









Prof. Alvaro					
No	Exercícios	Qtd	Cargas	Ajustes	Fotos
1	Puxada no Gravitron	4 x 15	100	-	
2	Remada no Low Pull	3 x 15	5 blocos	-	
3	Puxada no Kinesis	3 x 15	8 blocos	-	
4	Flexão no Smith Press	4 x 15	sc	-	
5	Ponte Unilateral	3 x 15	sc	Bolinha	
6	Leg Press	4 x 15	85	banco 5	
7	Panturrilha no Leg Press	3 x 10	85	banco 5	

<b>8</b>	<b>Prone Leg Curl</b>	<b>3 x 15</b>	<b>37,5</b>	<b>apoio 2</b>	 A photograph showing a person lying prone on a leg curl machine in a gym. The person is wearing a dark t-shirt and shorts, and is in the middle of a leg curling motion. The machine is white and black, and the gym floor is wooden.
----------	-----------------------	---------------	-------------	----------------	--