesa flexora



Hiperextensões



Panturrilha em pé

