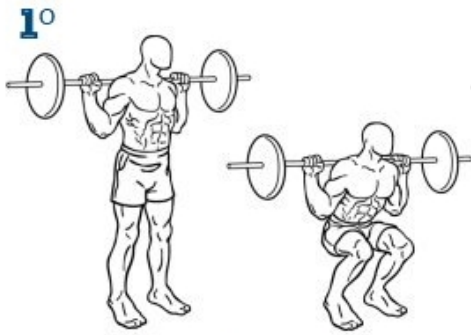
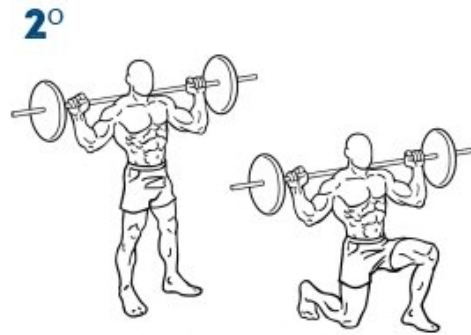


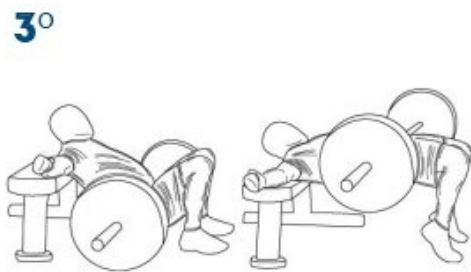
TREINO DE PERNAS PARA MULHERES



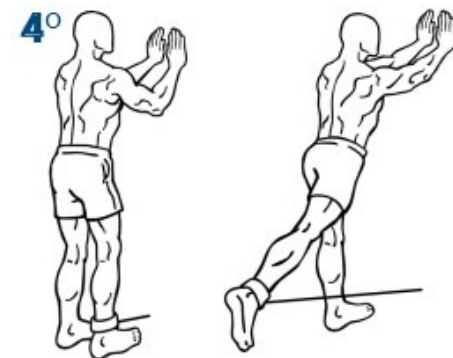
Agachamento com barra



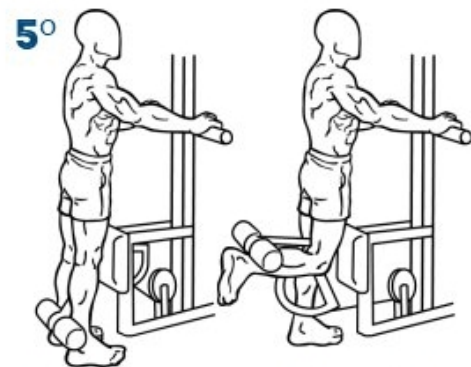
Afundos com barra



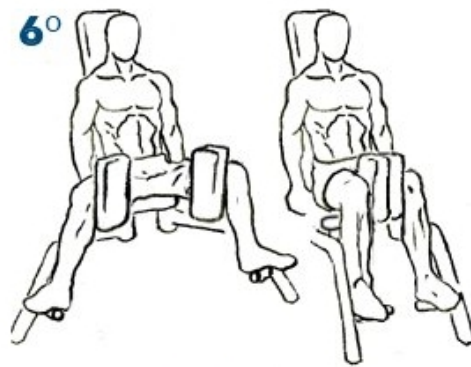
Hip thrust



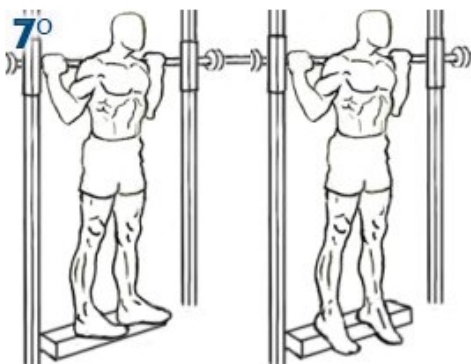
Glúteos em polia baixa em pé



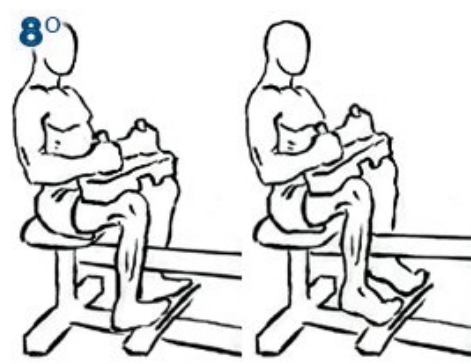
Flexão de pernas em pé em máquina



Máquina adutora



Elevações de gêmeos na máquina smith



Elevações de gêmeos sentado em máquina