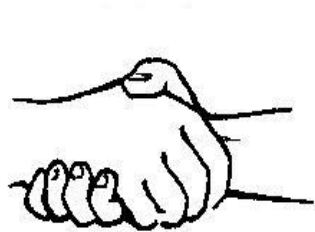
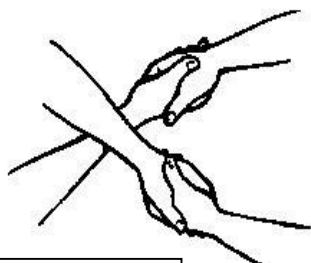


GINÁSTICA ACROBÁTICA

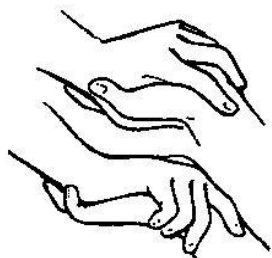
TIPOS DE PEGA



PEGA SIMPLES



PEGA DE PULSOS COM
ENCAIXE DE DEDOS



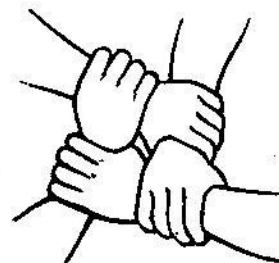
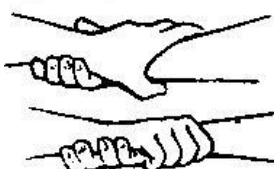
PEGA SIMPLES



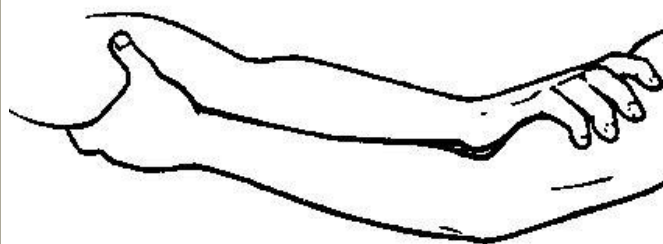
PEGA DE DEDOS



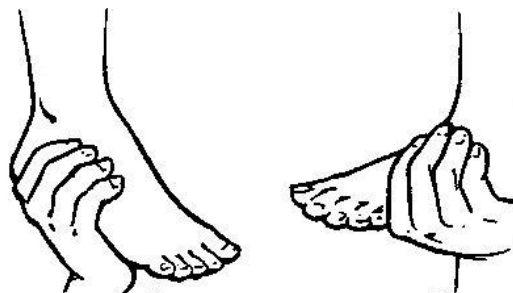
PEGA DE PULSOS



PEGA ENTRELAÇADA

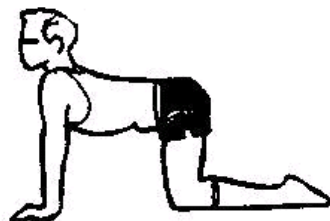


PEGA DE BRAÇOS



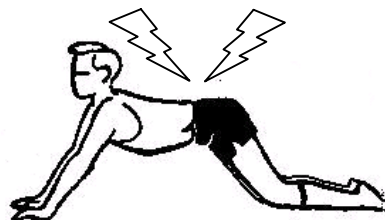
PEGA MÃO/PÉ

EXERCÍCIOS DE POSTURA (alguns exemplos)



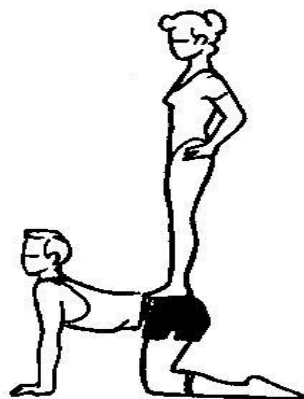
A

CORRECTO



B

INCORRECTO



A

CORRECTO



B

INCORRECTO



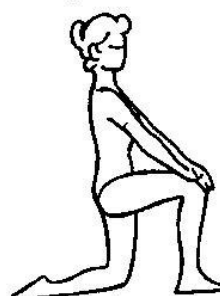
A

CORRECTO



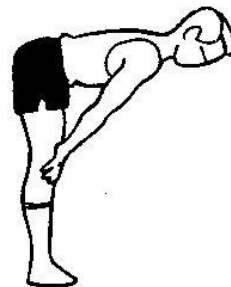
B

INCORRECTO



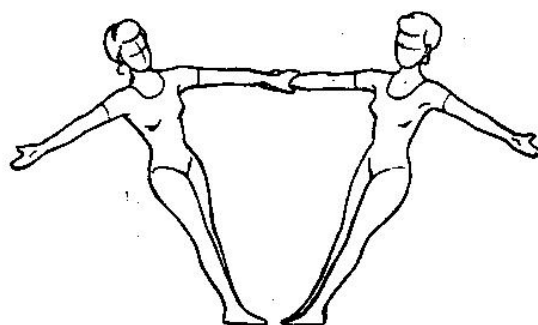
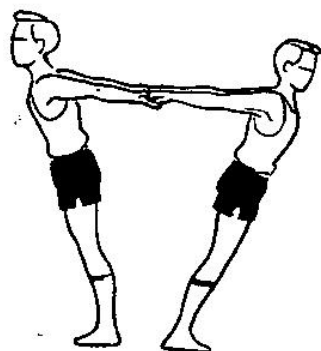
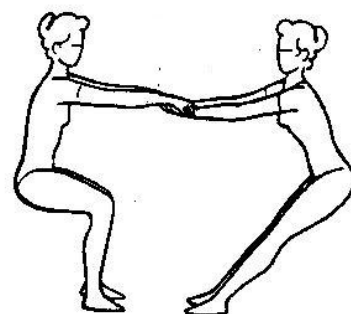
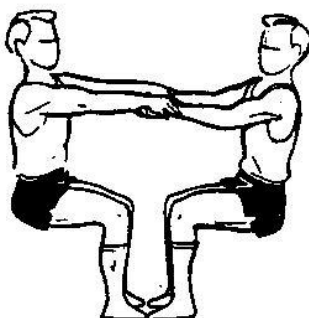
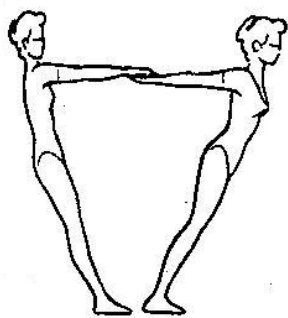
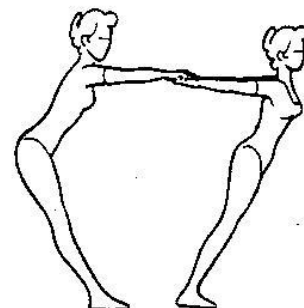
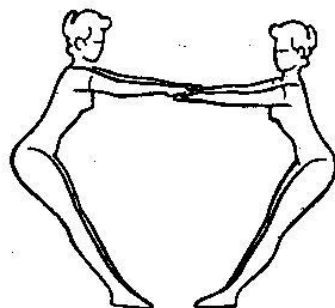
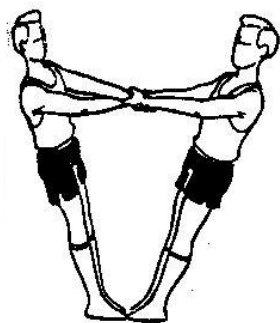
A

