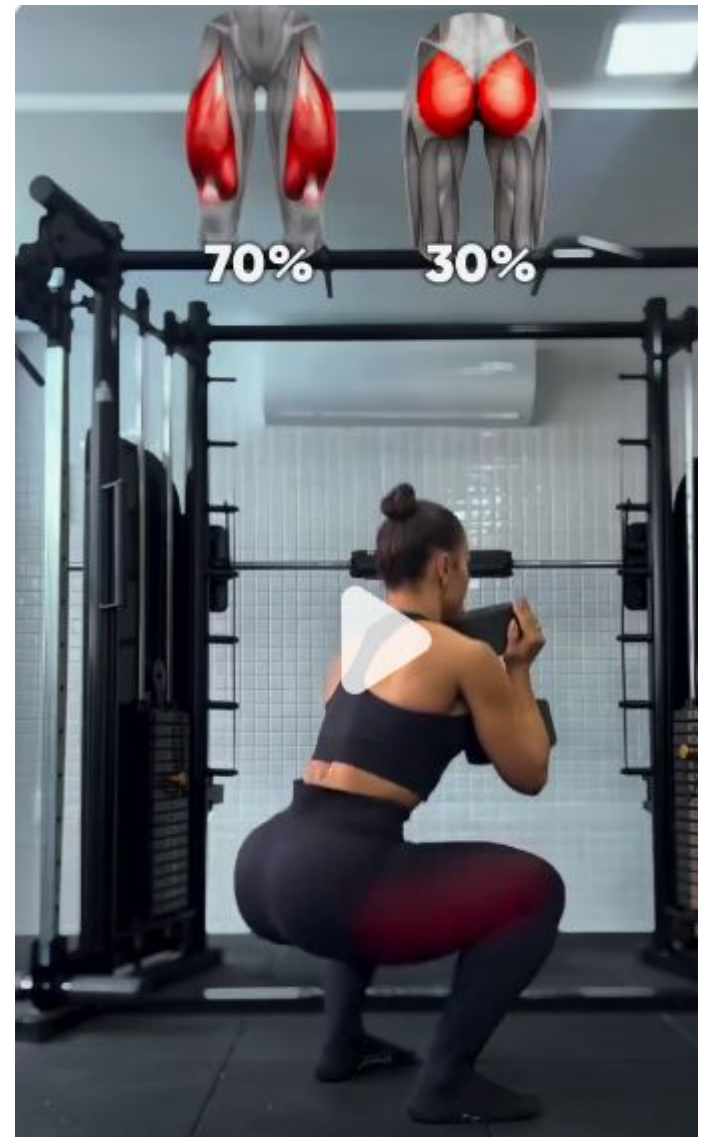


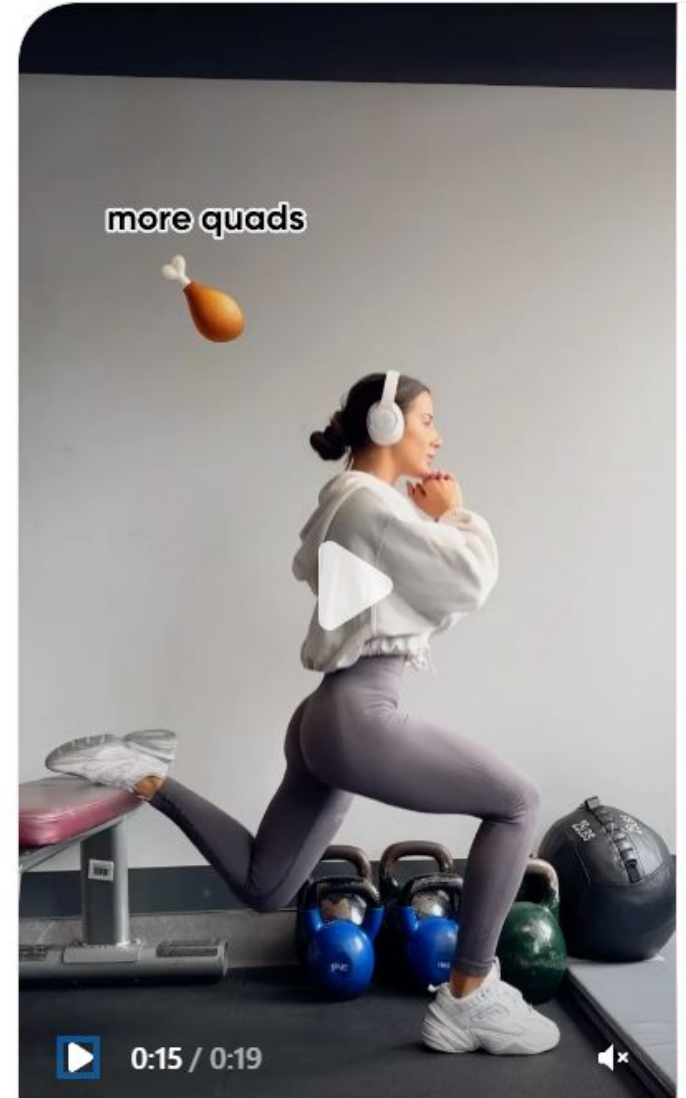
1 - Squat

1minuto



# 2 - Bulgarian Split Squat

1minuto



# 3 – Wall Squat

1minuto



# 4 – Flexão elevada

1minuto



5 – Descanso

1minuto

