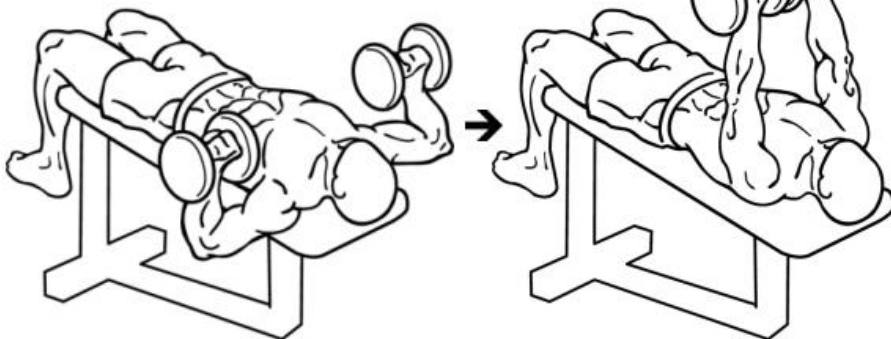
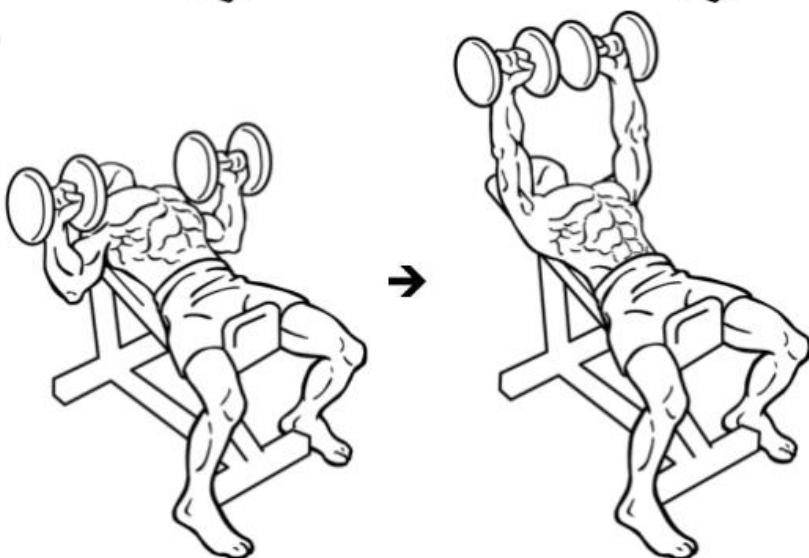


1



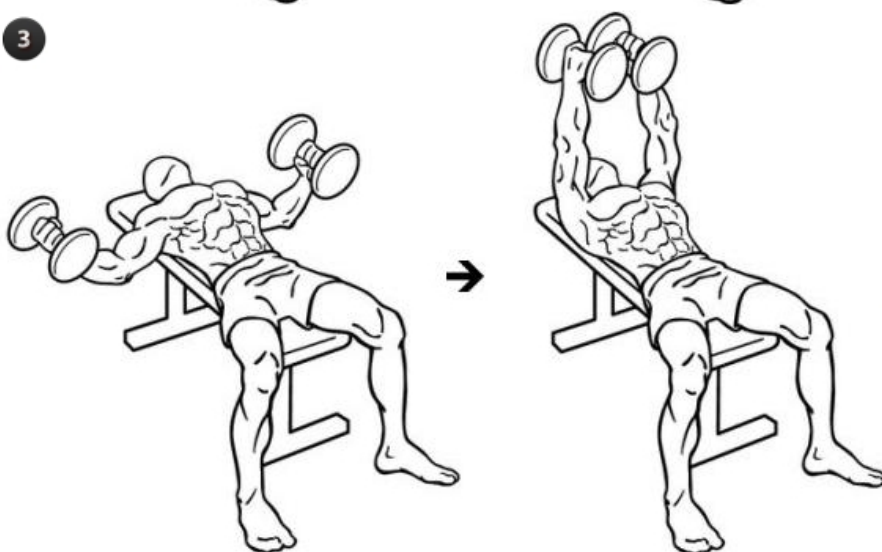
**Supino  
declinado  
com  
halteres**

2



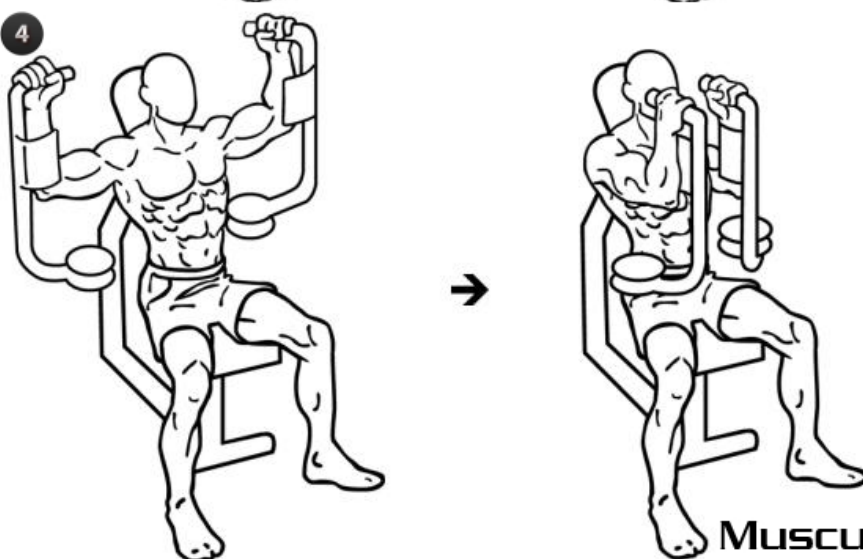
**Supino  
inclinado  
com  
halteres**

3



**Crucifixo  
plano  
com  
halteres**

4



**Peck Deck  
(Opcional)**