CORRECTO

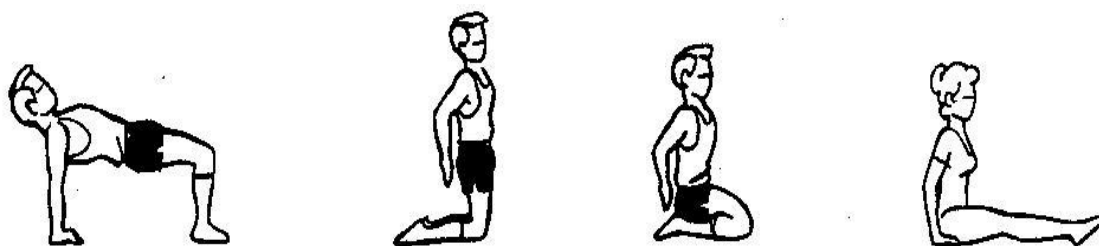


B

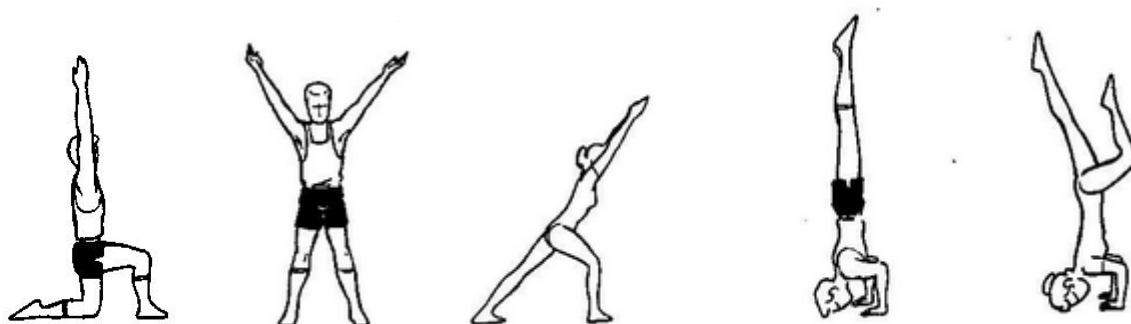
EXERCÍCIOS DE CONTRA-PESO



SINGULARES

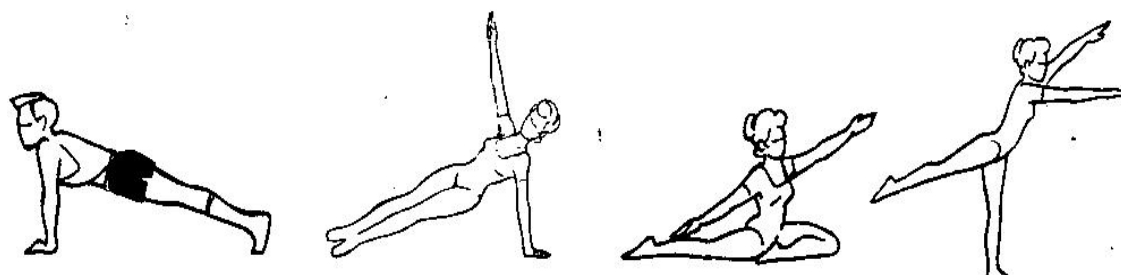


INICIAÇÃO



INICIAÇÃO

INTERMÉDIO

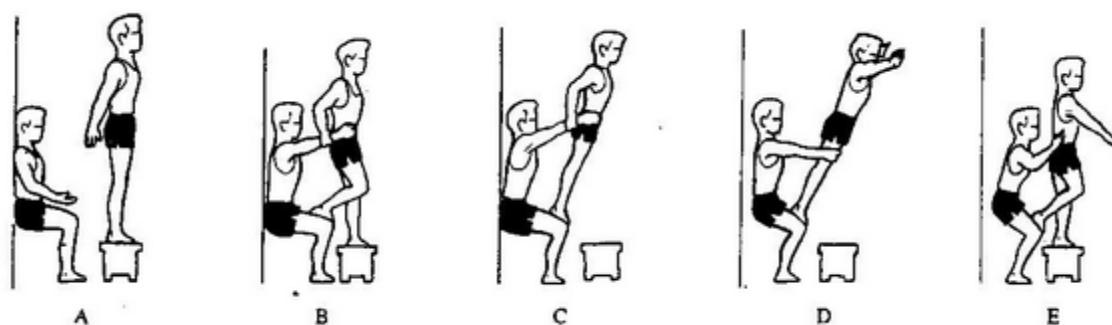


INTERMÉDIO

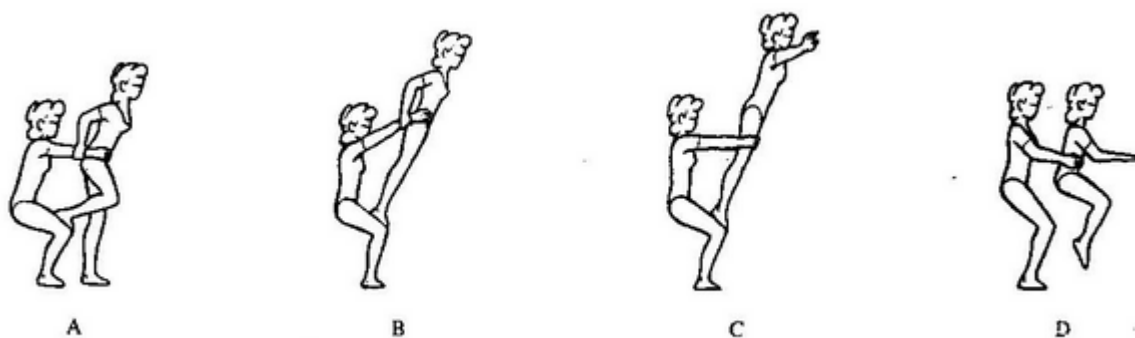


AVANÇADO

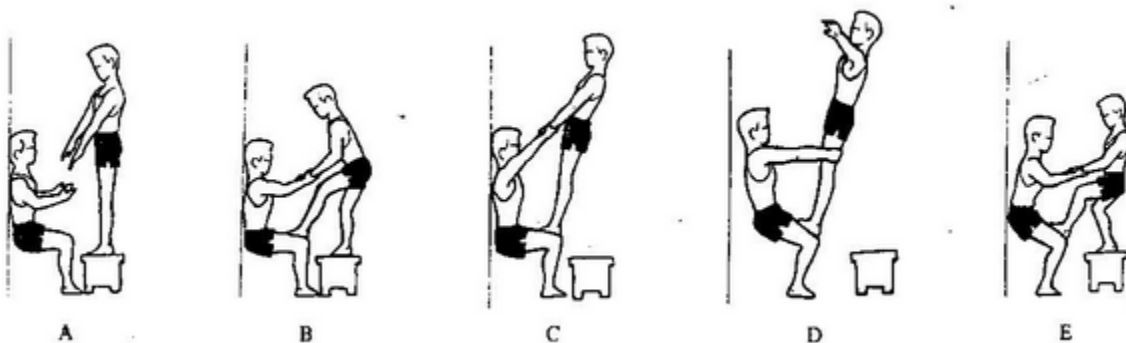
MONTES SIMPLES (iniciação)



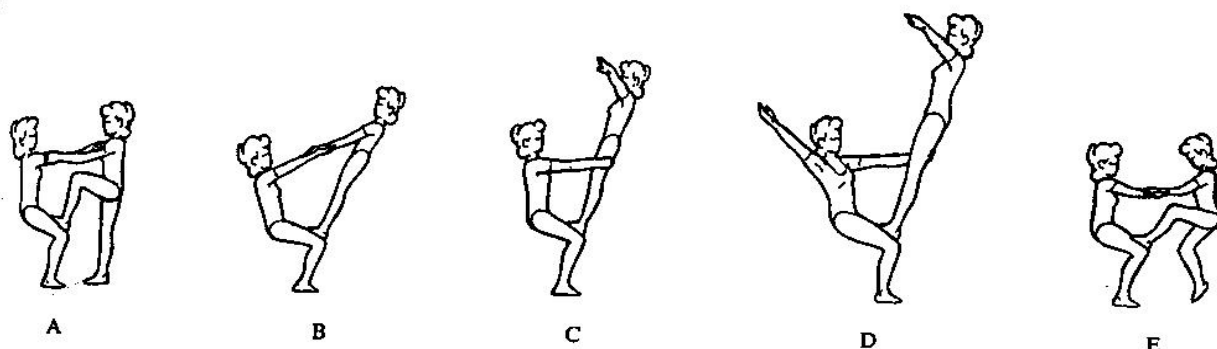
COM APOIO



SEM APOIO



COM APOIO



SEM APOIO

MONTES SIMPLES (intermédio)



