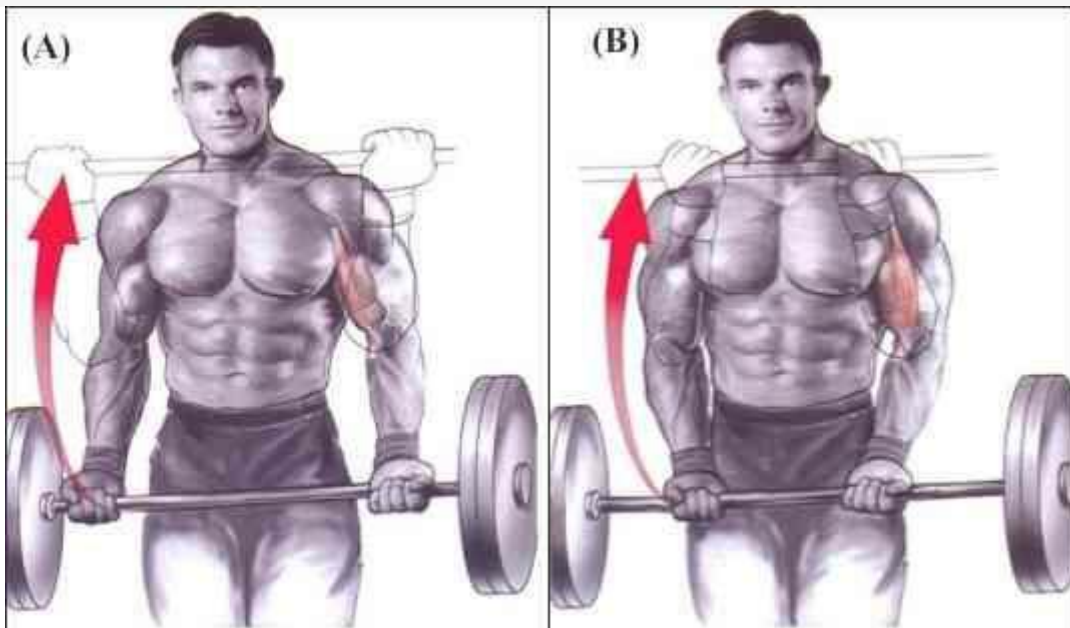
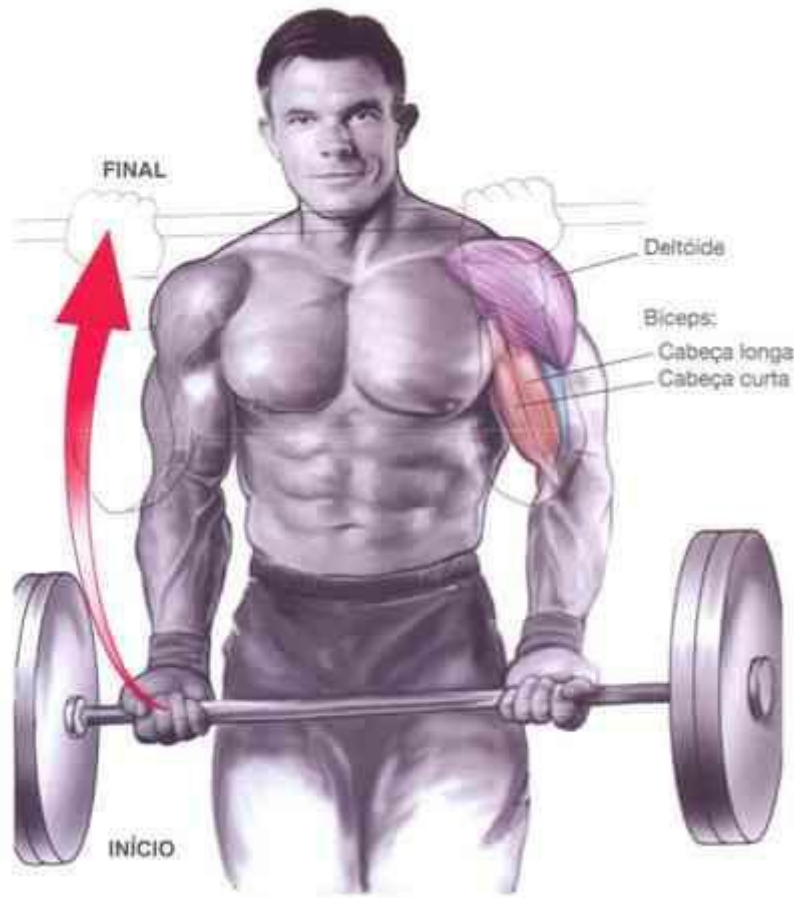


