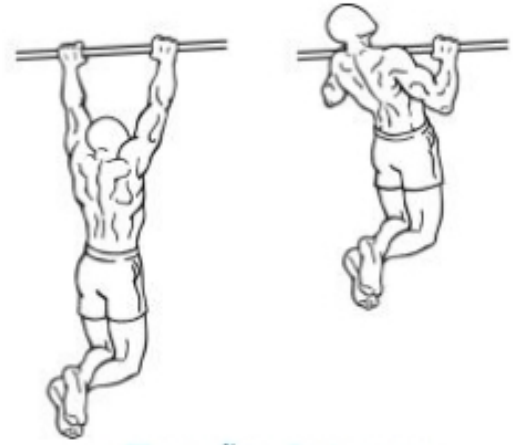


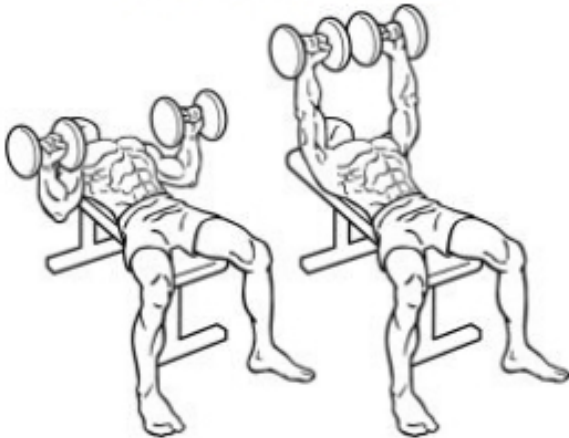
1º Dia (Segunda-feira)