A



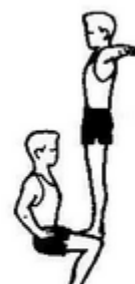
B



C



D



E



A



B



C



D



E



A



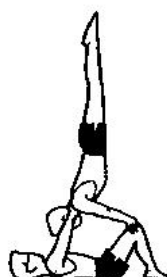
B



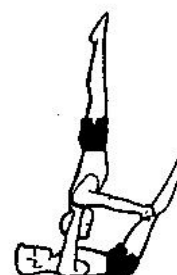
C



A

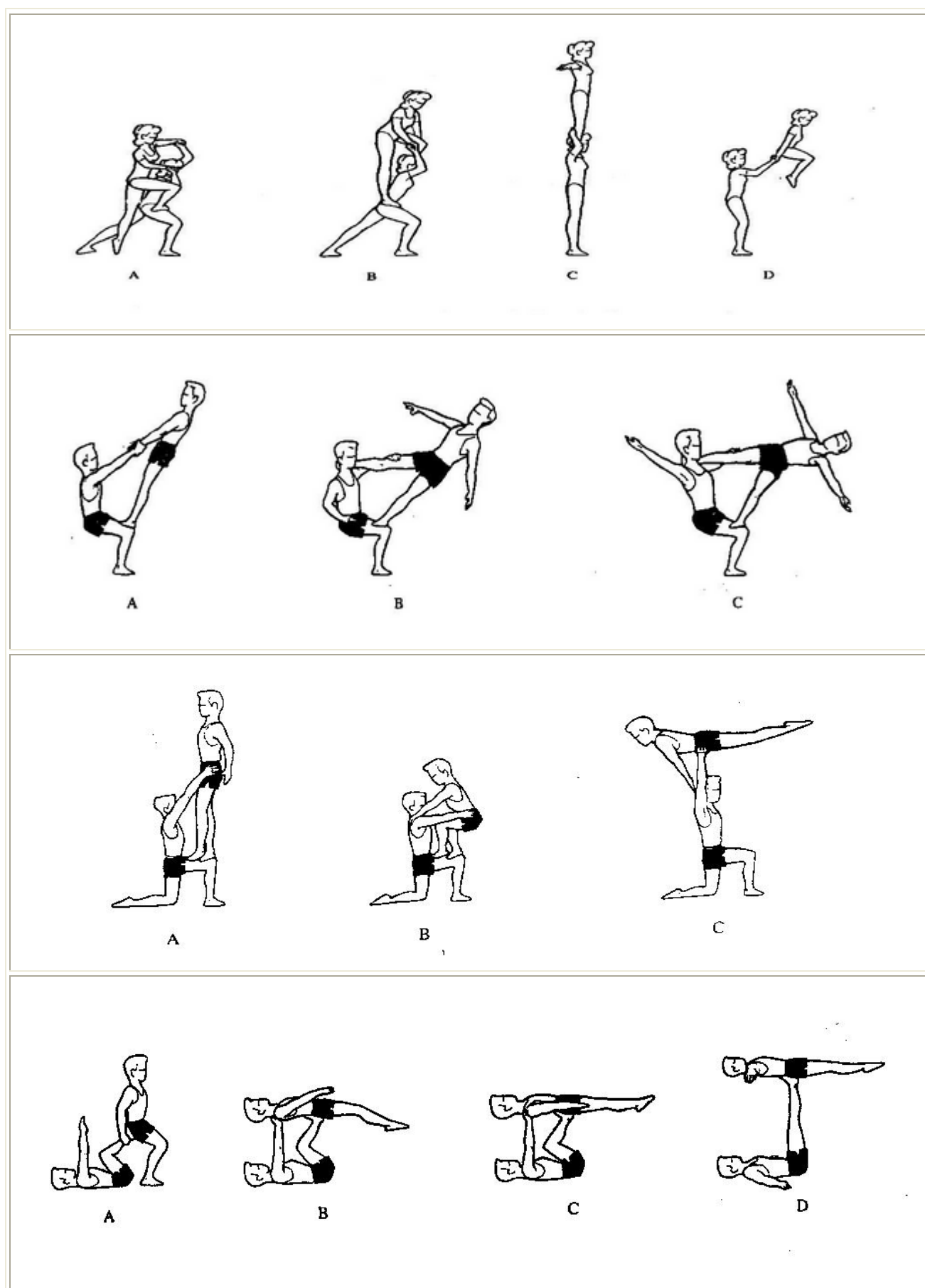


B

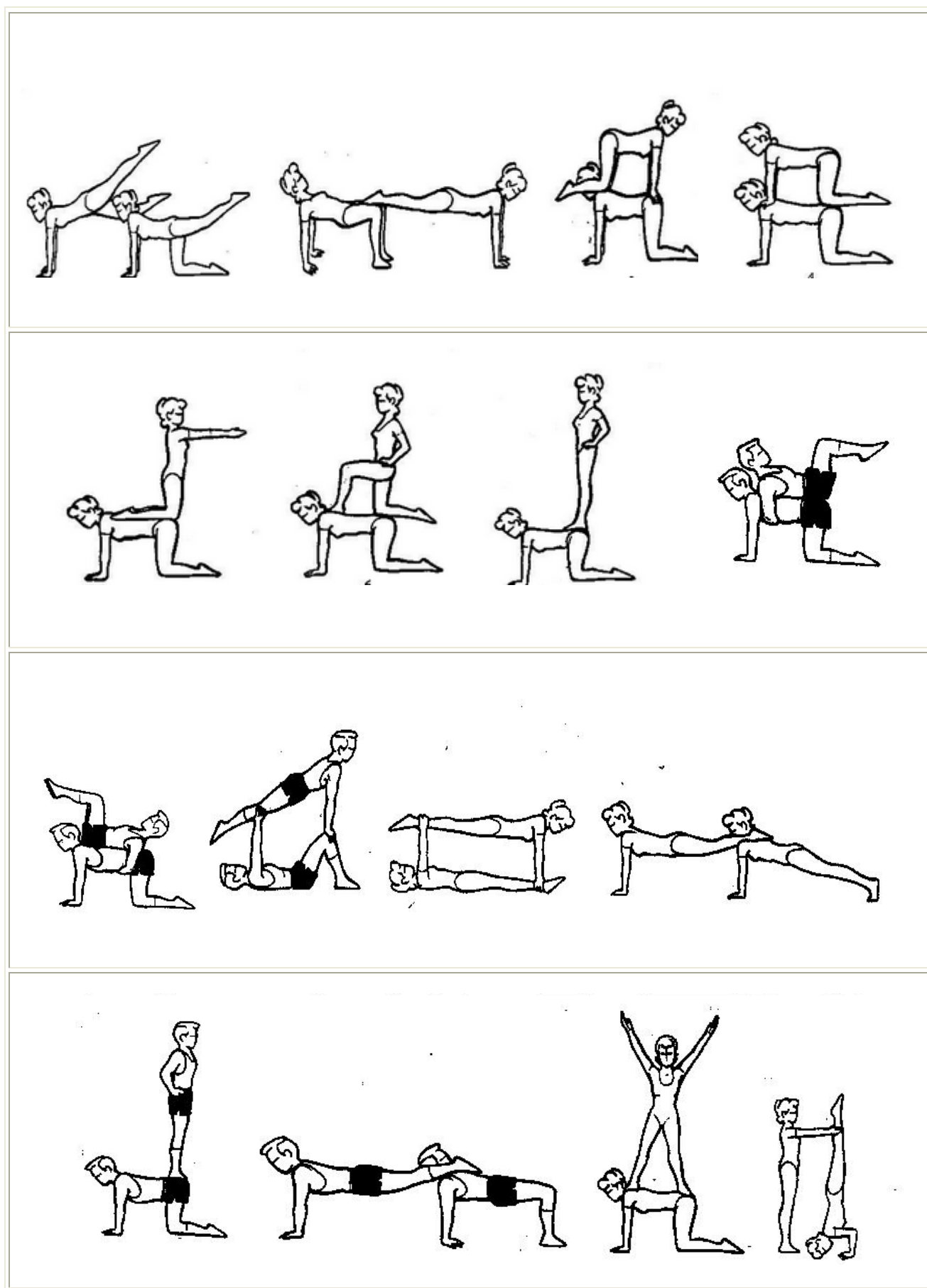


C

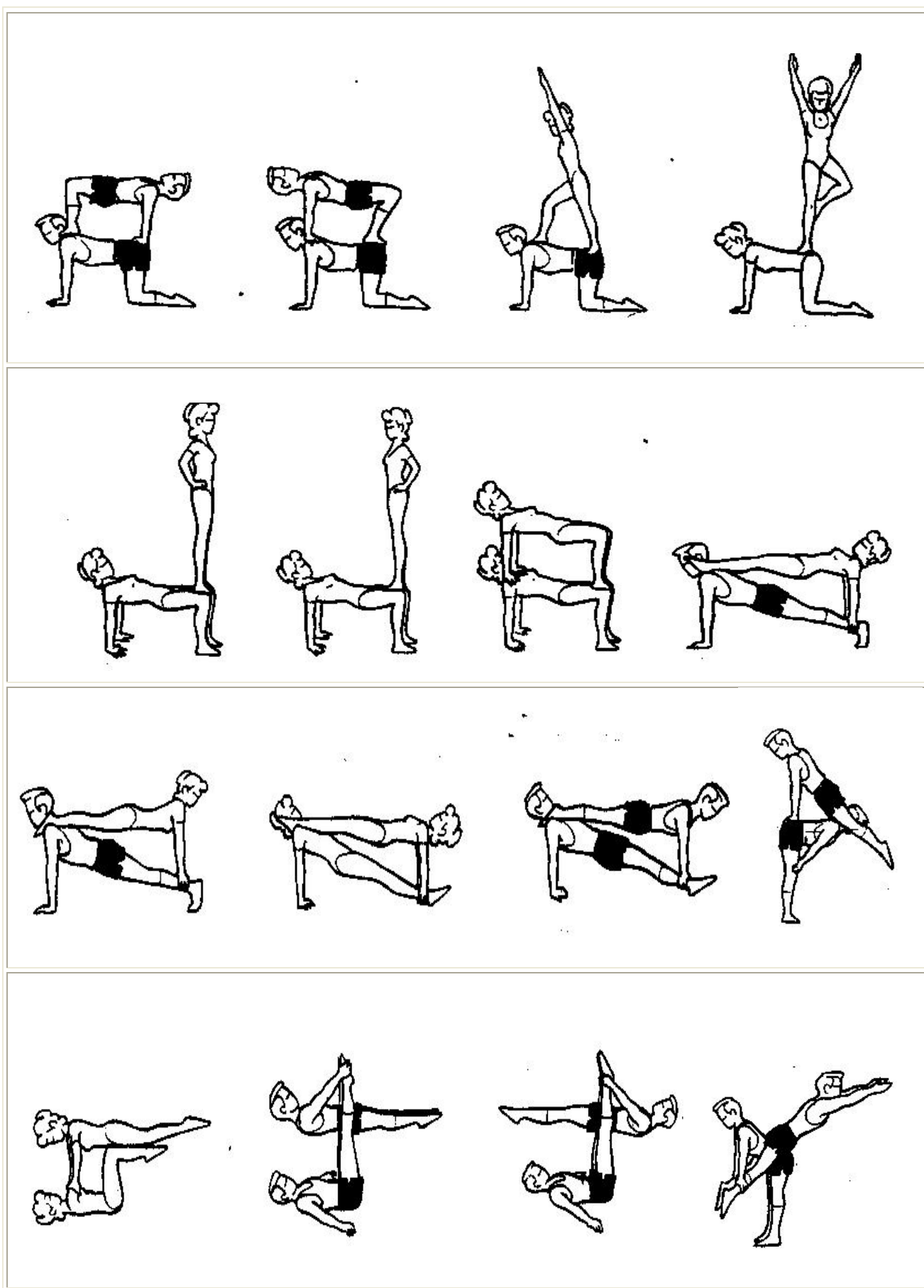
MONTES SIMPLES (avançado)



PARES (iniciação)



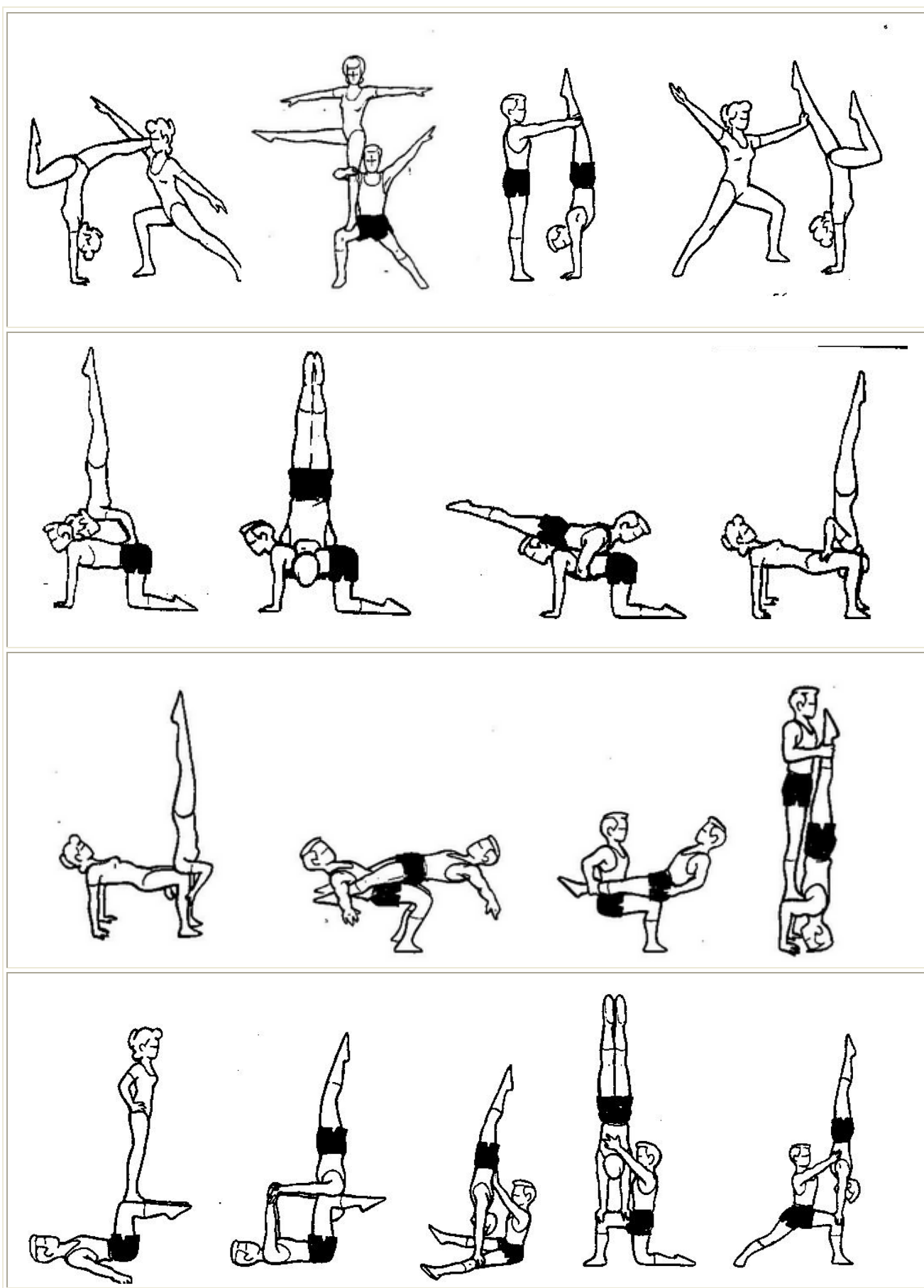
PARES (intermédio)



PARES (intermédio; cont)



PARES (avançado)



MONTES A TRÊS



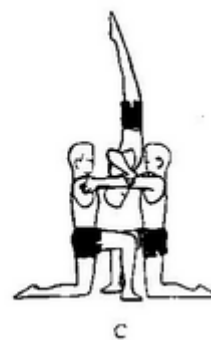
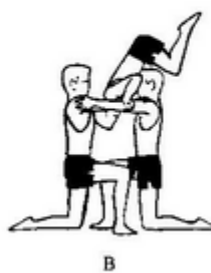
INICIAÇÃO



