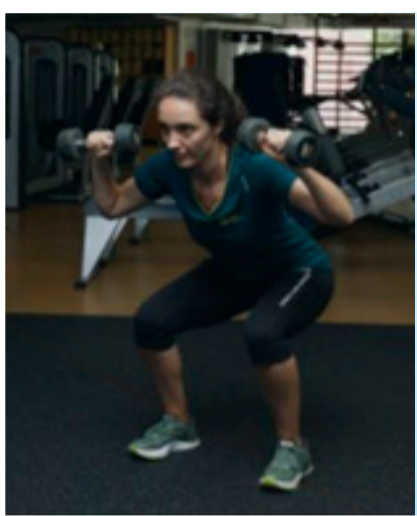
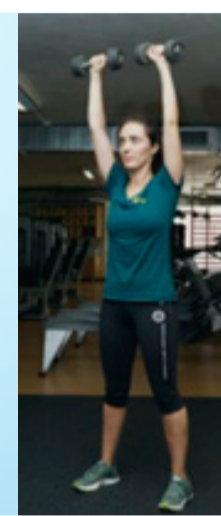
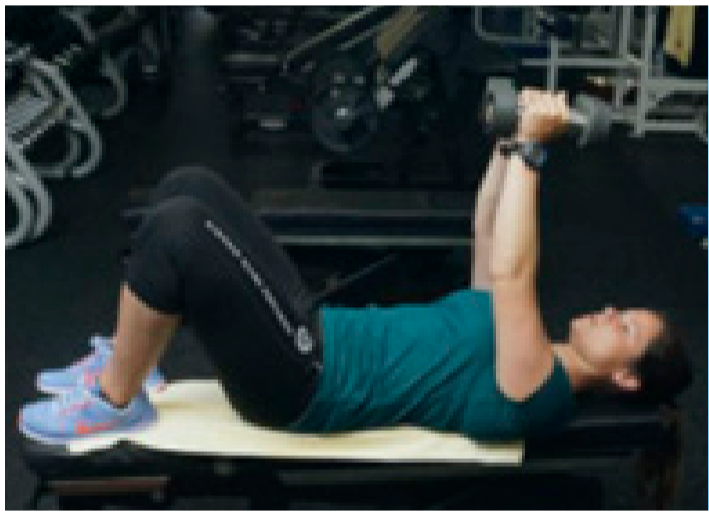
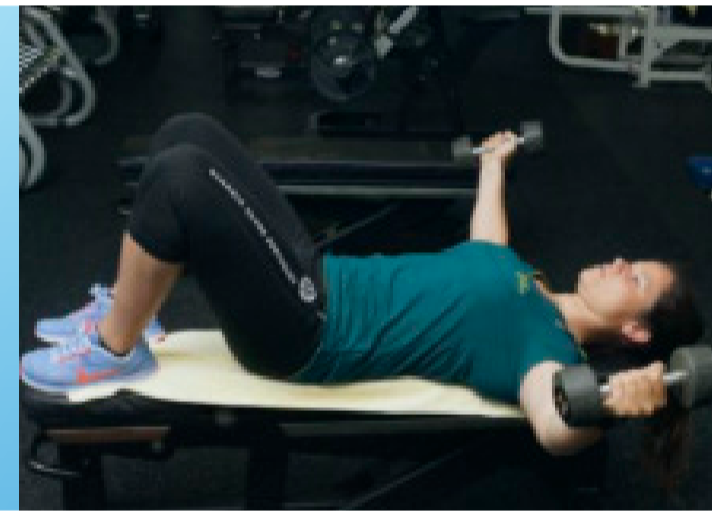

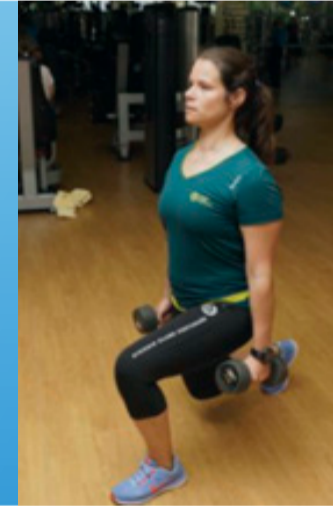
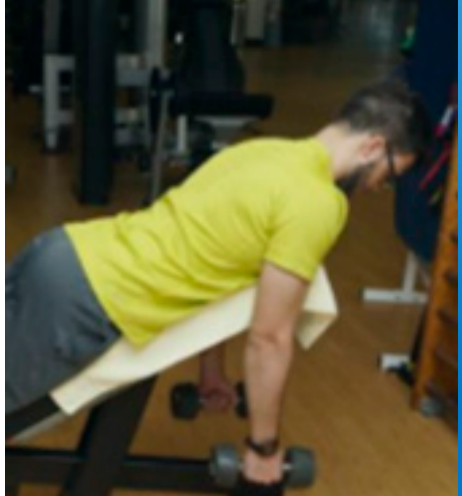
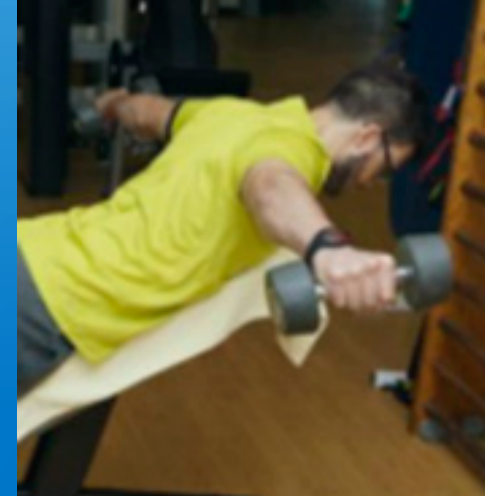




TREINO COM HALTERES EM CIRCUITO

EXERCÍCIO	REPETIÇÕES	IMAGENS	
Agachamento com Shoulder Press	15		
Aberturas	12		
Lunge	20		
Voos com o Tronco Inclinado	10		



TREINO COM HALTERES EM CIRCUITO

EXERCÍCIO	REPETIÇÕES	IMAGENS
Peso Morto	12	
Arnold Press	12	
Bíceps Curl com Pega Martelo	15	
Press Francês	15	