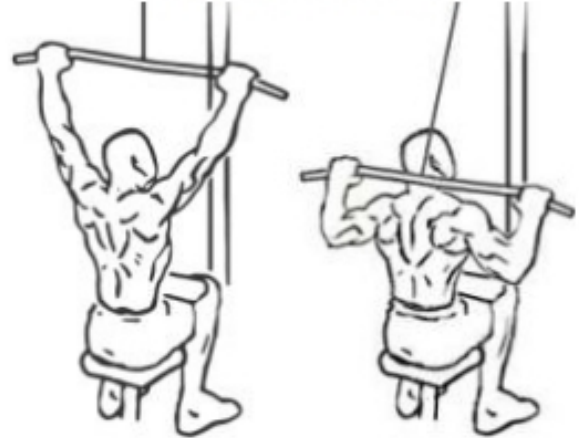
Fundos para peitoral



Elevações de tronco



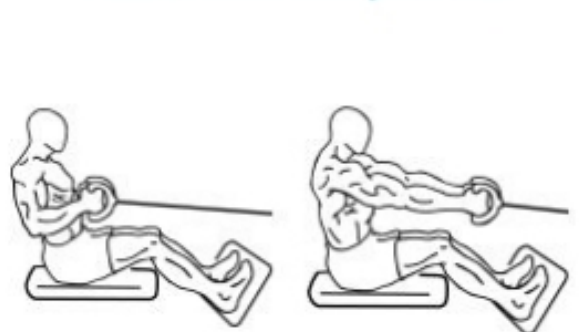
Supino com halteres



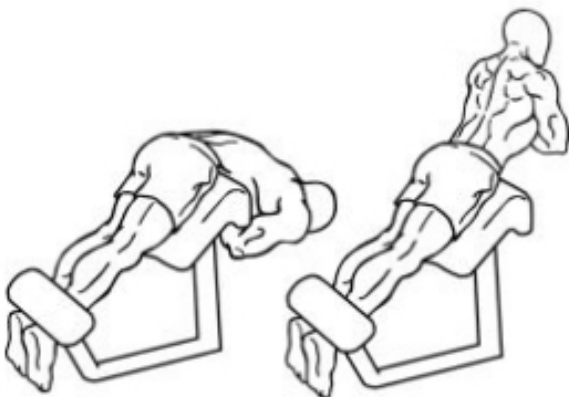
Puxada atrás com polia alta



Peck Deck



Remada em polia baixa

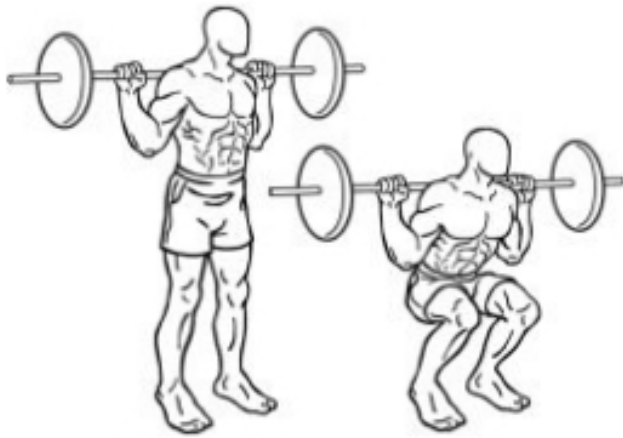


Hiperextensões

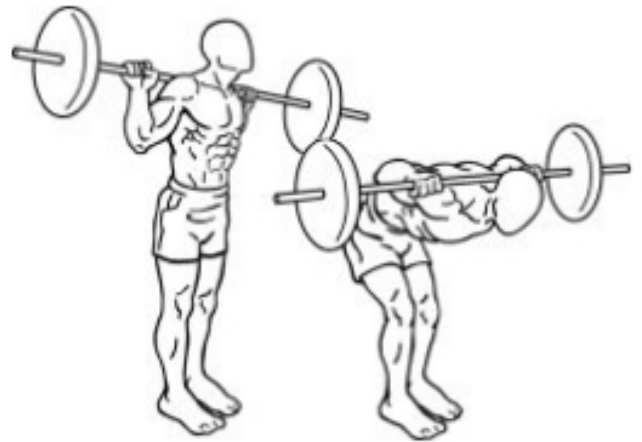


Flexão do quadril em barra fixa

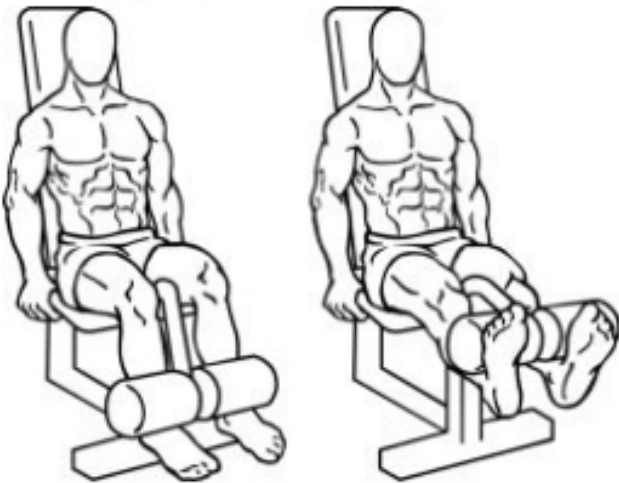
2º Dia (Quarta-feira)