INICIAÇÃO



INTERMÉDIO

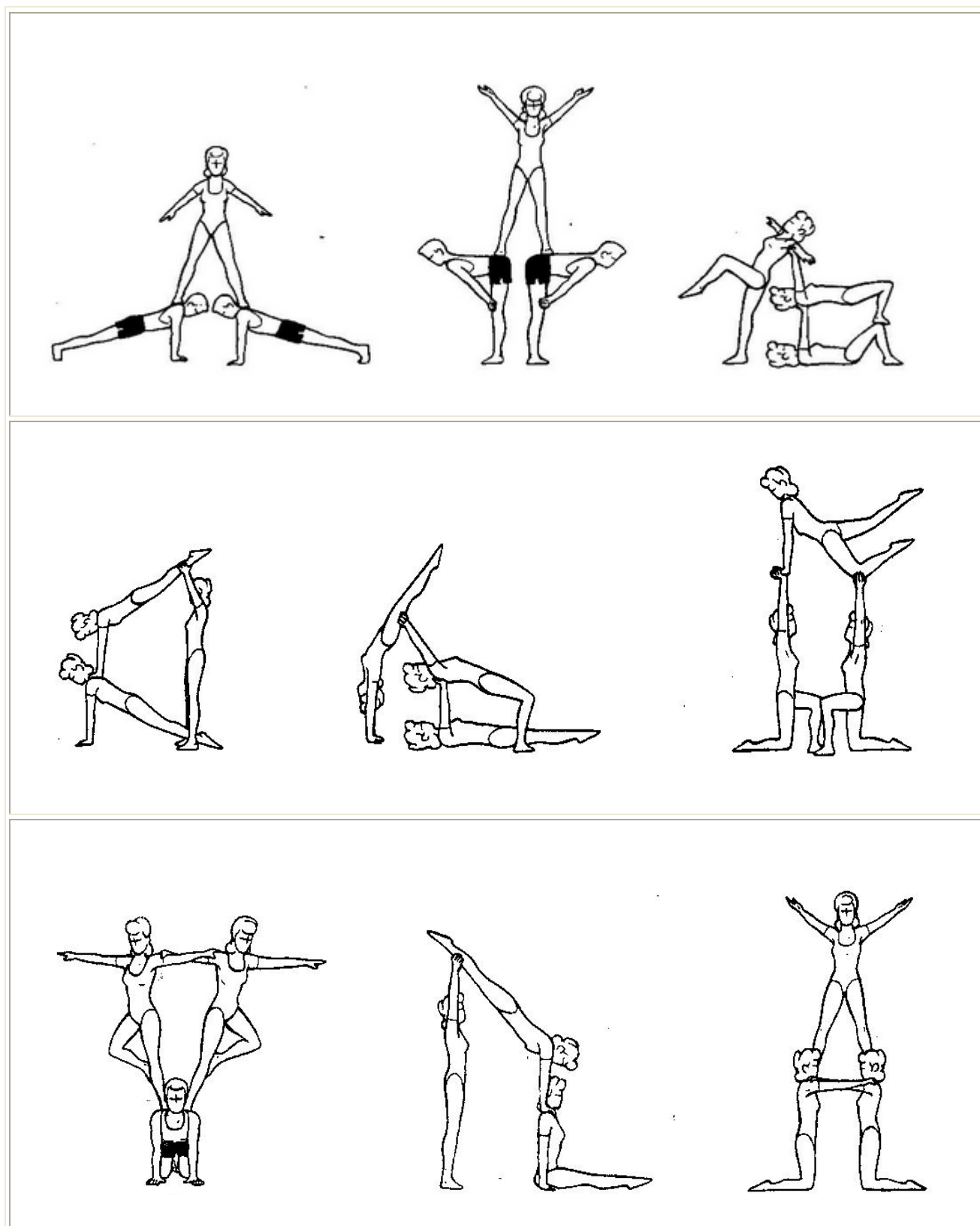


AVANÇADO

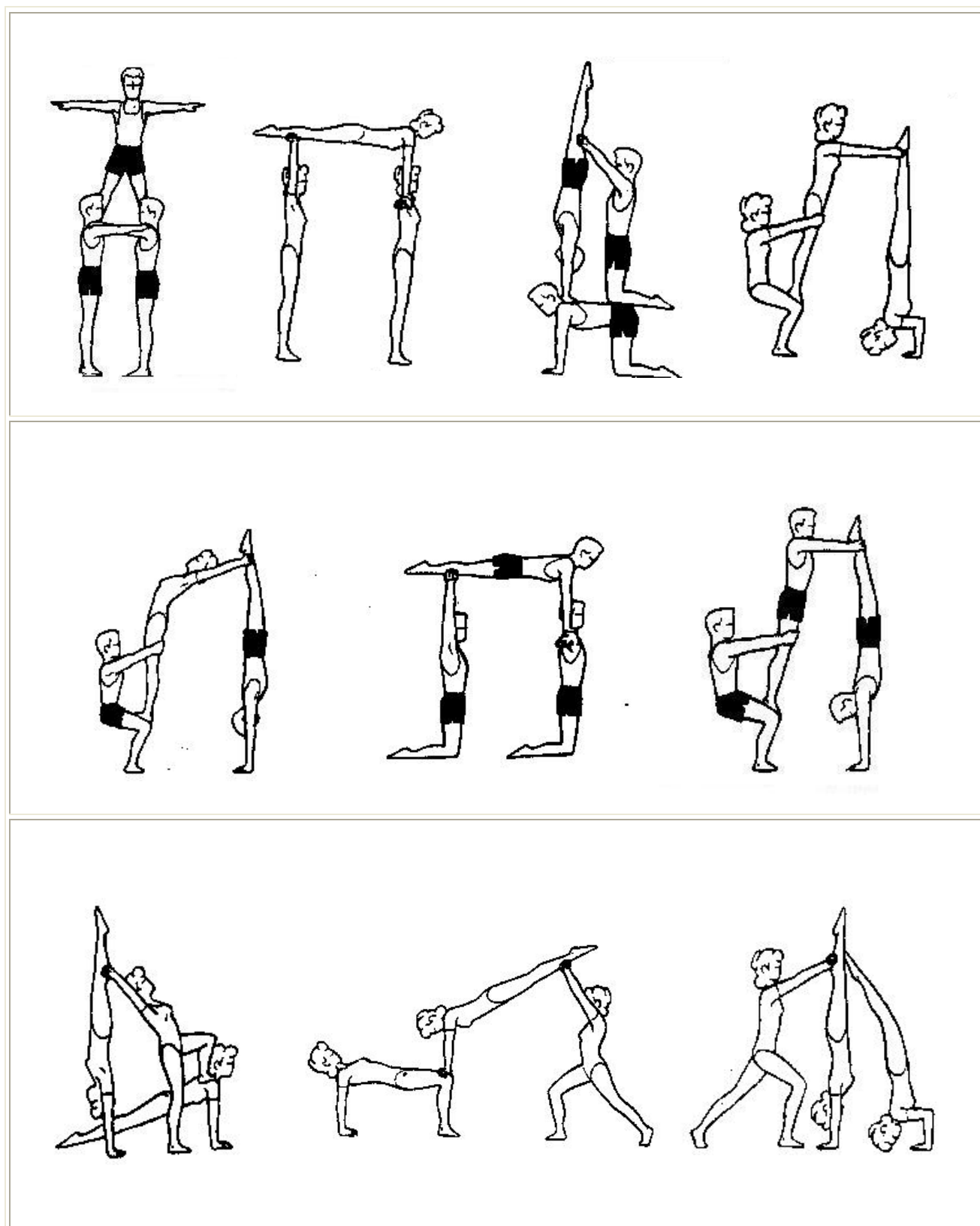
TRIOS (iniciação)



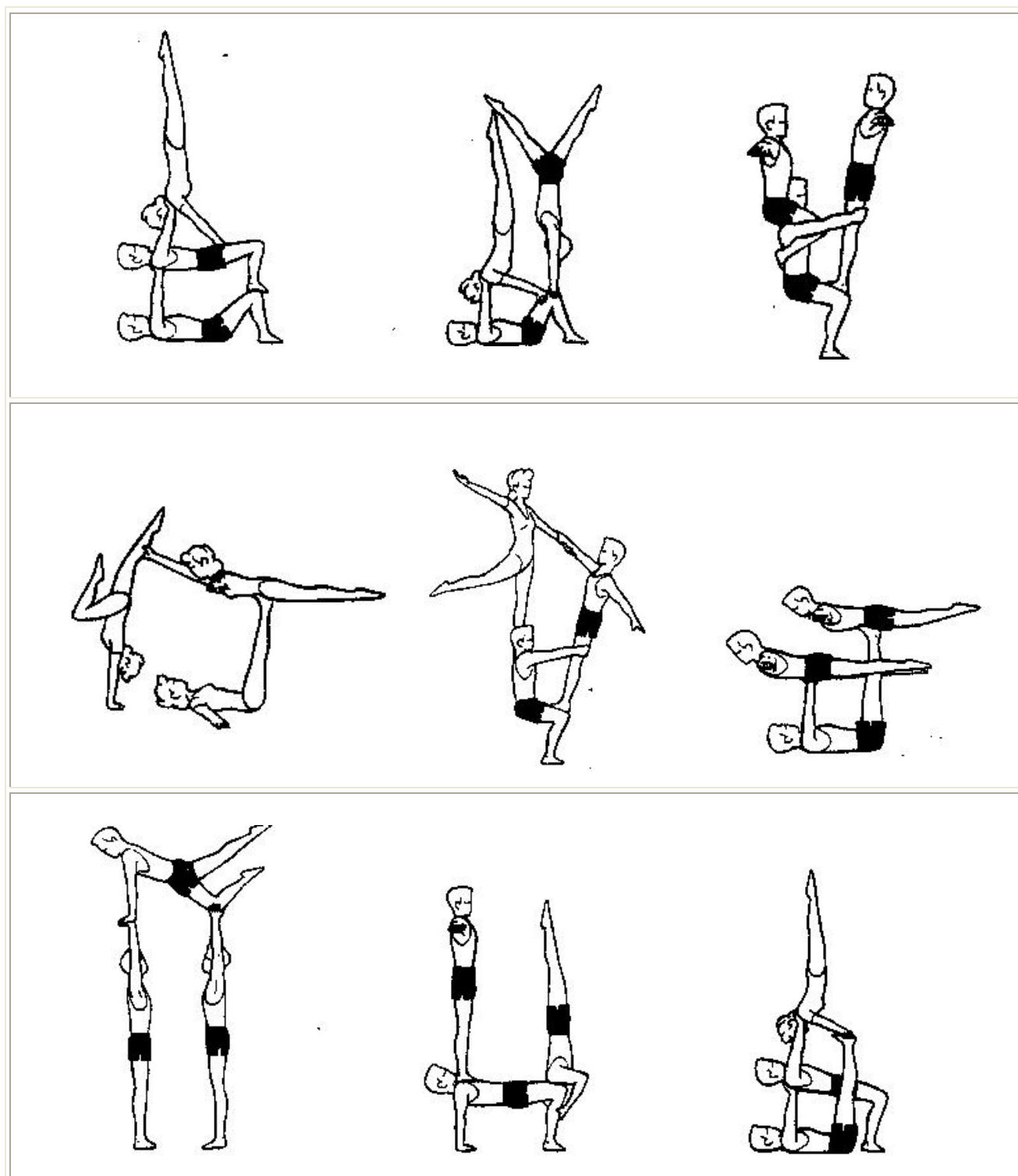
TRIOS (intermédio)



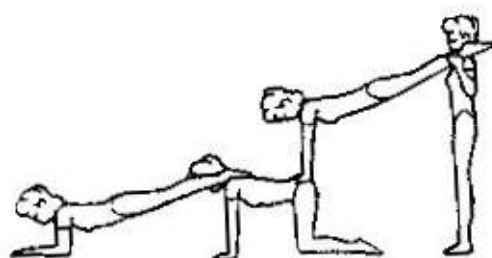
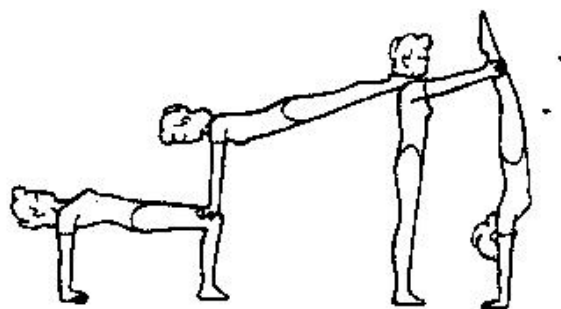
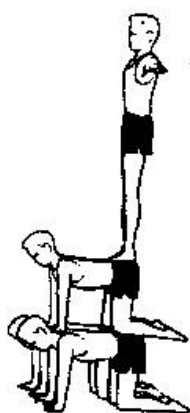
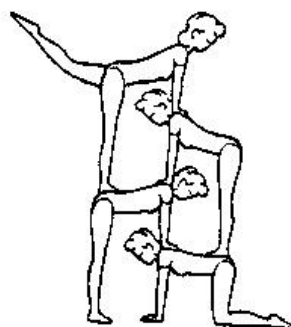
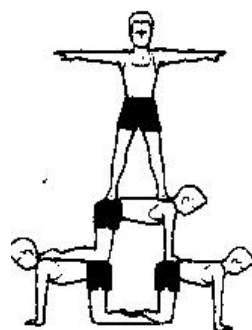
TRIOS (intermédio; cont)



