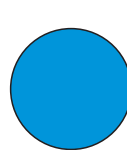
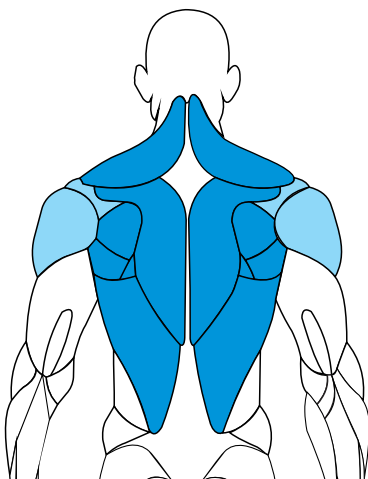
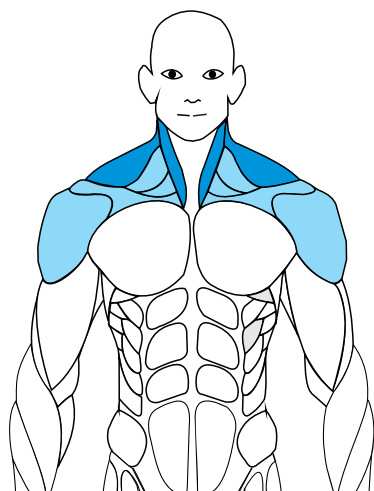
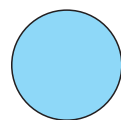


Puxador com Articulação Superior

Fortalece a musculatura das costas



Musculatura
Principal

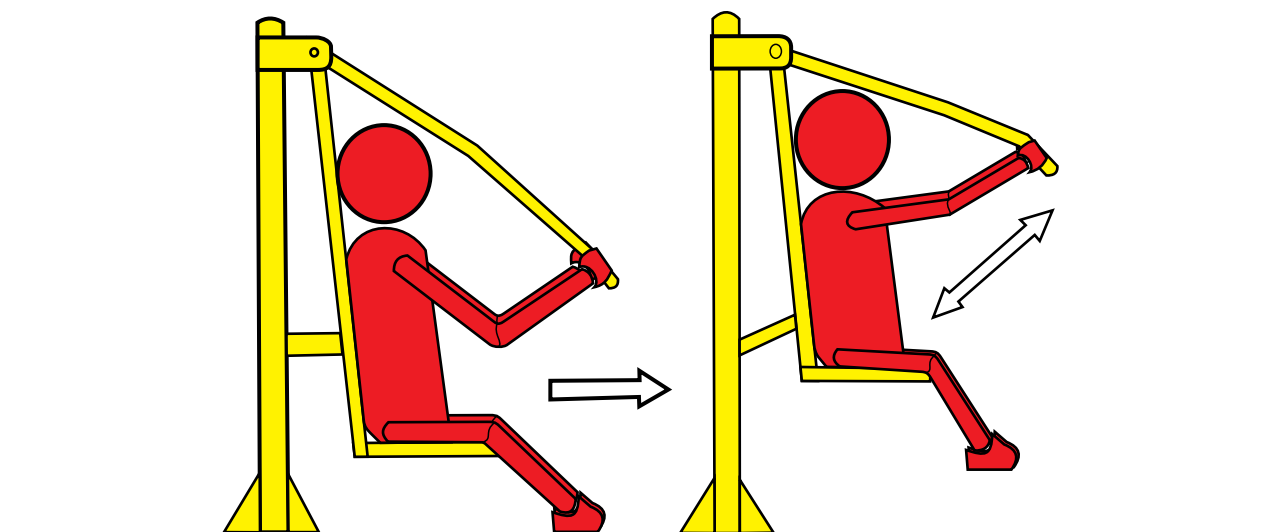


Musculatura
Secundaria

Modo de Utilização

3 Séries de 10 Repetições

Descance 1 minuto entre cada Série



* Toda prática de atividades físicas deve ser avaliada por um profissional da educação física.