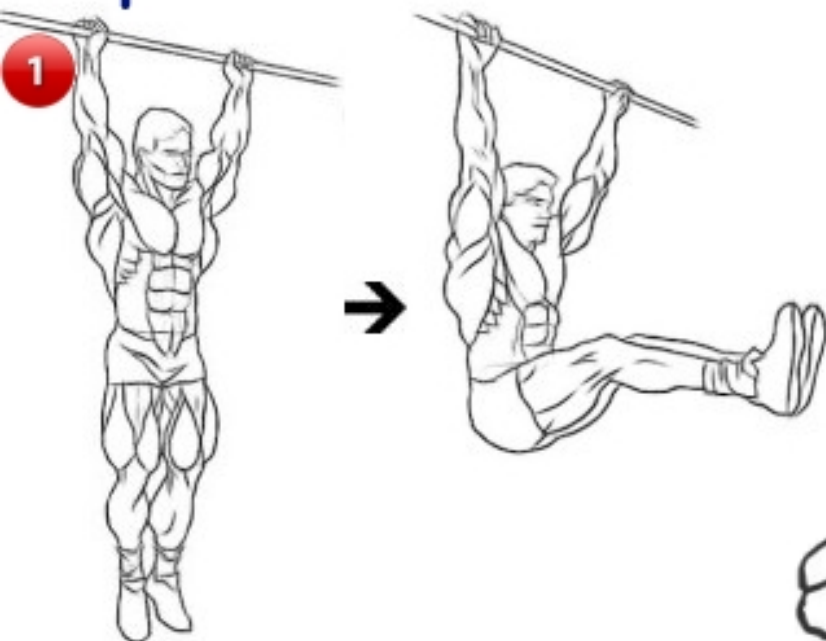
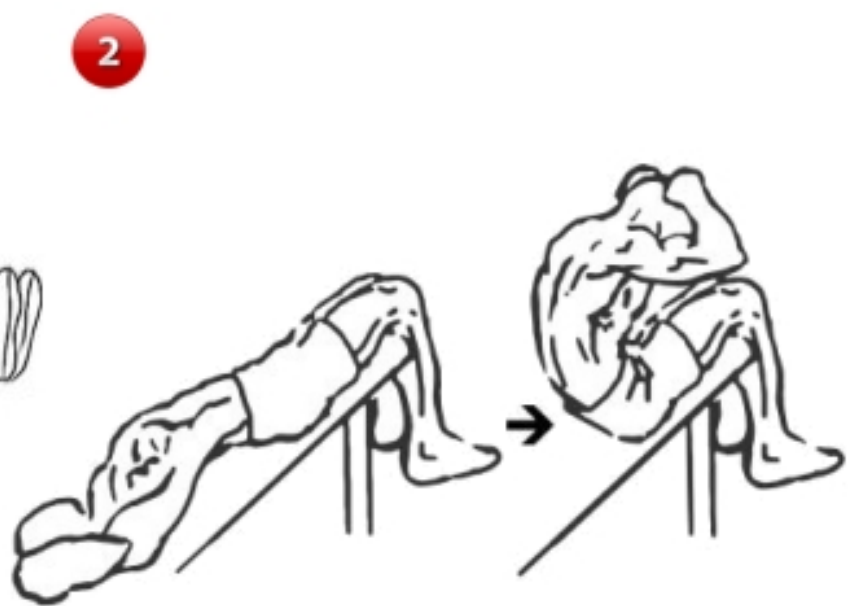


Flexão do quadril suspenso em barra fixa



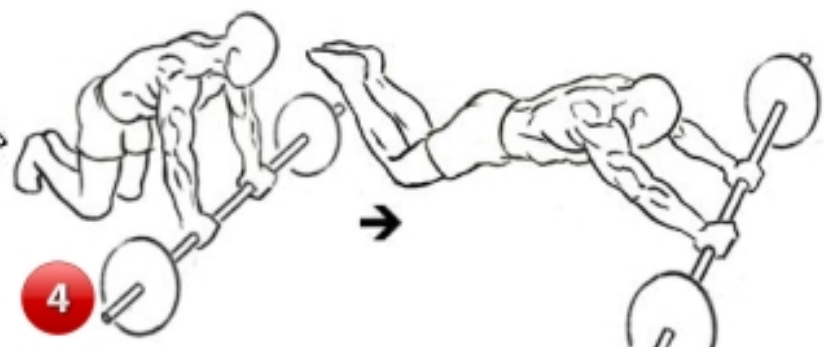
Crunch em banco



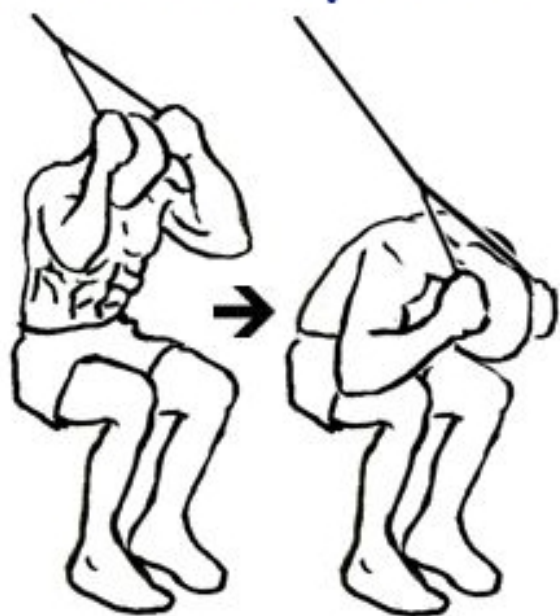
Abdominal com flexão do quadril



Abdominal na roda



Crunch em polia alta



Prancha