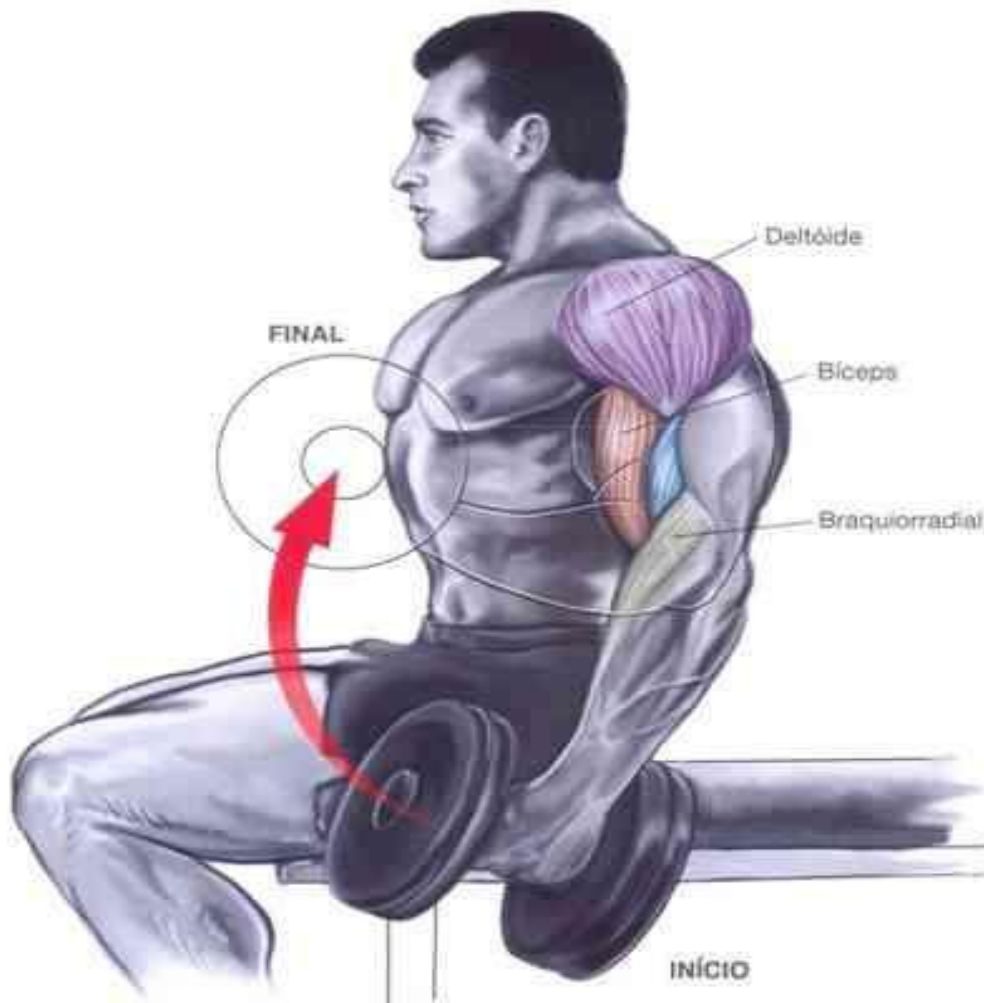
Treinamento de Bíceps

3x8/10 + Drop Sets

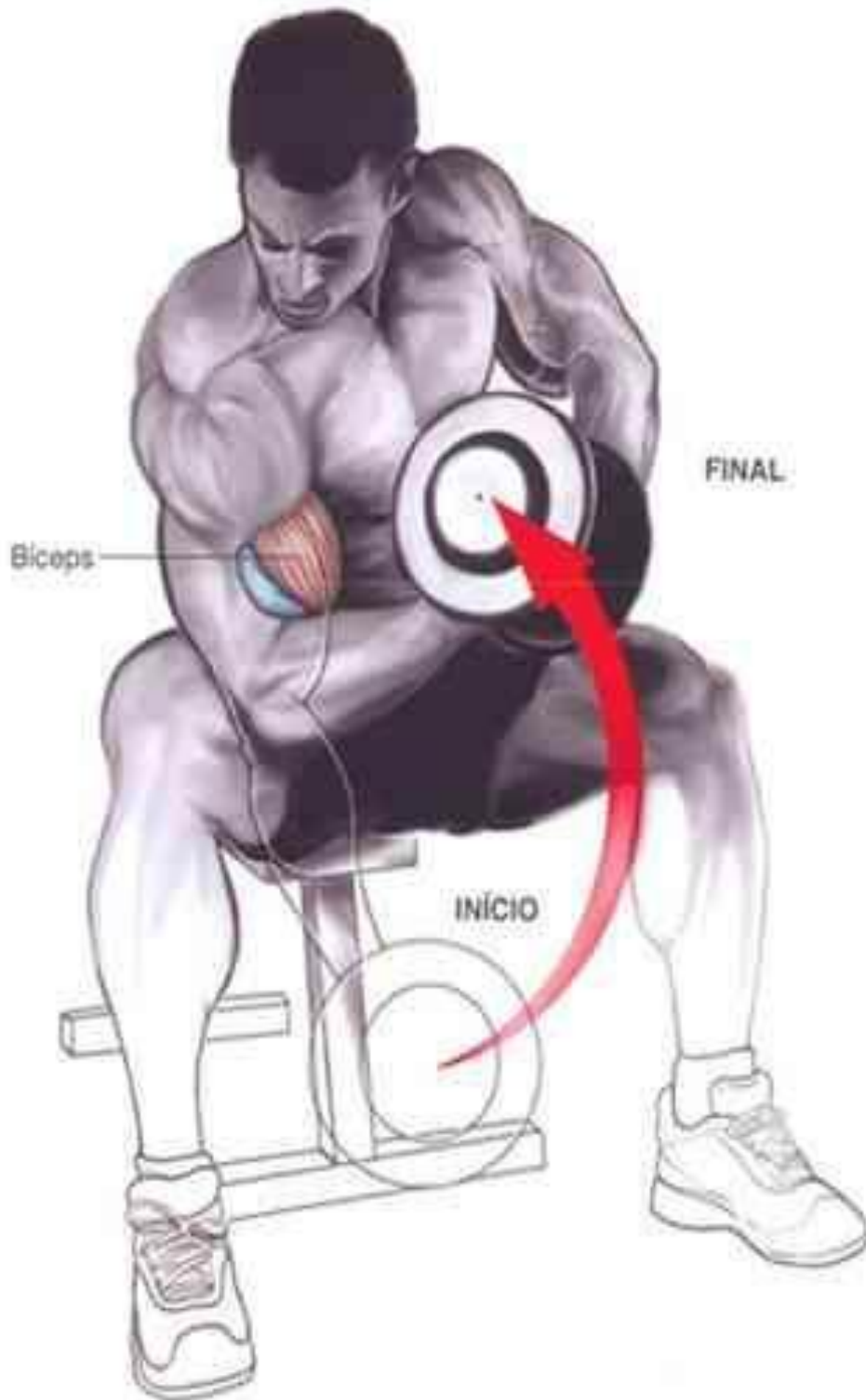
Barra reta ou w, em pé



**Rosca alternada com halteres, sentado.
3x8/10 + Drop Sets**



**Rosca concentrada, sentado.
3x8/10 +Drop Set**



Treinamento de tríceps 3x8/10 + Drop sets ate falha

Fundos em barras paralelas
Aquecimento



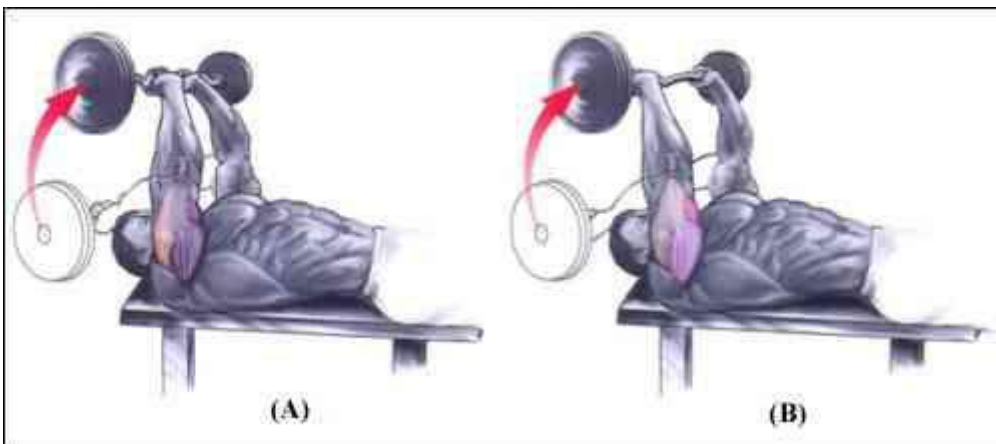
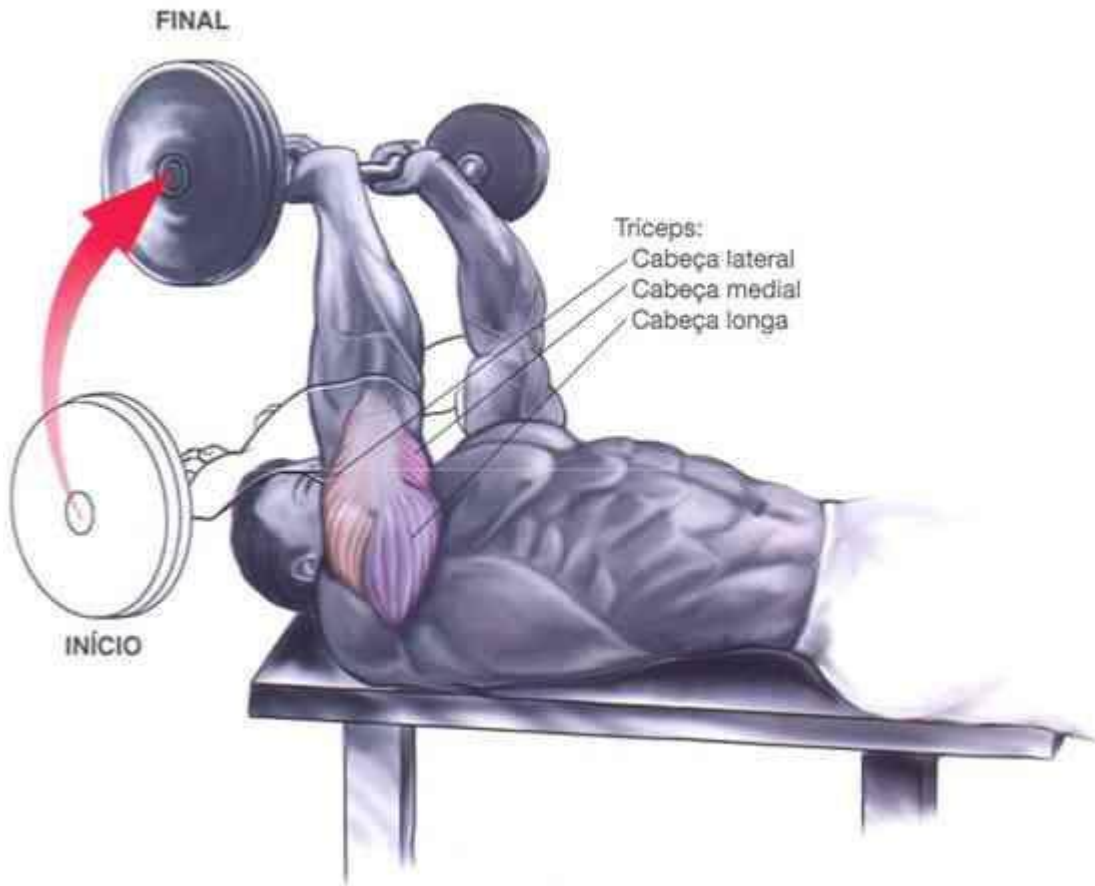
Supinado

