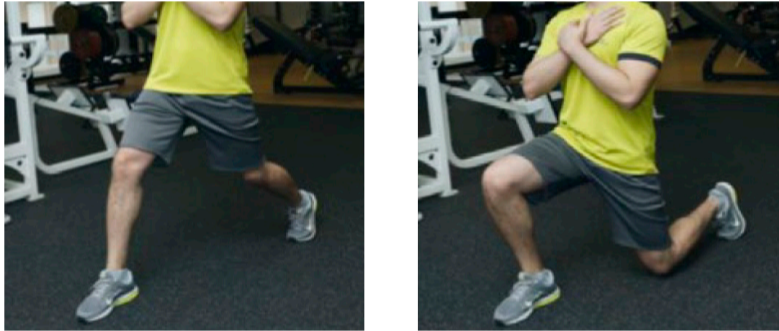


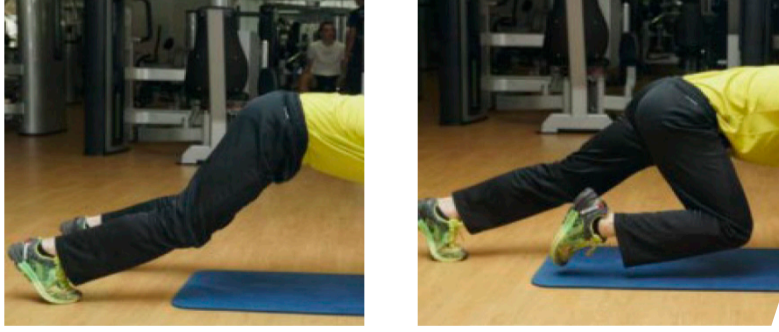




TREINO COM O PESO CORPORAL 1

NOME DO EXERCÍCIO	SÉRIES	REPETIÇÕES	DESCANSO (SEGUNDOS)	IMAGENS
Agachamento	3	15	45	
Lunge	3	12 + 12	60	
Flexões	3	15	60	
Glute Bridge	3	15	45	
Mountain Climbers	3	1 minuto	45	
Prancha Frontal	3	45 segundos	45	