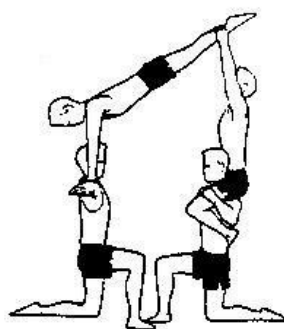
TRIOS (avanzado)



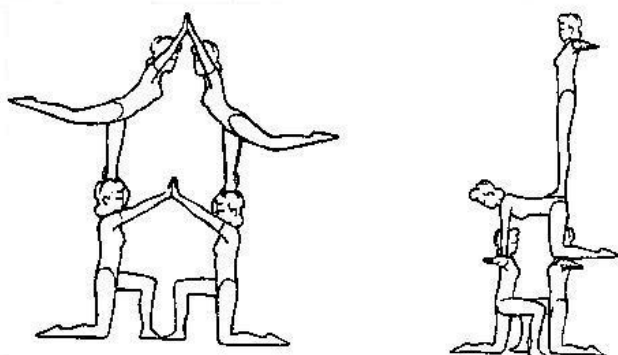
QUADRAS (iniciação)



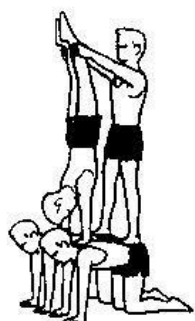
QUADRAS (intermédio e avançado)



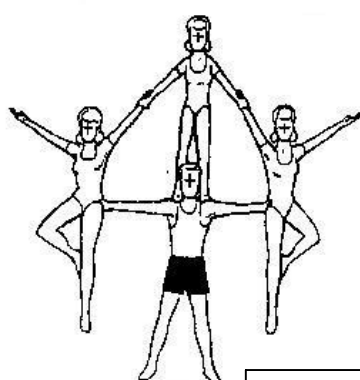
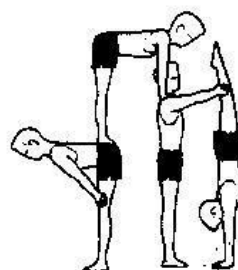
INTERMÉDIO



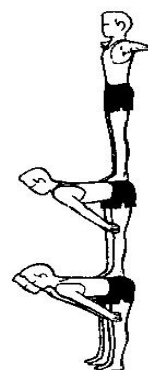
INTERMÉDIO



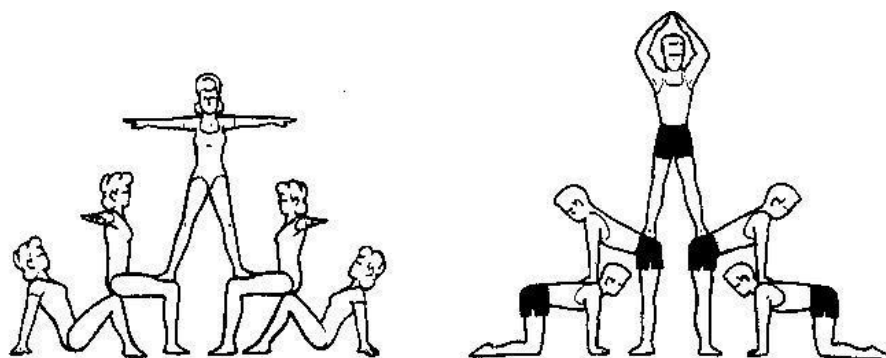
INTERMÉDIO



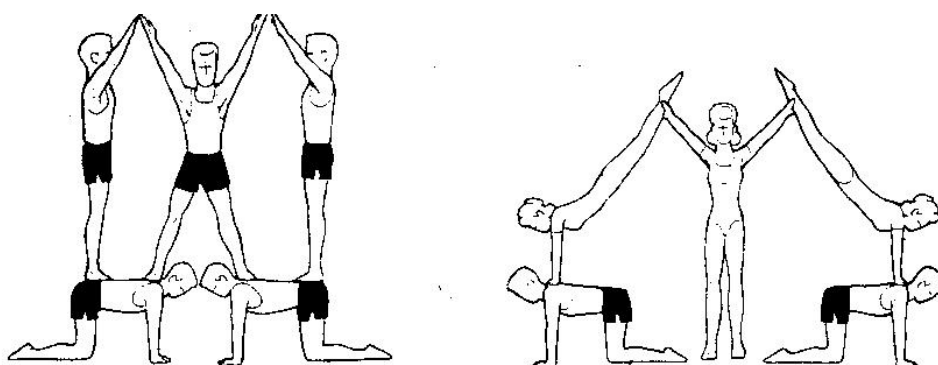
AVANÇADO



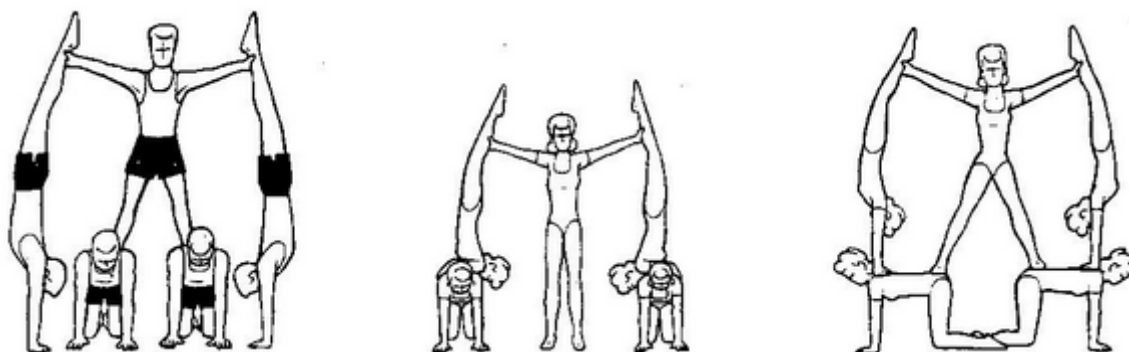
PIRÂMIDES DE CINCO ELEMENTOS



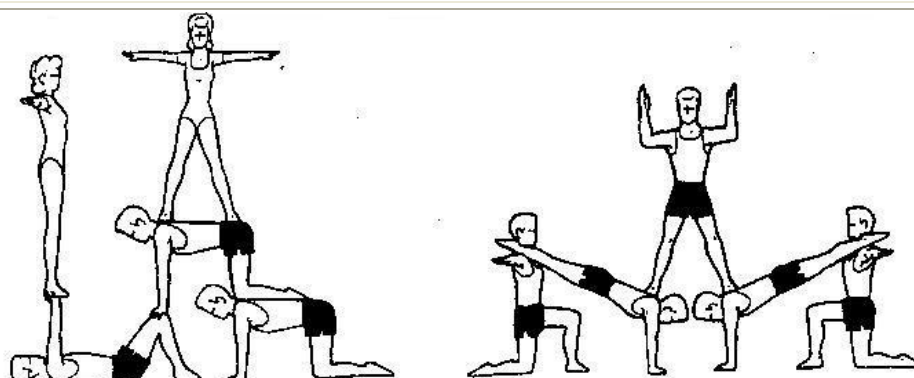
INICIAÇÃO



INICIAÇÃO

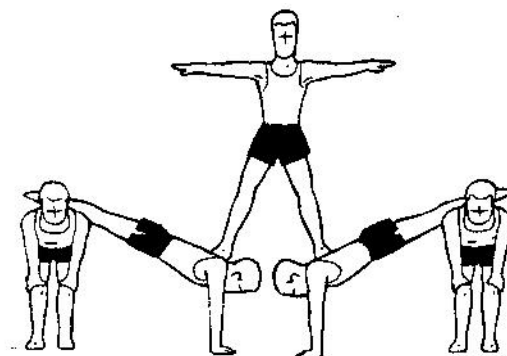


INTERMÉDIO

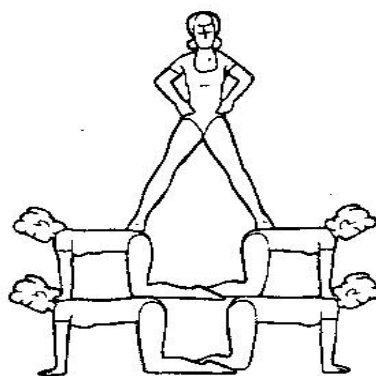


INTERMÉDIO

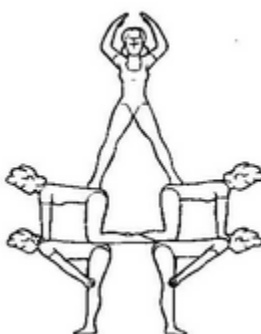
PIRÂMIDES DE CINCO ELEMENTOS (cont)



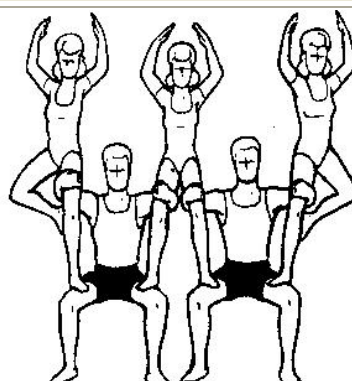
INTERMÉDIO



INTERMÉDIO

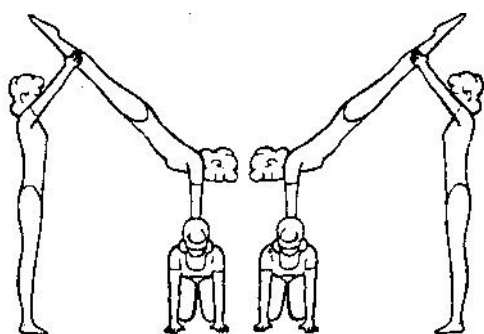


AVANÇADO

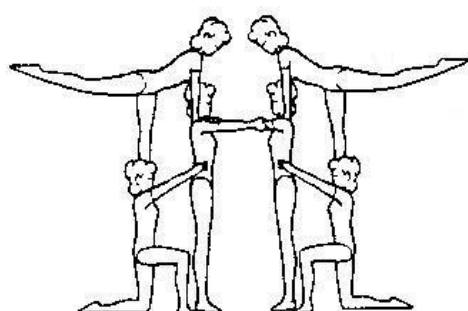
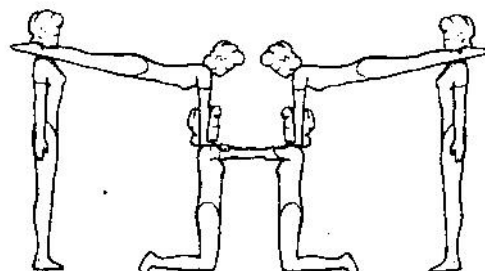