3x8/10 Drop sets no final ate falha

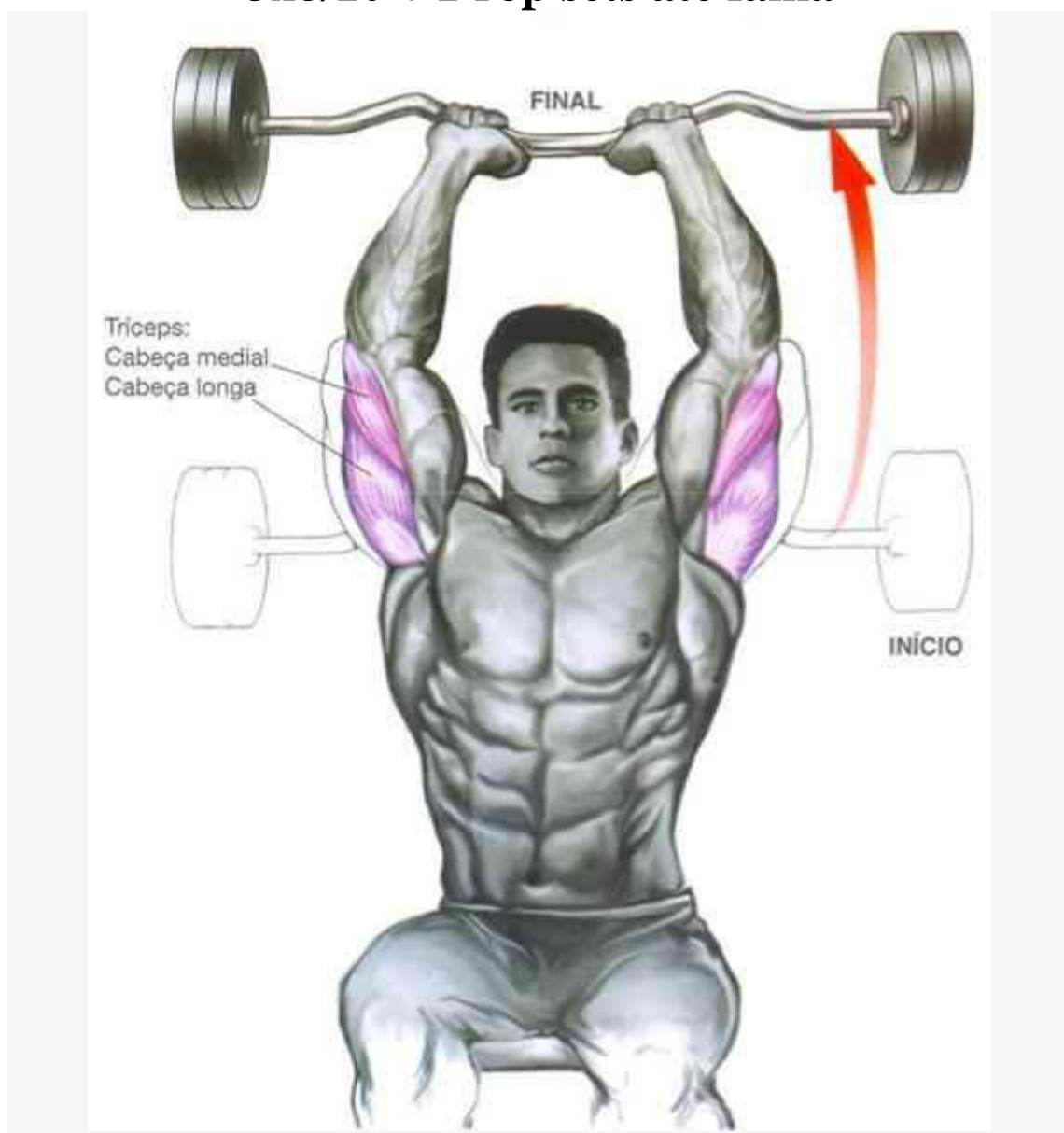


Crossover

3x8/10 Drop sets no final ate falha



Extensões de tríceps sentado com auxílio de barra
W
3x8/10 + Drop sets ate falha



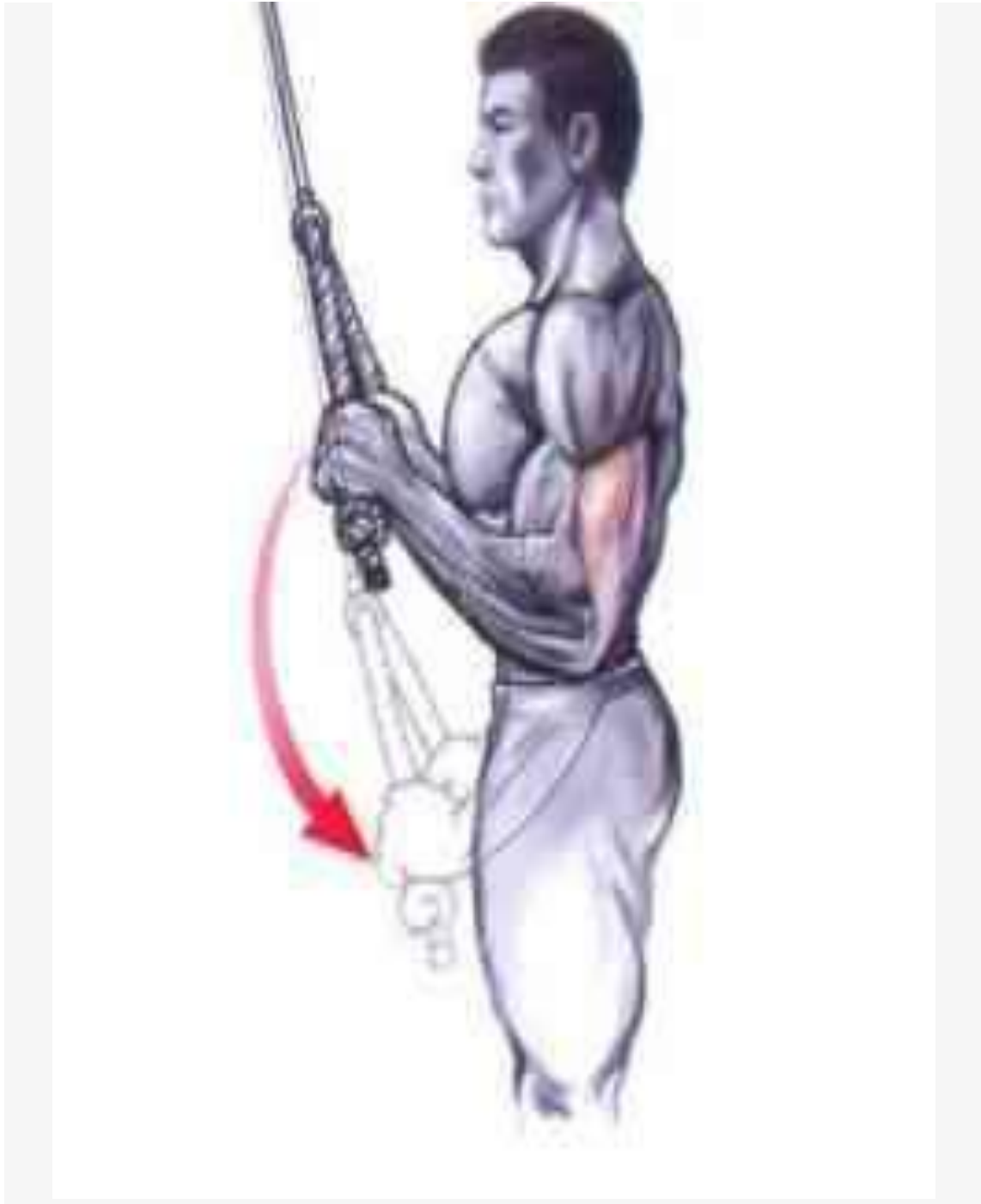
Extensões de tríceps sentado com barra ou halter
3x8/10 Drop sets ate falha