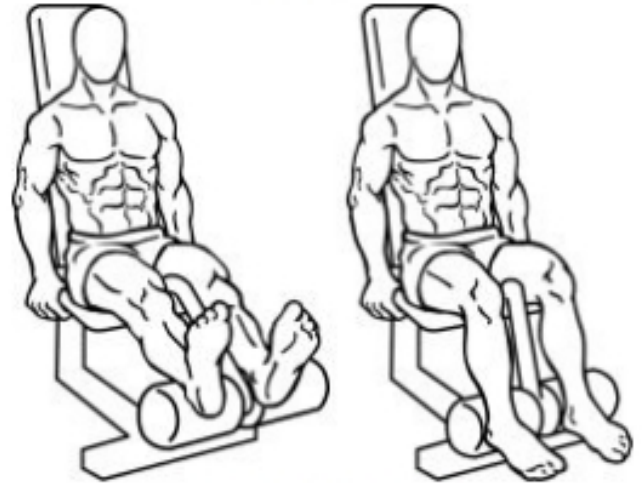
Agachamento com barra



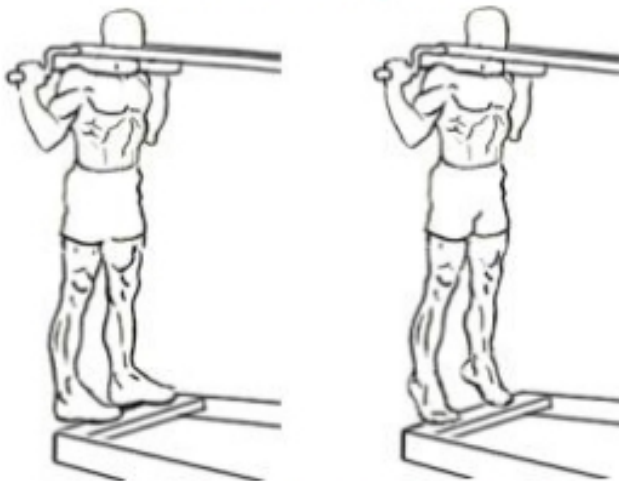
Bom dia



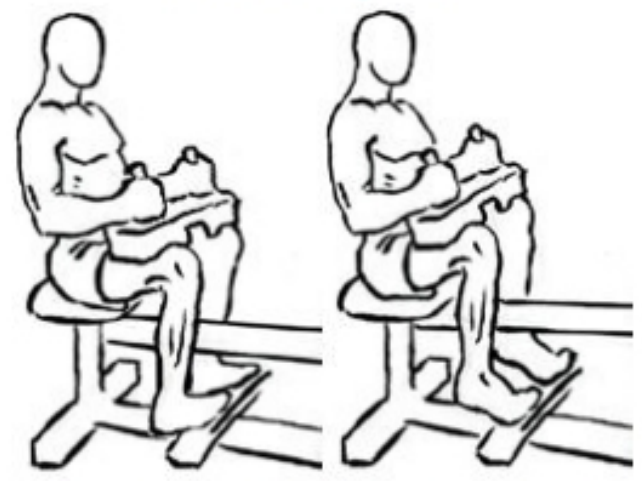
Extensões de pernas



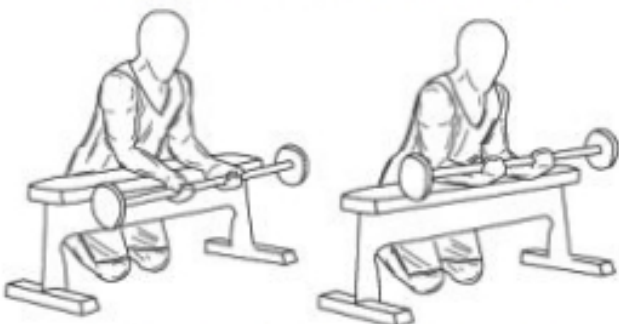
Flexão de pernas



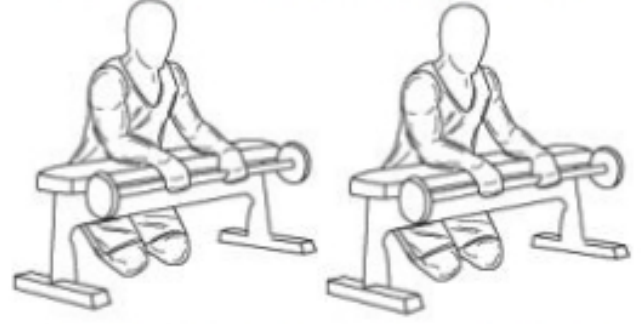
Elevações de gêmeos em pé



Elevações de gêmeos sentado

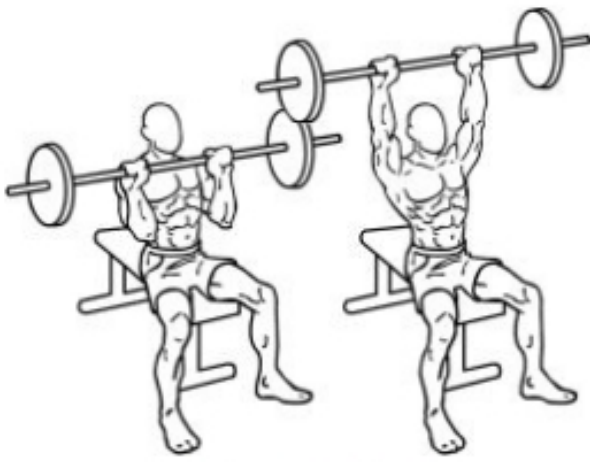


Flexão dos punhos com barra

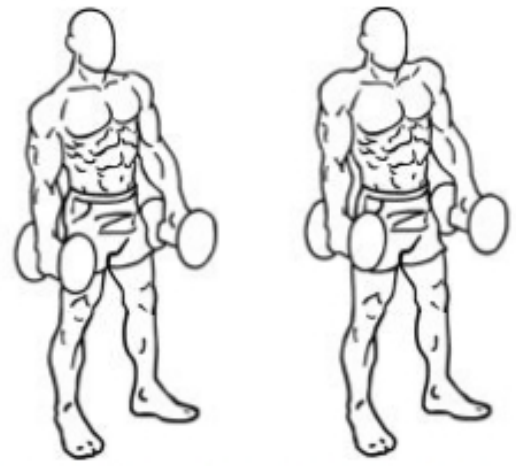