AVANÇADO

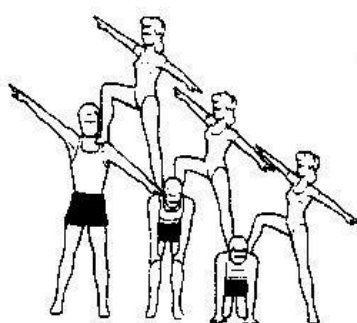
PIRÂMIDES DE SEIS ELEMENTOS



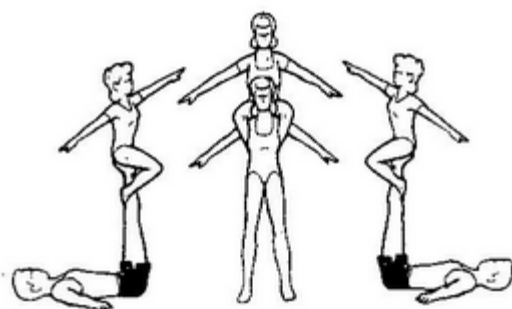
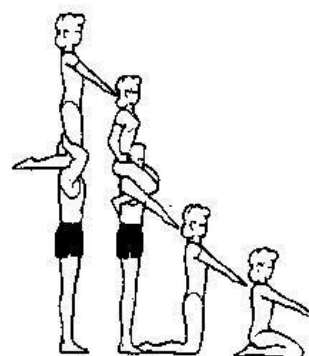
INICIAÇÃO



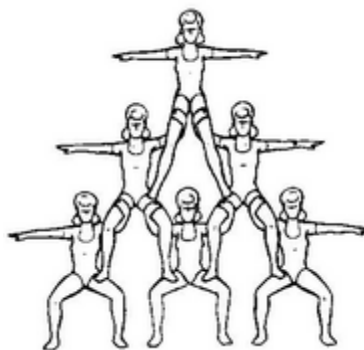
INICIAÇÃO



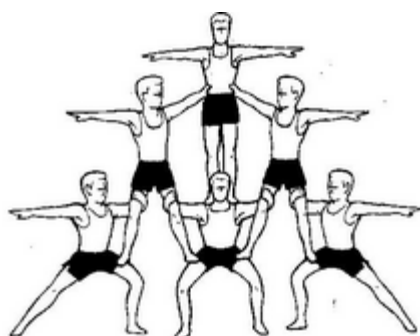
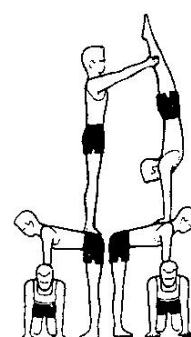
INTERMÉDIO



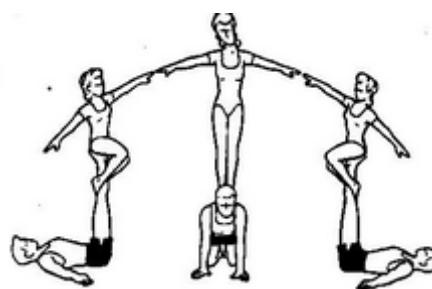
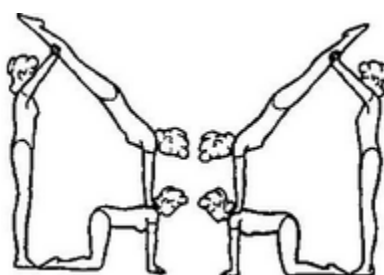
INTERMÉDIO