**Puxada de tríceps no pulley com a barra
3x8/10**



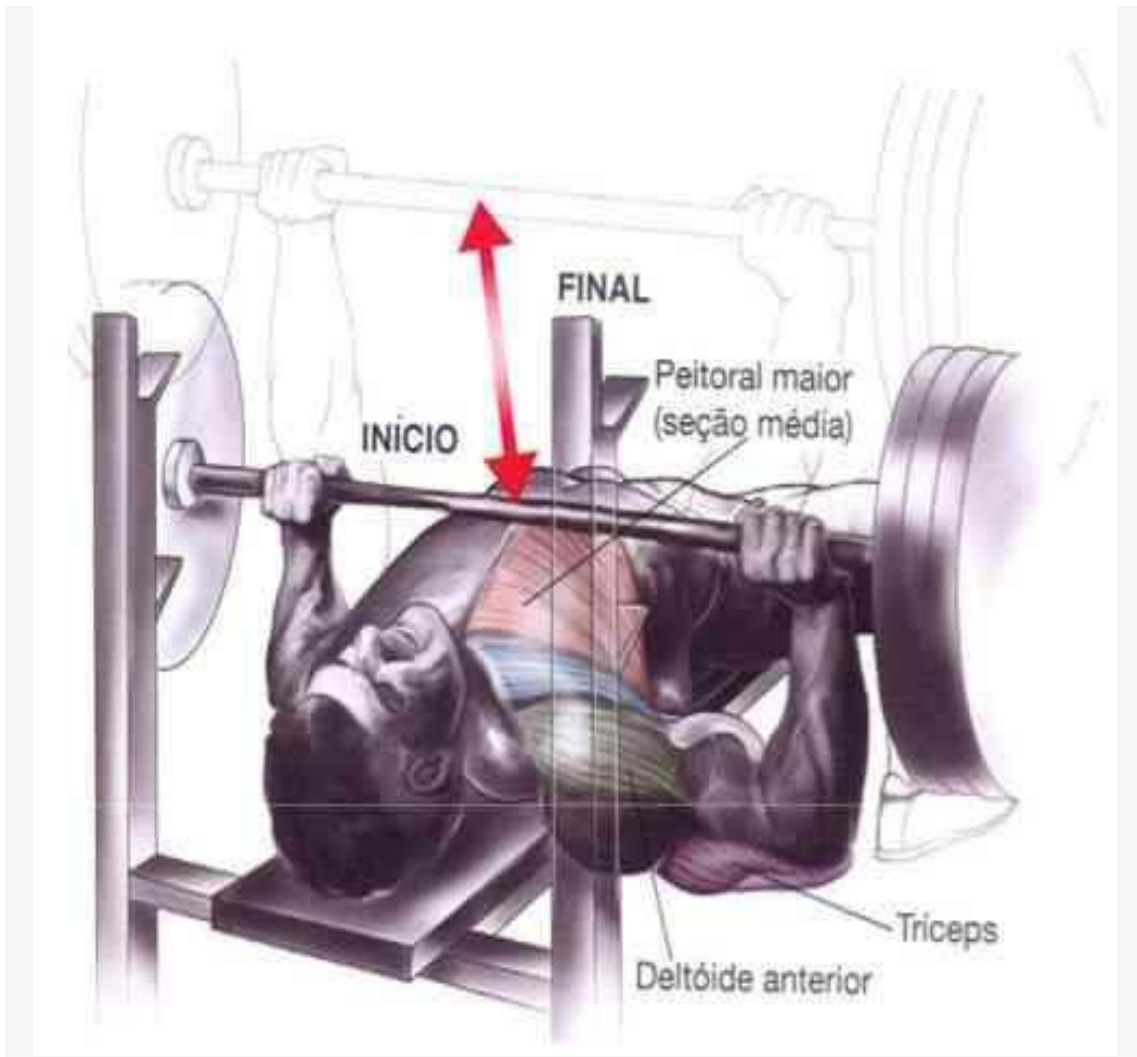
Puxada de tríceps com corda
3x8/10



Peitorais

Supino com barra

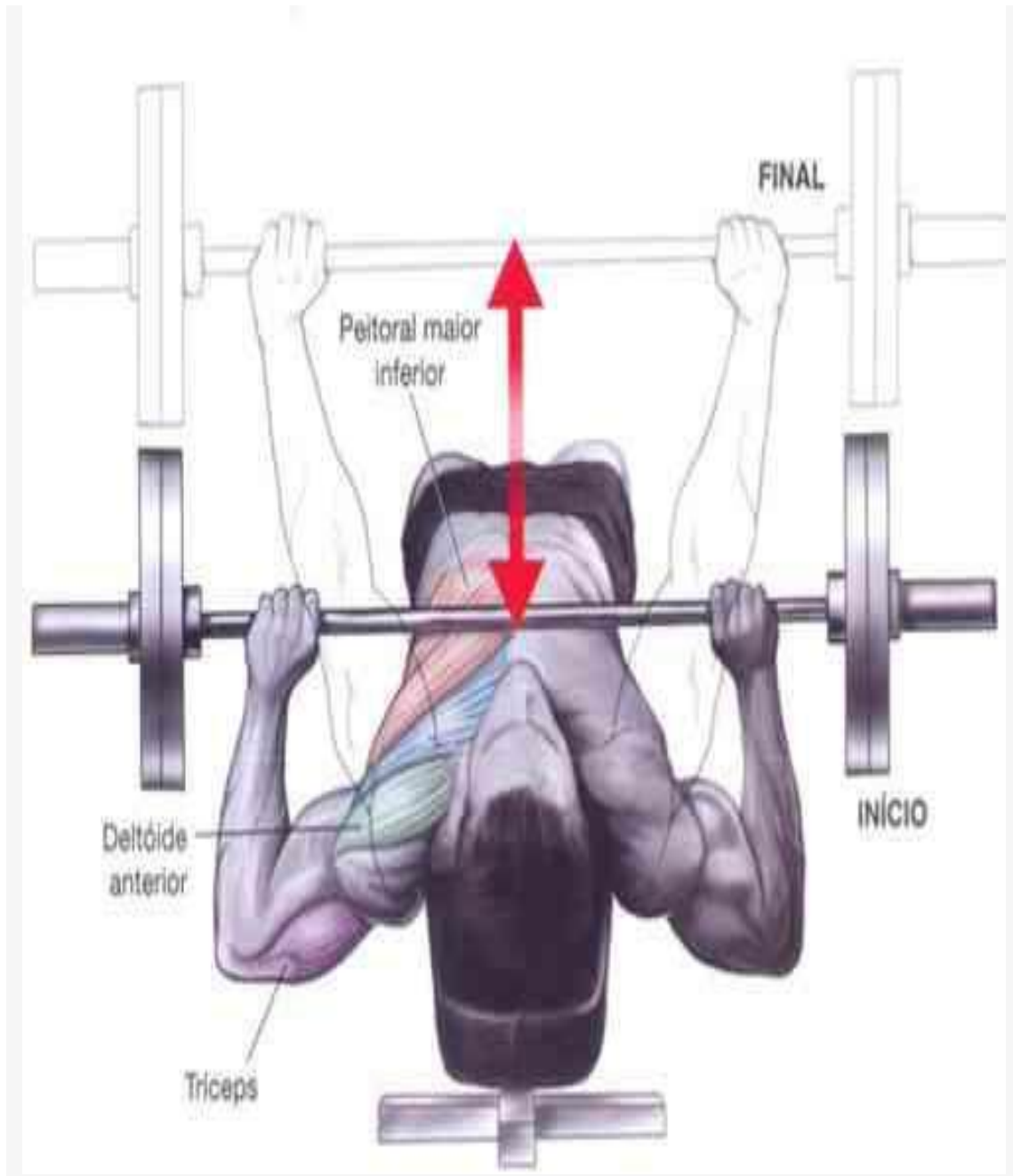
3x8/10



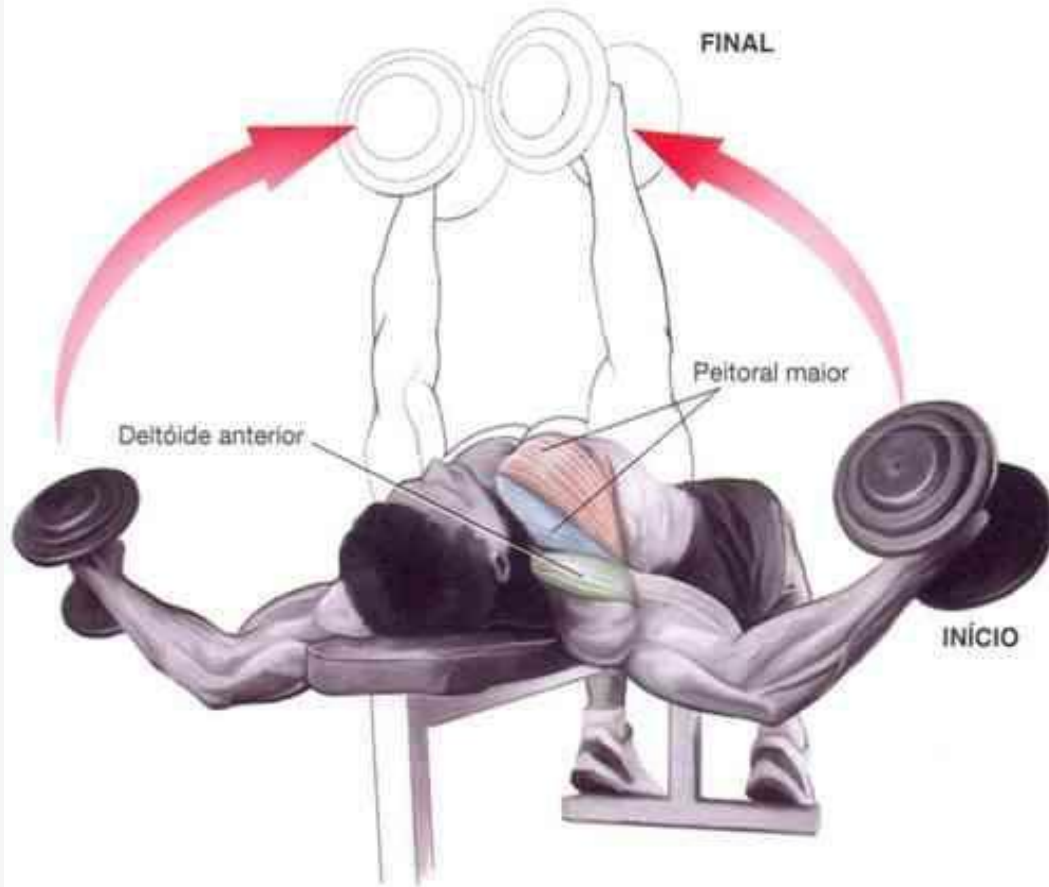
