



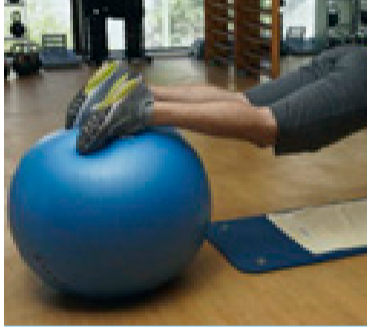

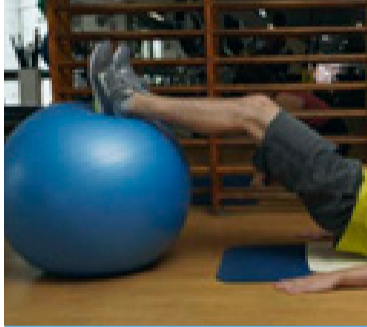
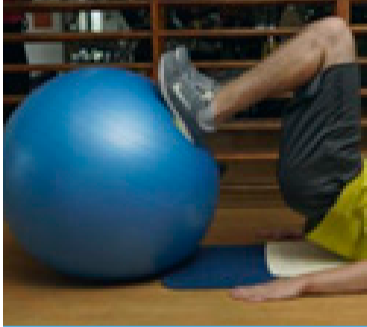





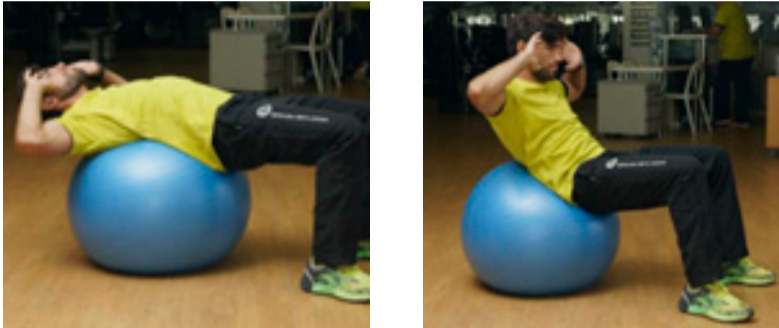


TREINO COM FITBALL

NOME DO EXERCÍCIO	SÉRIES	REPETIÇÕES	DESCANSO (SEGUNDOS)	IMAGENS	
Rotação do Tronco com Fitball	2	20	30		
Agachamento na Fitball	3	15	45		
Jack Knife na Fitball	3	15	45		
Leg Curl na Fitball	3	15	60		
Prancha Lateral de Antebraço na Fitball	2	30	60		
Ponte de Glúteos Unilateral na Fitball	3	10	60		



TREINO COM FITBALL

NOME DO EXERCÍCIO	SÉRIES	REPETIÇÕES	DESCANSO (SEGUNDOS)	IMAGENS
Crunch na Fitball	2	20	30	
Prancha Frontal com Antebraços apoiados na Fitball	3	30 segundos	60	