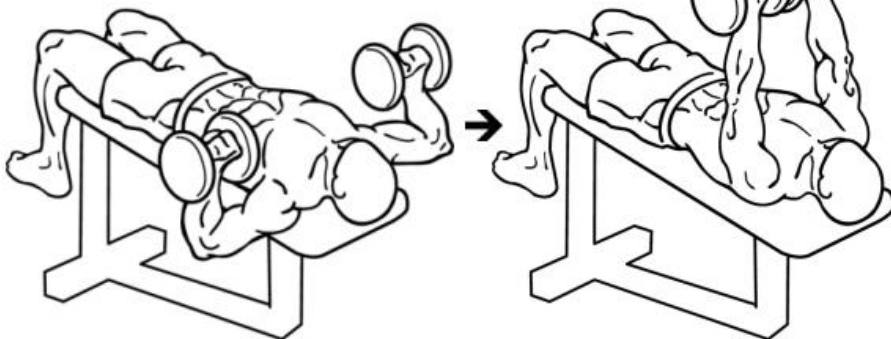
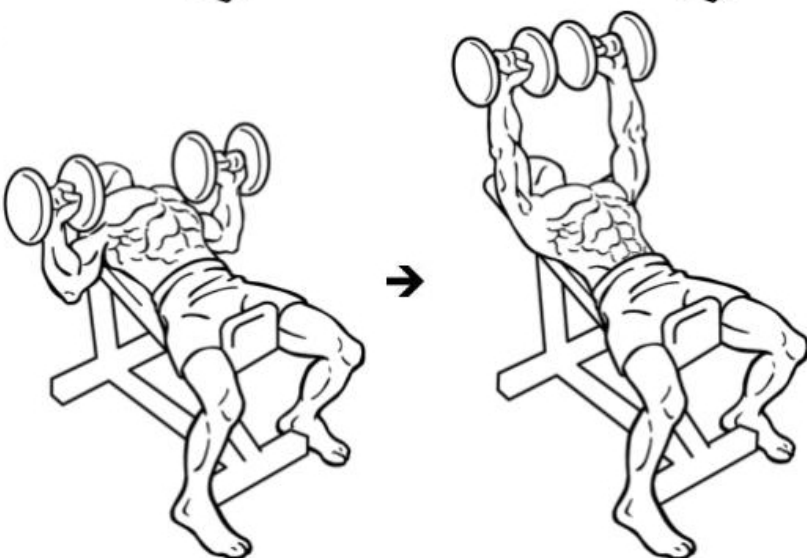


1



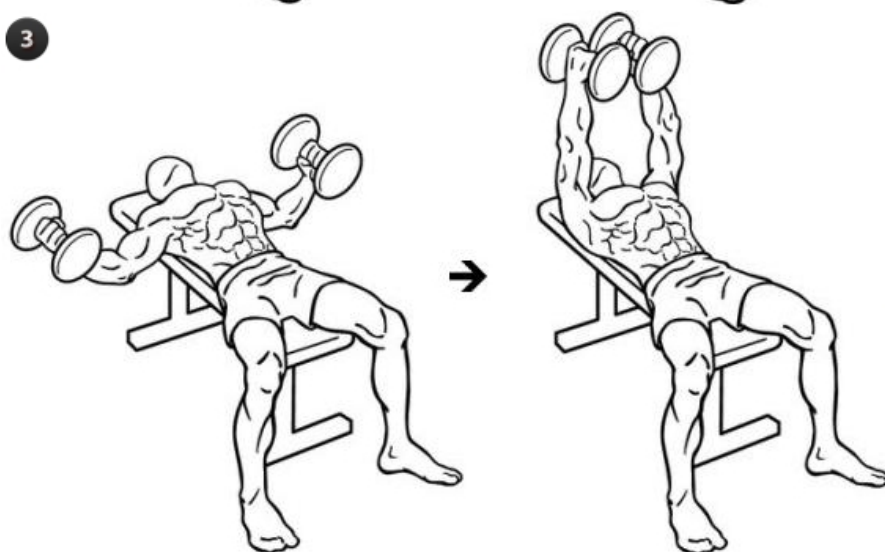
**Supino
declinado
com
halteres**

2



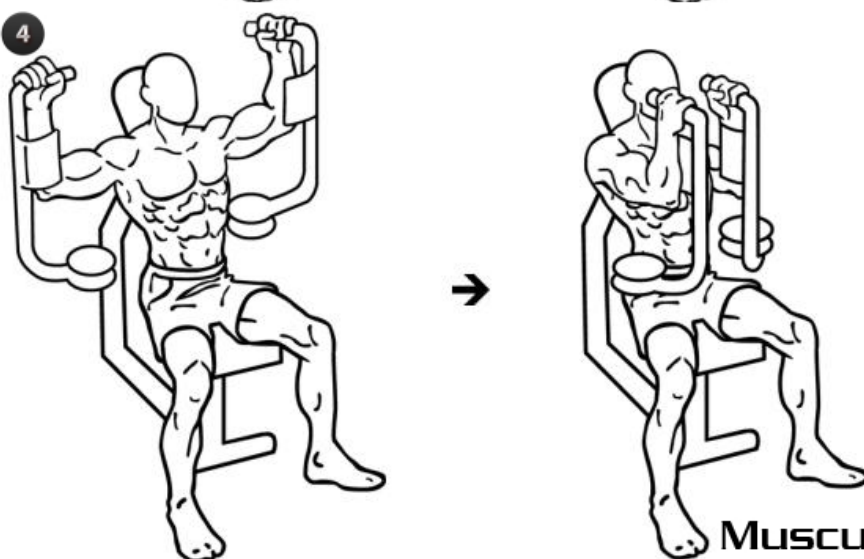
**Supino
inclinado
com
halteres**

3



**Crucifixo
plano
com
halteres**

4



**Peck Deck
(Opcional)**