Supino inclinado com barra 3x8/10



Supino declinado com barra
3x8/10



Crucifixo / aberturas com halteres
3x8/10



Dorsais

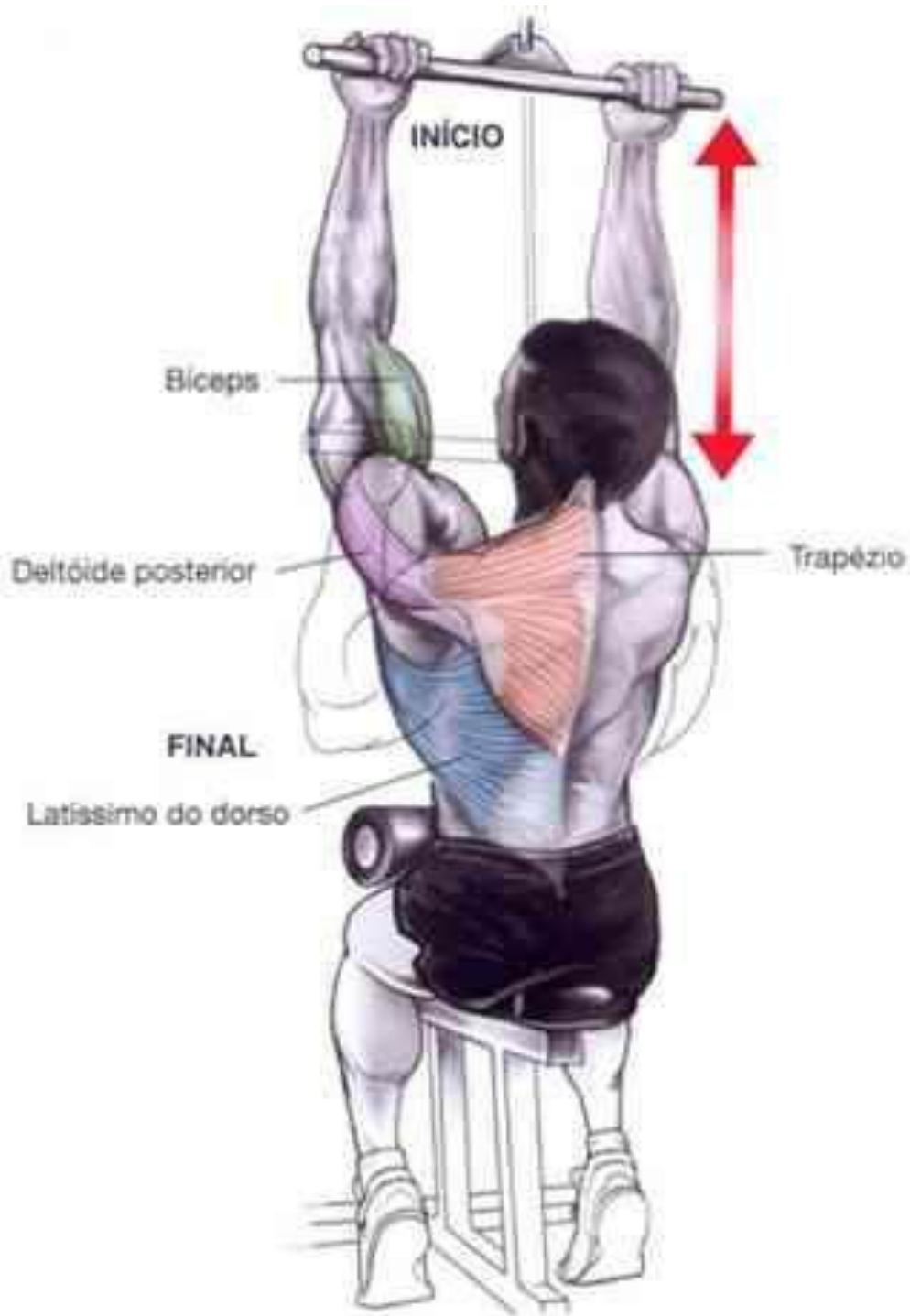
Peso morto / levantamento terra
3x8/10



Puxada de dorsais em polia alta
