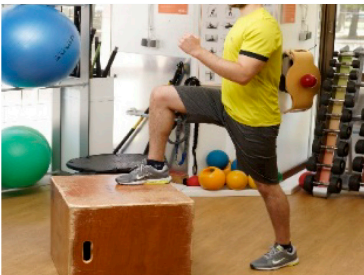
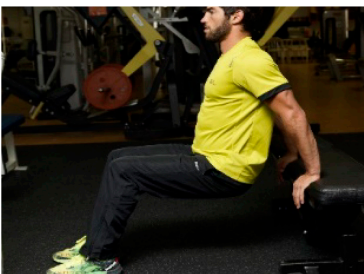
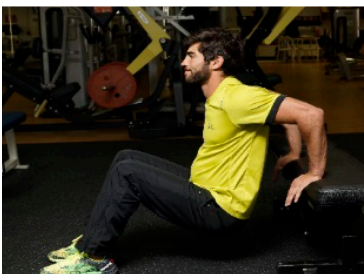
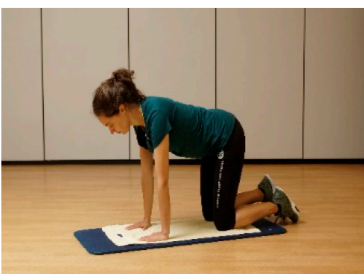
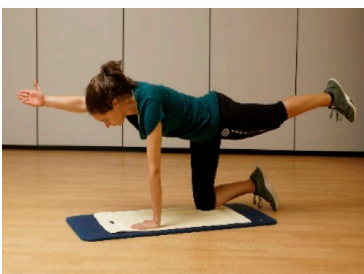
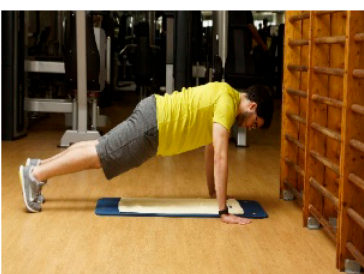
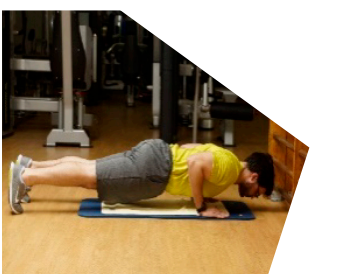




**GINÁSIO
CLUBE
PORTUGUÊS**

TREINO COM O PESO CORPORAL 2

NOME DO EXERCÍCIO	SÉRIES	REPETIÇÕES	DESCANSO (SEGUNDOS)	IMAGENS	
Agachamento com Salto	3	15	0		
Prancha Lateral	3	30 segundos + 30 segundos	0		
Abdominal Cruzado	3	15 + 15	0		
Step Up	3	15 + 15	0		
Fundos	3	15	0		
Super Mulher	3	45 segundos	0		
Extensões Fechadas	3	12	0		

(3x Circuito com 2 minutos pausa no fim)

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