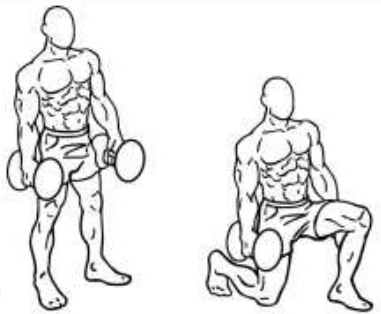

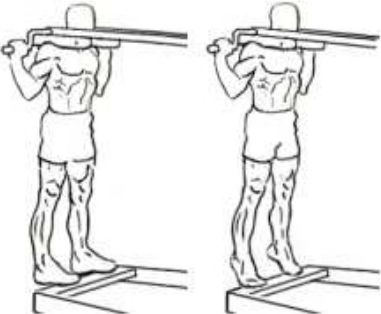
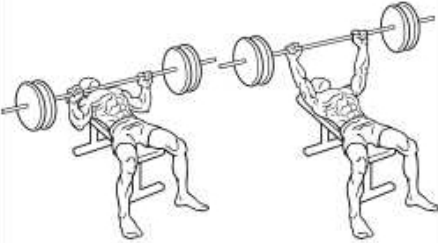
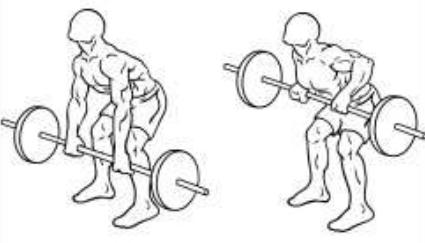

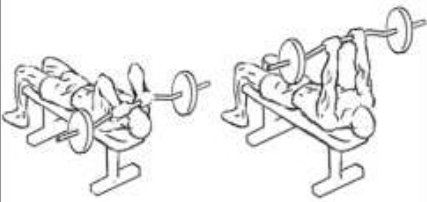
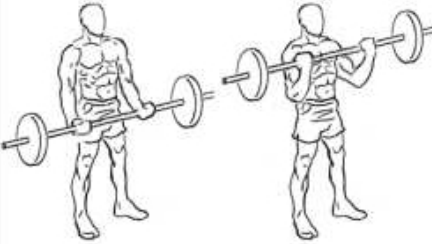




CIRCUITO DE CORPO COMPLETO

		
<p>1 Afundos com halteres (Dumbbell split squat)</p>	<p>2 Peso morto a pernas retas / halteres (Dumbbell stiff legged deadlift)</p>	<p>3 Elevações de gêmeos em máquina (Machine standing calf raise)</p>
		
<p>4 Supino com barra (Barbell bench press)</p>	<p>5 Remo inclinado com barra (Bent over barbell row)</p>	<p>6 Press militar com barra (Barbell military press)</p>
		
<p>7 Extensões de tríceps em banco plano (Lying barbell triceps extensions)</p>		<p>8 Curl de bíceps com barra (Barbell biceps curl)</p>
		
<p>9 Abdominal em roda (Ab weell roll out)</p>	<p>10 Burpees</p>	

Cada exercício deste circuito de corpo completo deverá ser realizado durante 45 a 60 segundos, sem mais de 30 segundos de descanso entre cada exercício. Realize dois a três circuitos completos antes de dar o treino por completo.