3x8/10



Puxada de dorsais em polia alta em supinação
3x8/10



Remada com halter
3x8/10+DROP SETS

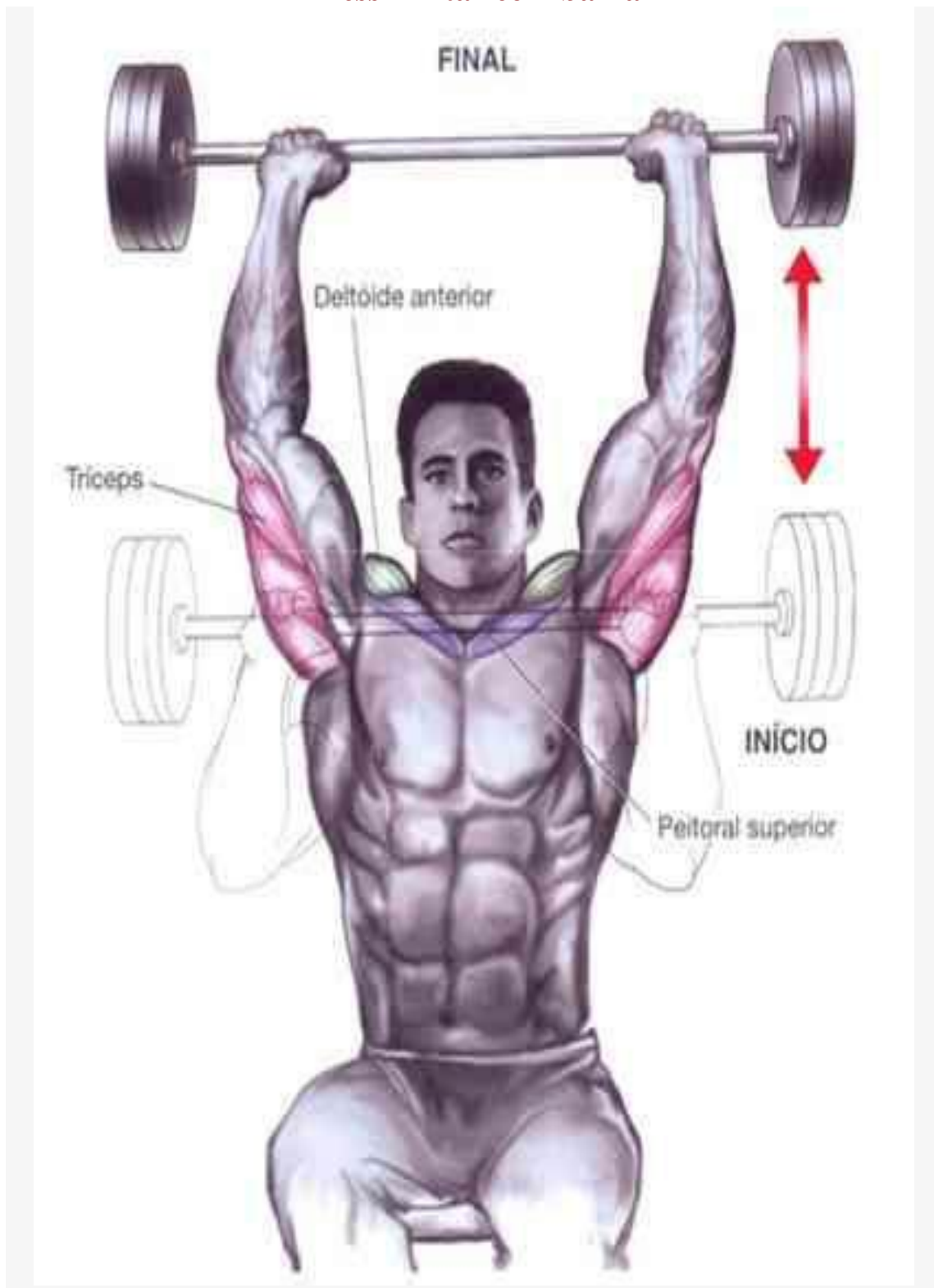


Trapézio

5x20 ou ate fadiga do musculo



Ombros
Press militar com barra



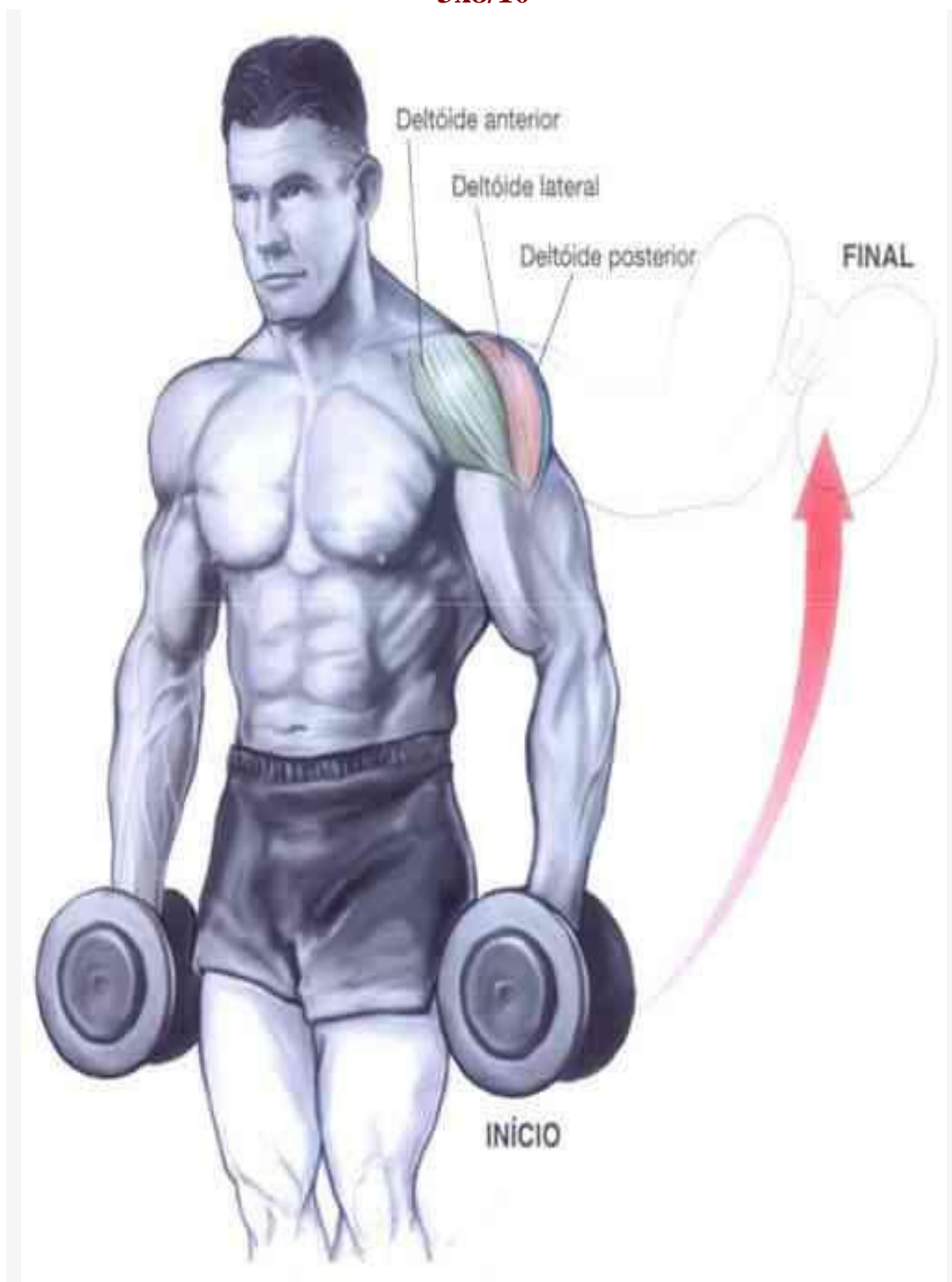
