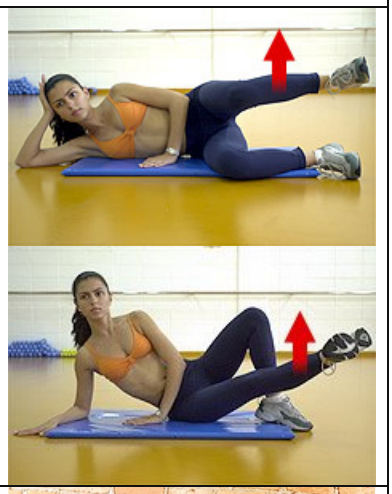
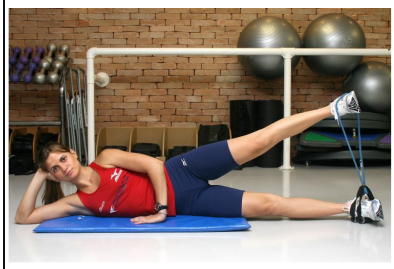
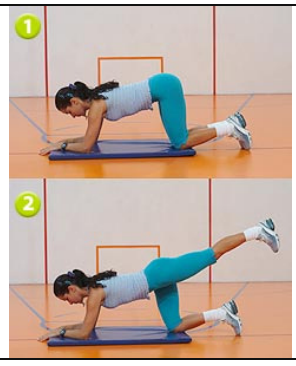
Reforço Muscular						
Bloco	**Ex Estáticos**		**Abdominais**		**Glúteos / Bacia**	
1	Dorsal 40''		Cruzados 20 x		glúteos de lado 12 x cada perna	
2	Frontal 40''		Normais 20 x		glúteos alongamento 40''	
3	Lateral 40''		pernas esticadas 20 x		glúteos médios 40''	
4	dorsal 1 perna 40''		pés no ar 15 x		entrada da bacia 15 x	
5	frontal 1 perna 40''				glúteos para trás 15 x	
6	lateral 1 perna 40''				Elevação da perna 15 x	