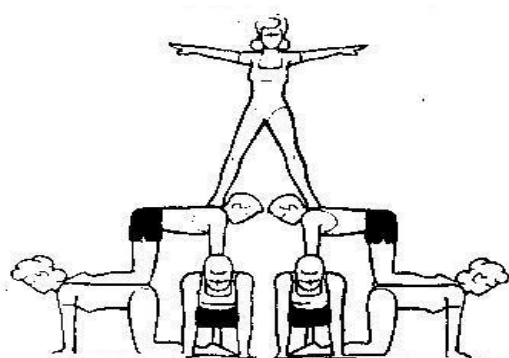
AVANÇADO



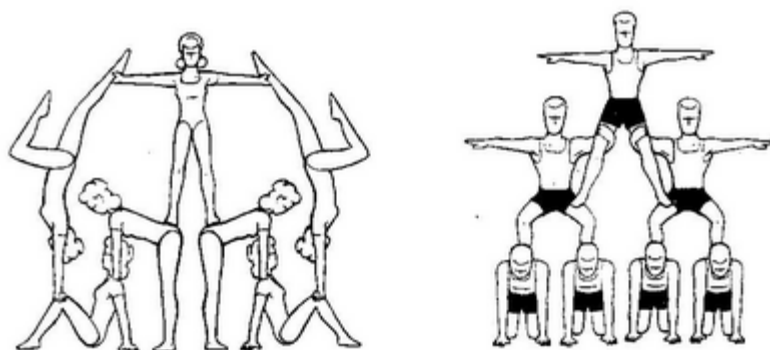
AVANÇADO



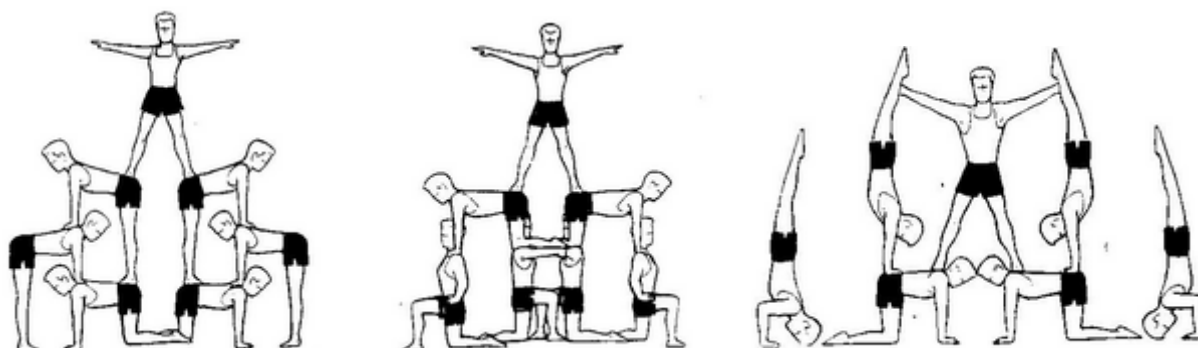
PIRÂMIDES DE SETE ELEMENTOS



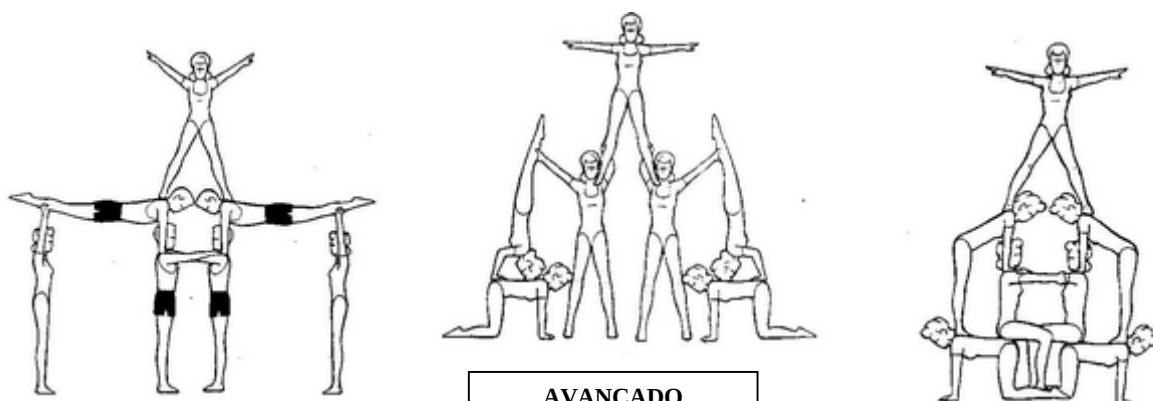
INICIAÇÃO



INTERMÉDIO

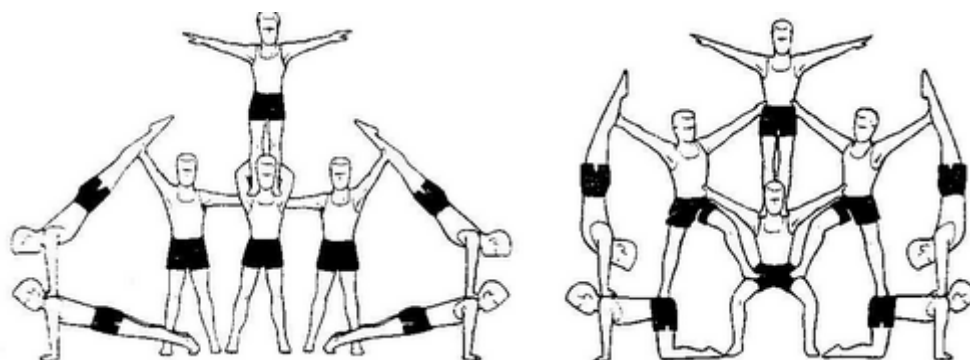


INTERMÉDIO

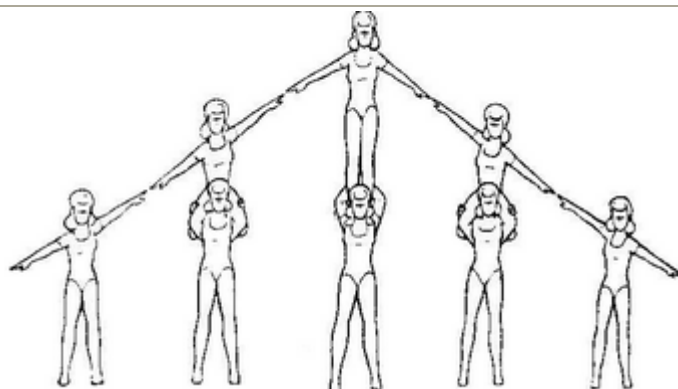


AVANÇADO

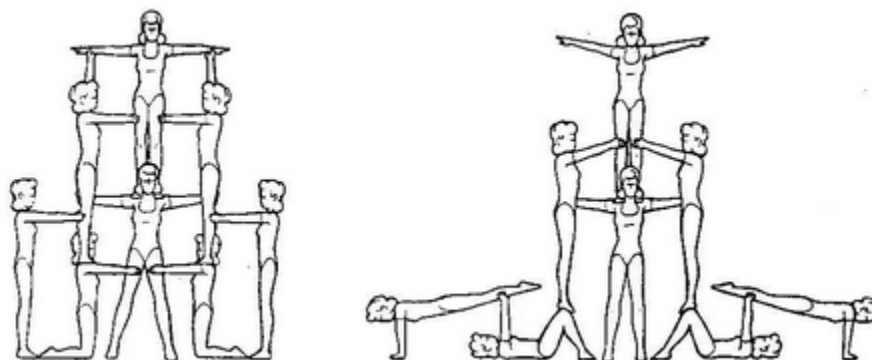
PIRÂMIDES DE OITO ELEMENTOS



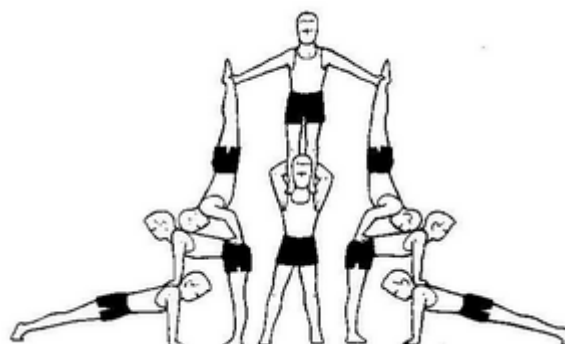
INTERMÉDIO



INTERMÉDIO

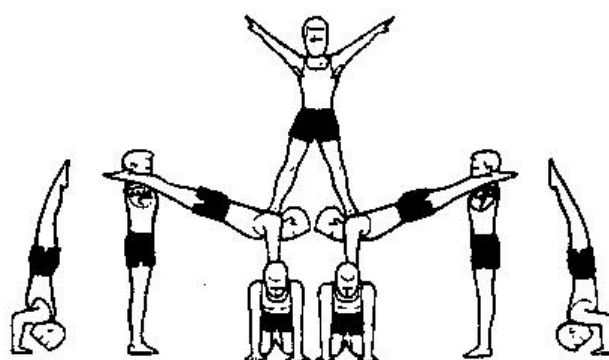


AVANÇADO

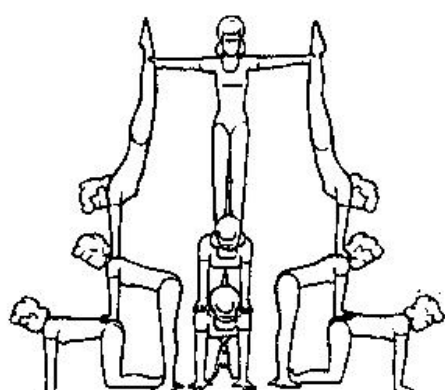


AVANÇADO

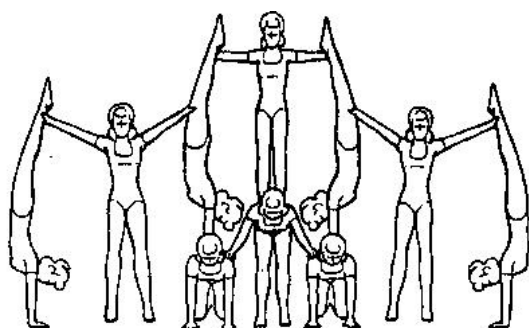
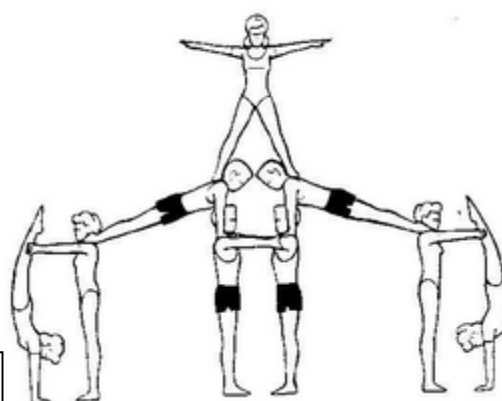
PIRÂMIDES DE NOVE E DEZ ELEMENTOS



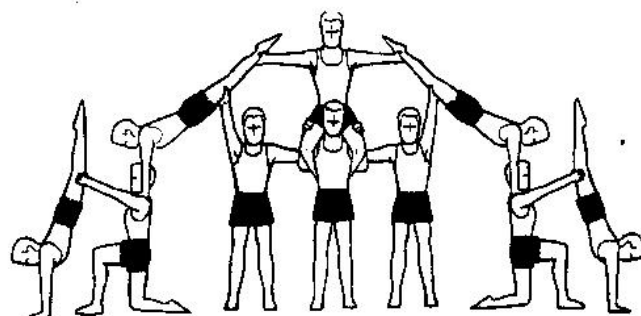
INTERMÉDIO



AVANÇADO

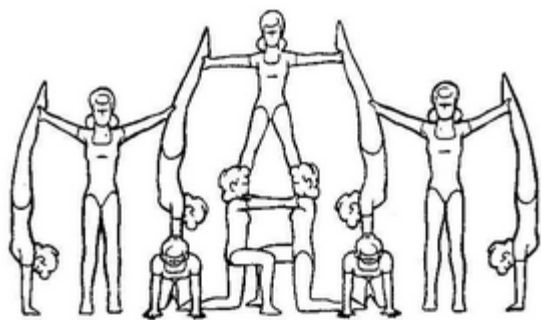


INTERMÉDIO

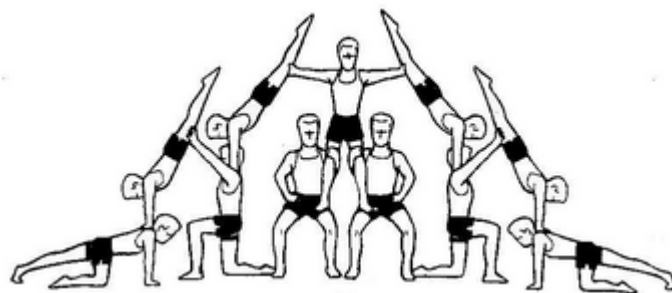


AVANÇADO

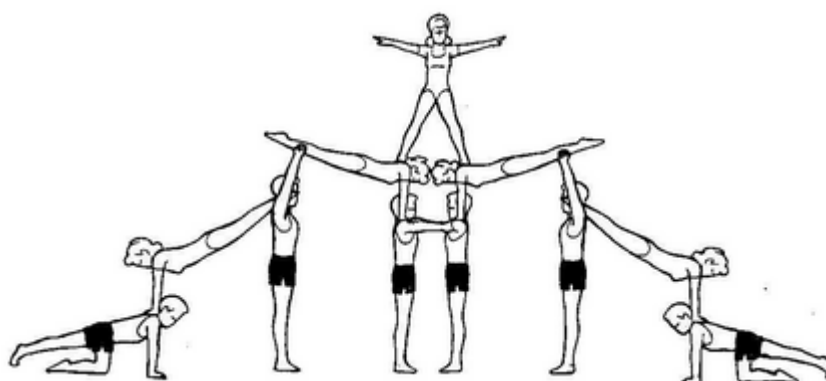
PIRÂMIDES DE ONZE E DOZE ELEMENTOS



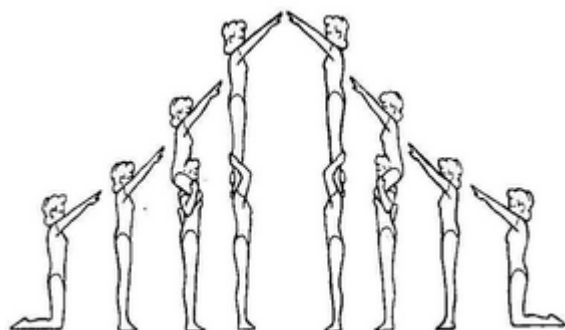
INTERMÉDIO



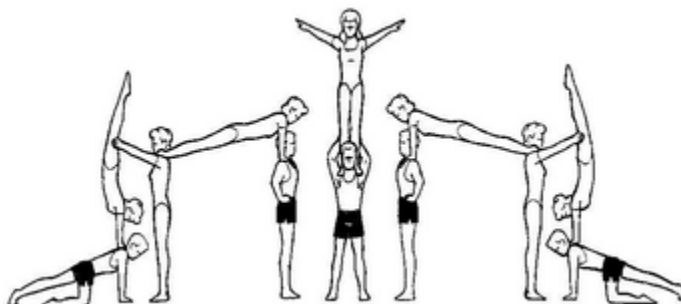
AVANÇADO



AVANÇADO

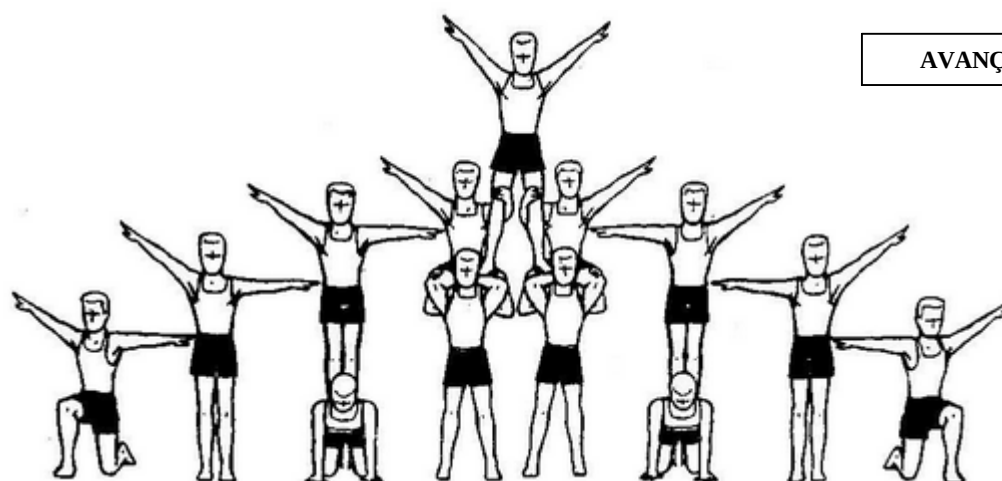


INTERMÉDIO

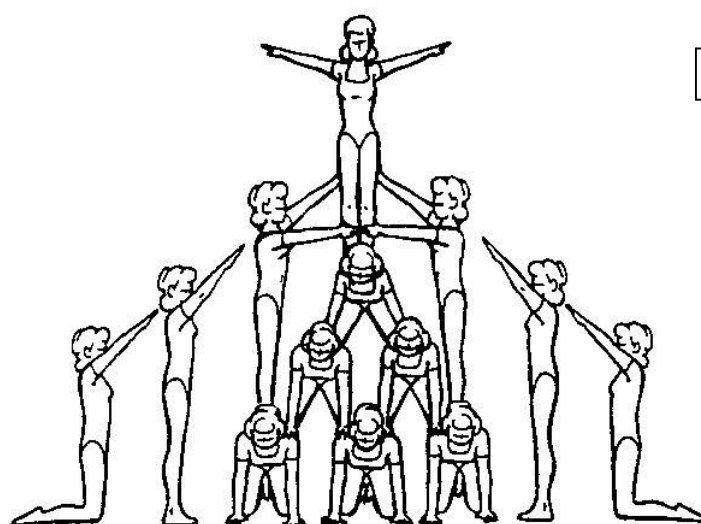


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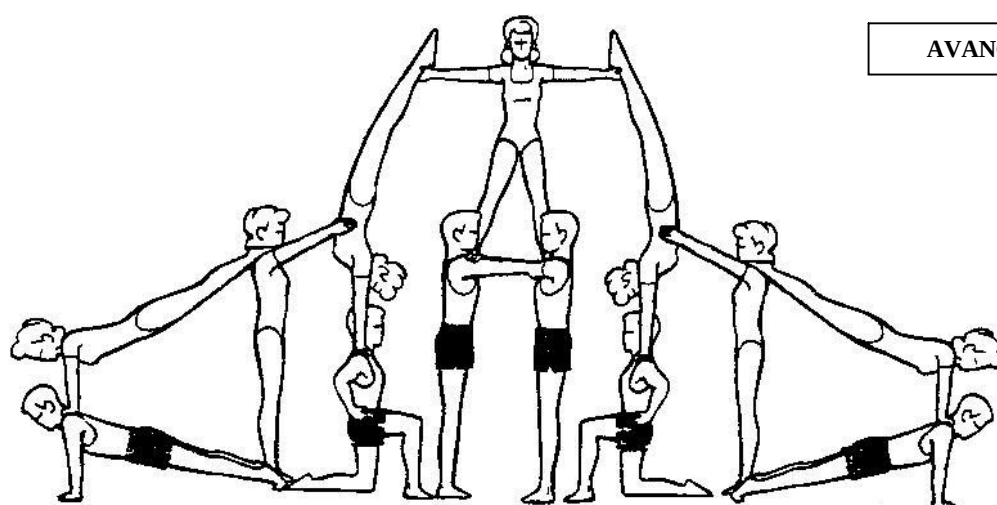
PIRÂMIDES DE TREZE ELEMENTOS



