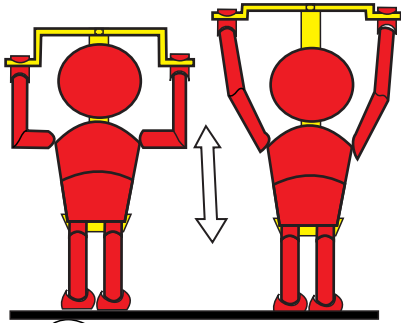




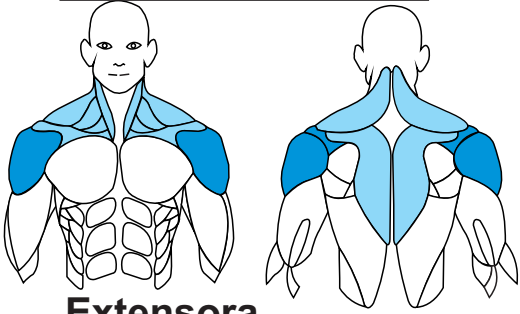
Multi Exercitador 6 Funções

Desenvolvimento

3 Séries de 10 repetições

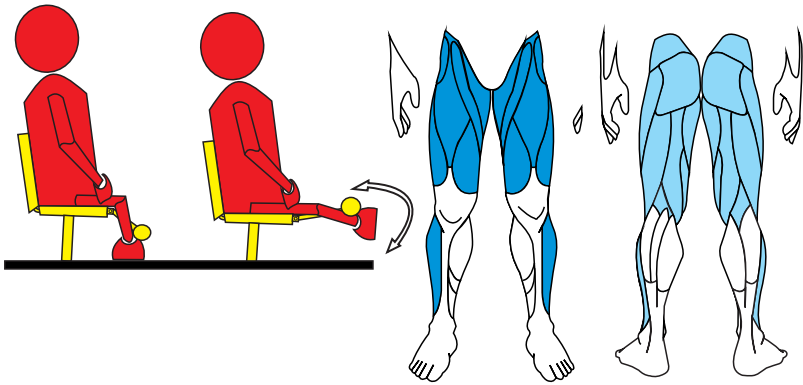


 Musculatura Principal
 Musculatura Secundaria

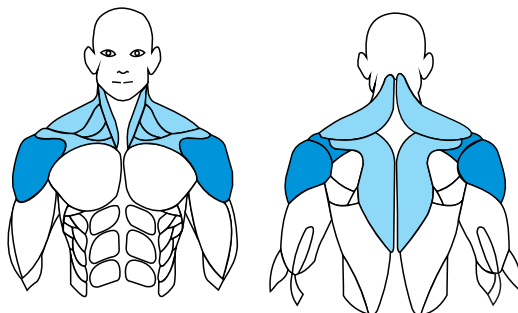
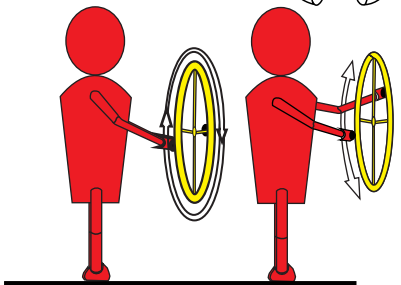
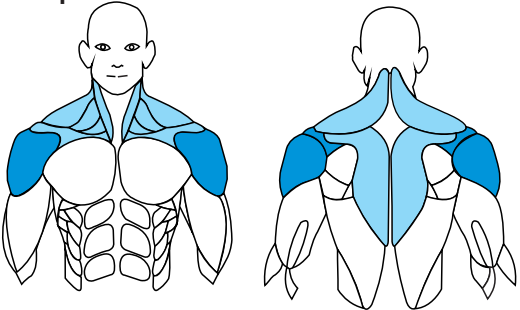


Extensora

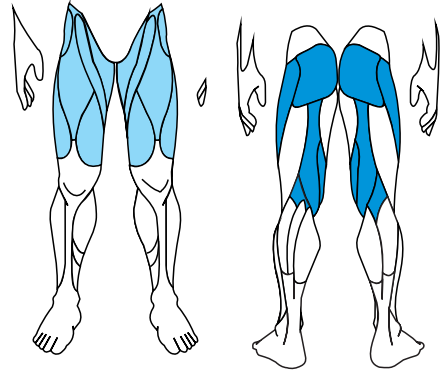
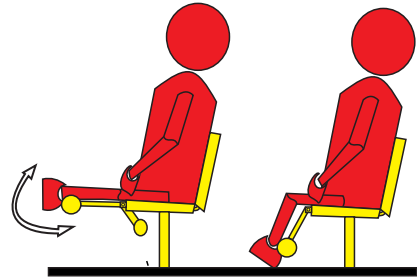
3 Séries de 10 repetições



Rotação vertical
fazer séries com 20 giros em cada sentido
Primeiro com um braço de cada vez,
depois com o dois.

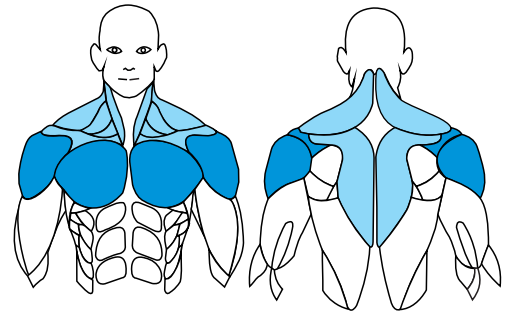
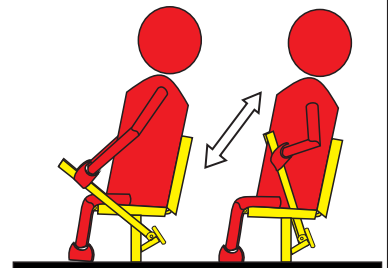


Flexora
3 Séries de 10 repetições



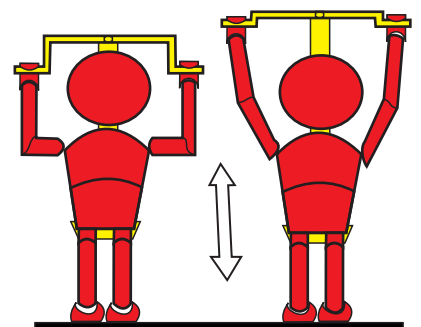
Supino

3 Séries de 10 repetições



Puxador

3 Séries de 10 repetições



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