Extensão dos punhos com barra

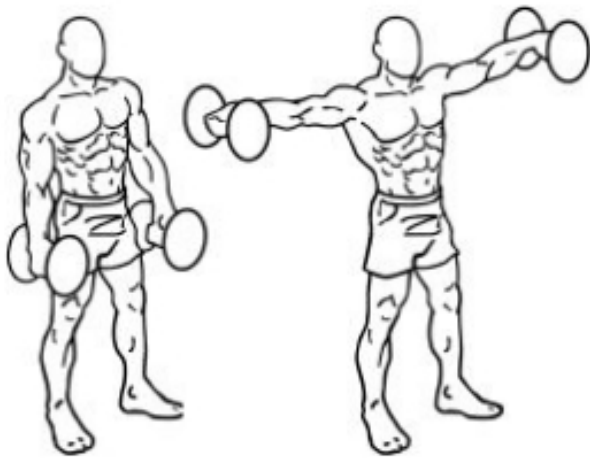
3º Dia (Sexta-feira)



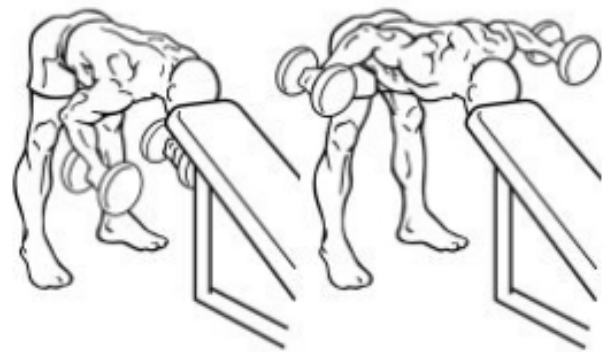
Press militar



Encolhimentos de ombros com halteres



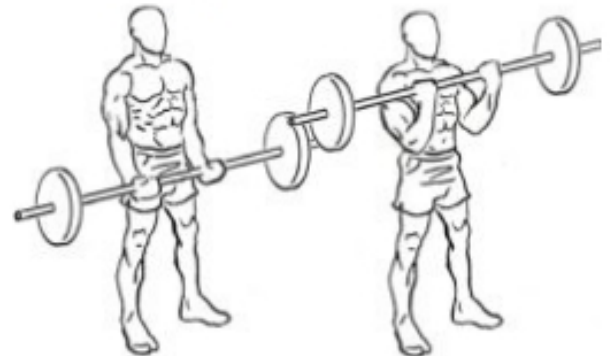
Elevações laterais com halteres



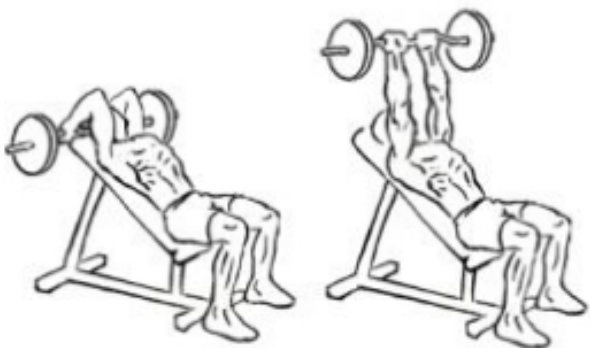
Elevações posteriores com halteres



Fundos entre bancos



Curl com barra



Extensões em banco inclinado



Curl martelo com halteres