Press militar com halteres
3x8/10



Elevações frontais com halter / em pronação



Elevações laterais com halteres 3x8/10



Voos (elevações posteriores) com halteres
3x8/10



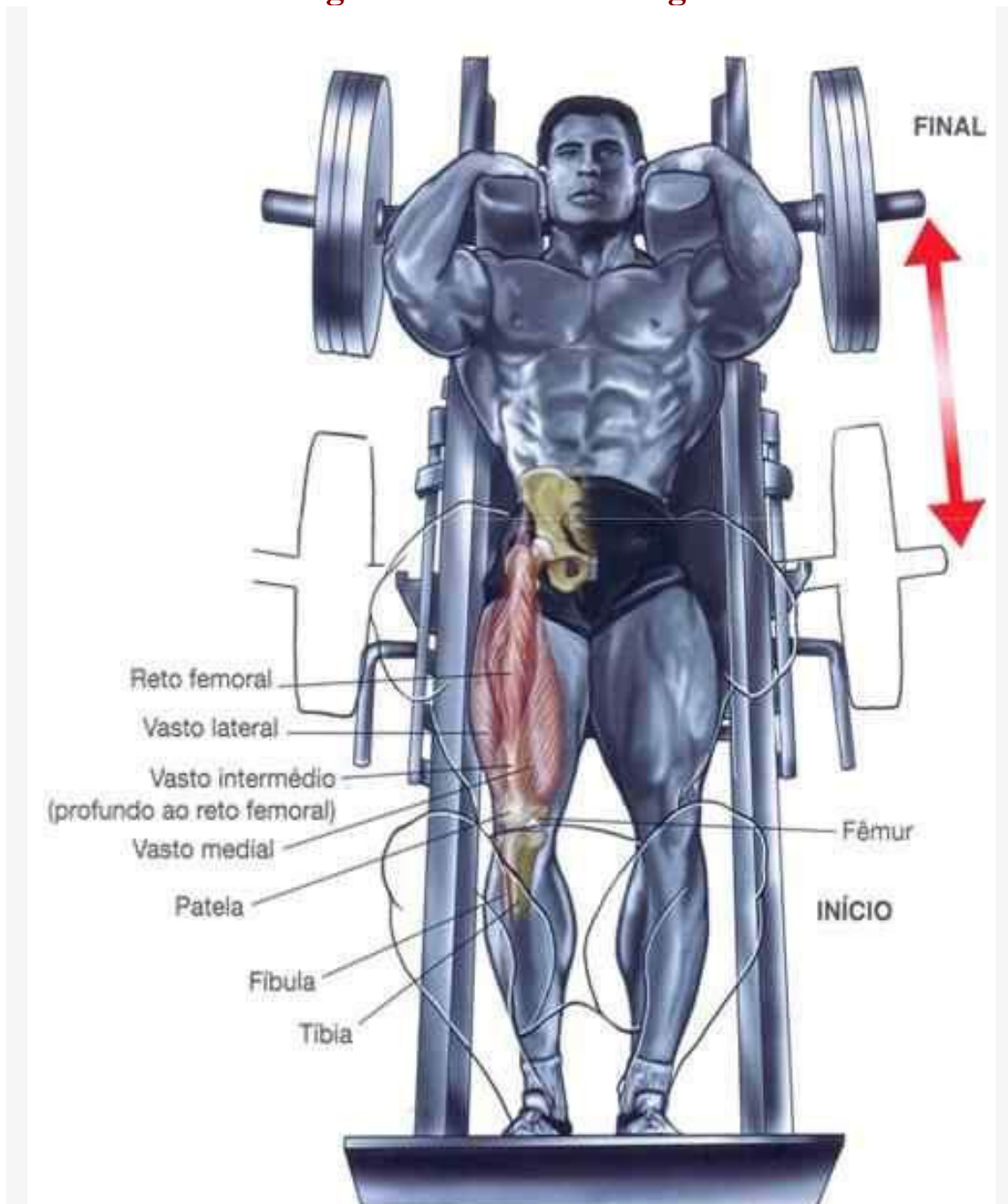
Exercícios de pernas: Quadríceps

Todos 3x8/10 peso moderado

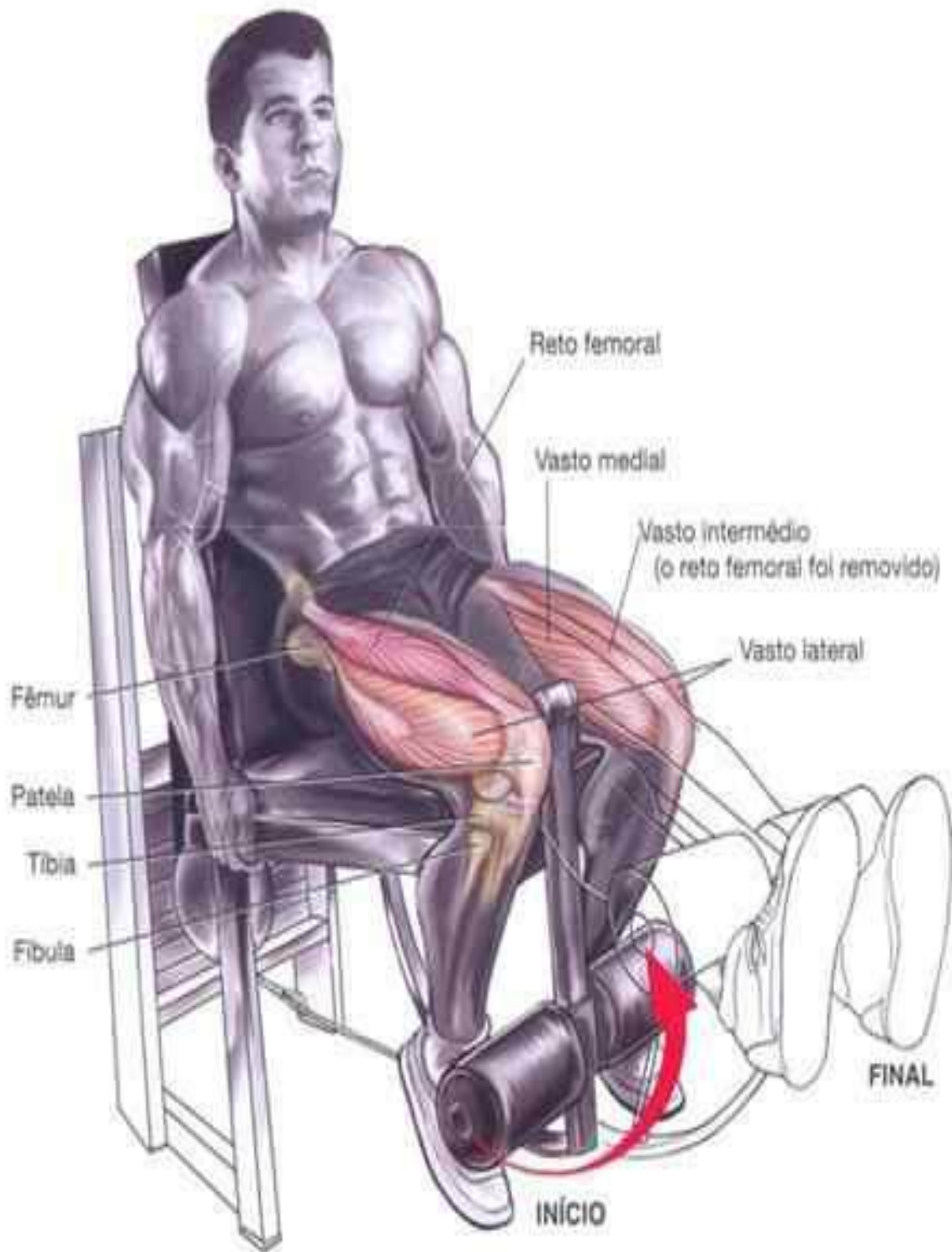
Agachamento com barra



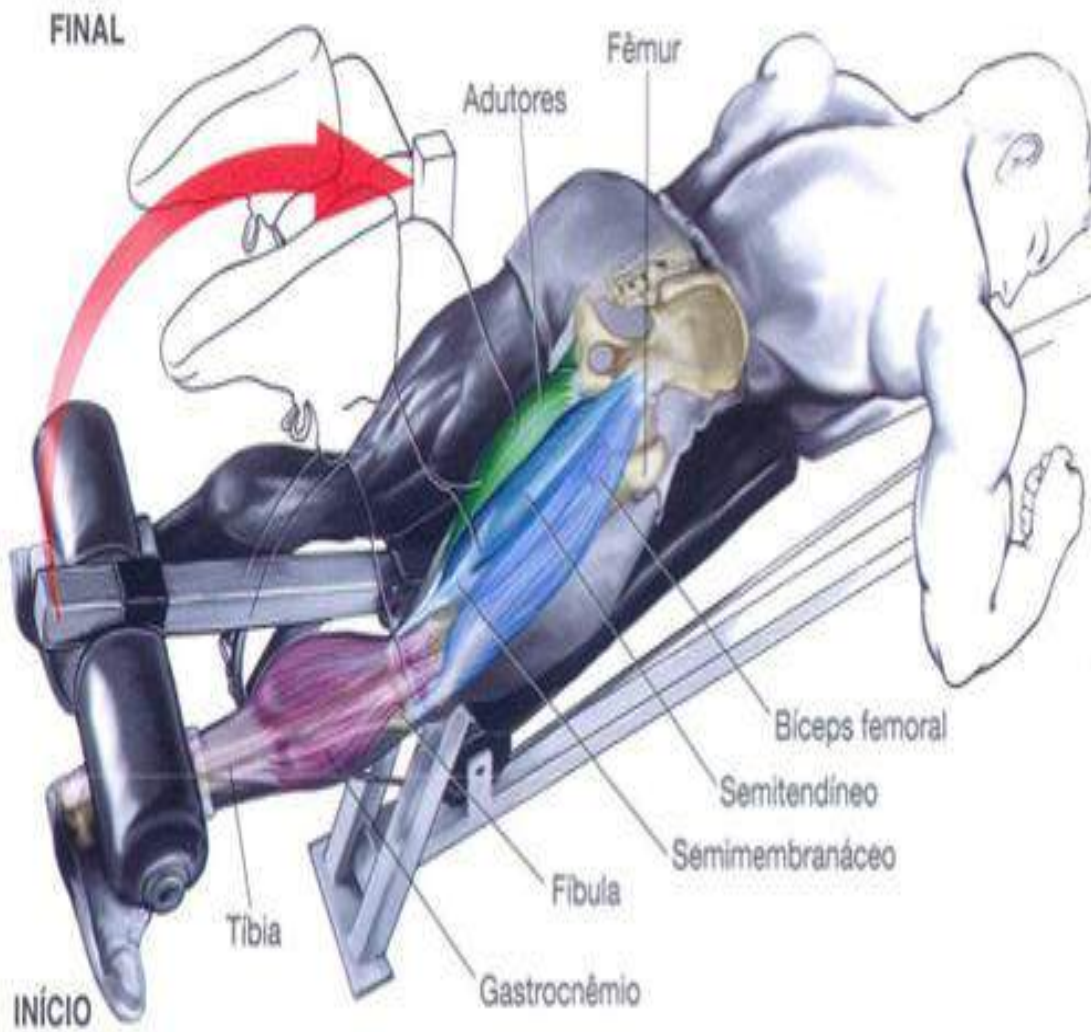
Agachamento Hack Legue



Extensões de pernas



Flexão de pernas



Peso morto a pernas retas