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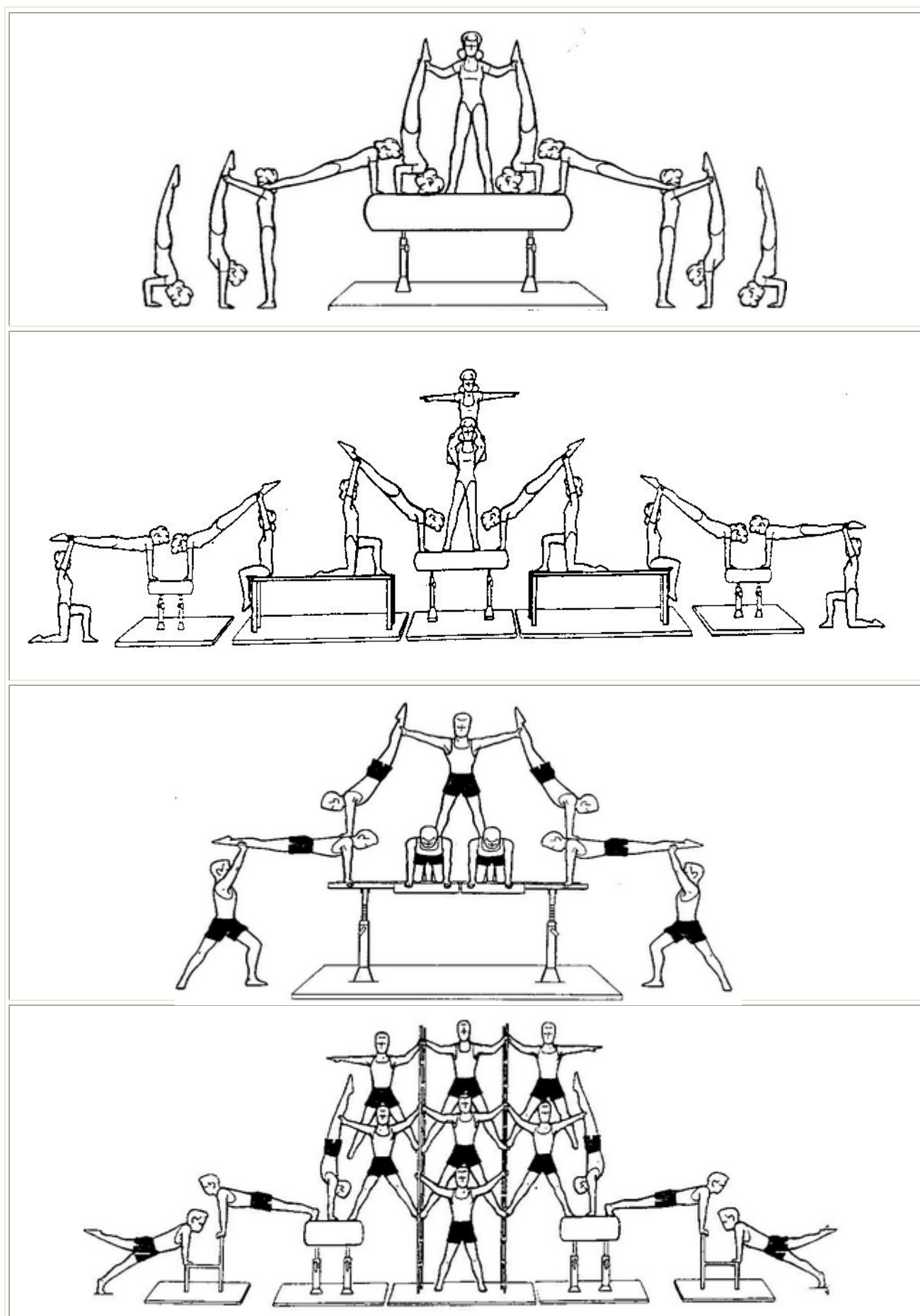


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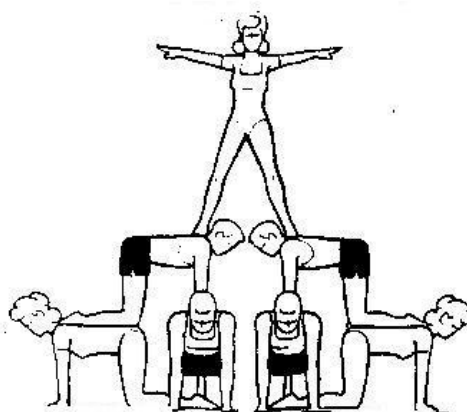
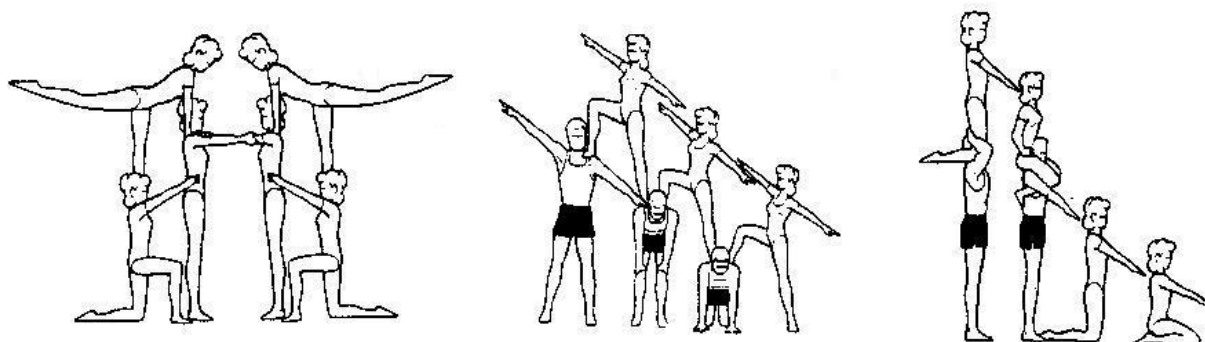
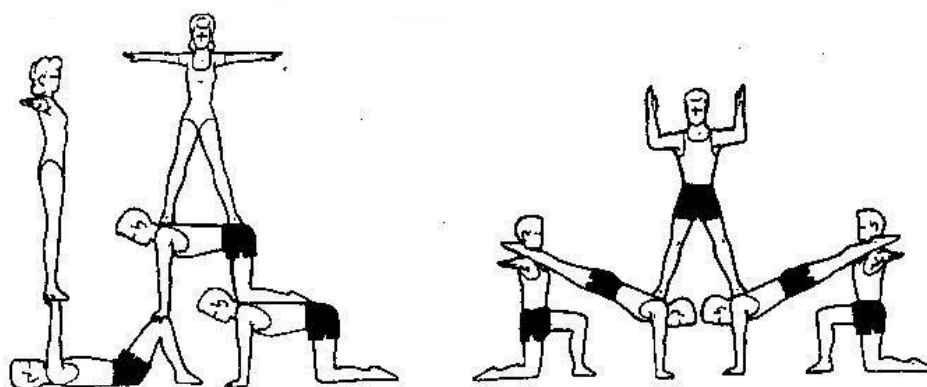
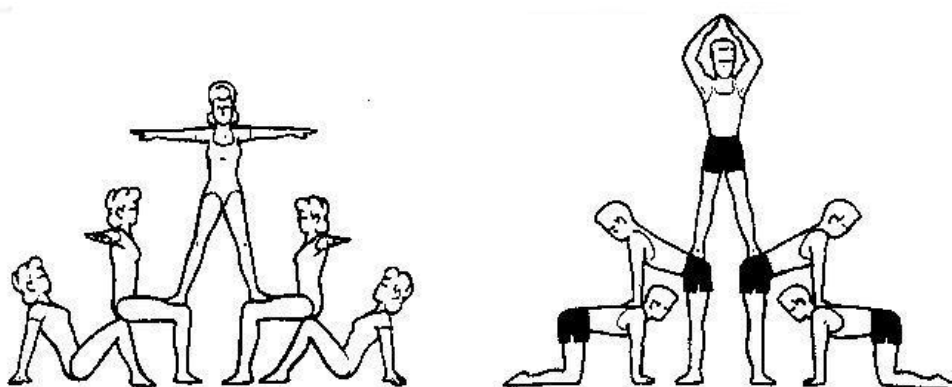


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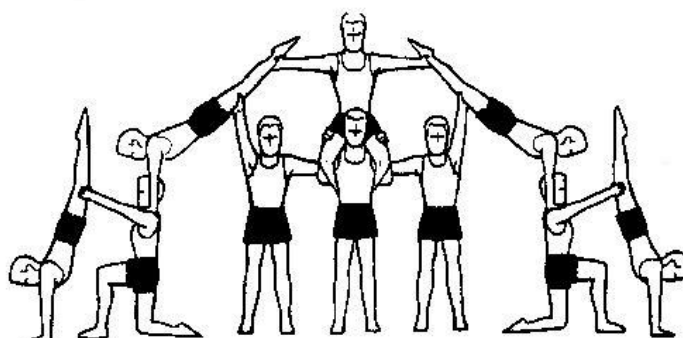
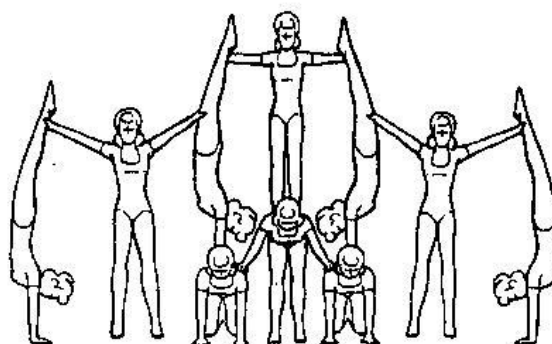
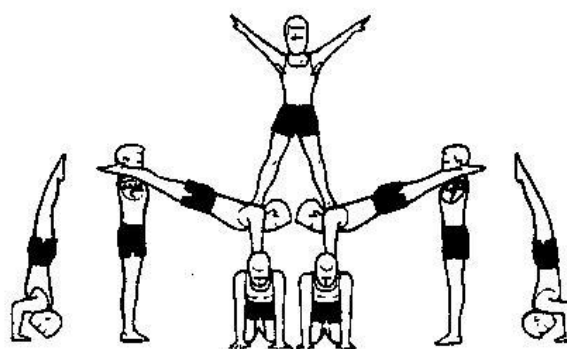
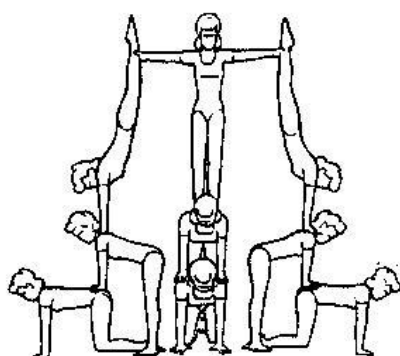
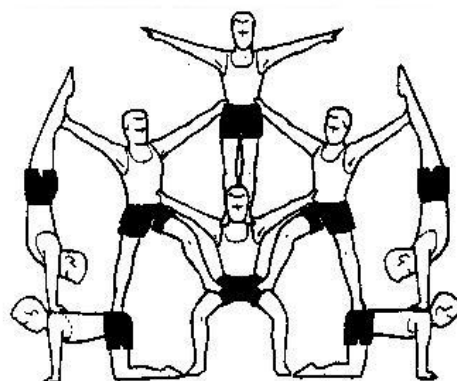
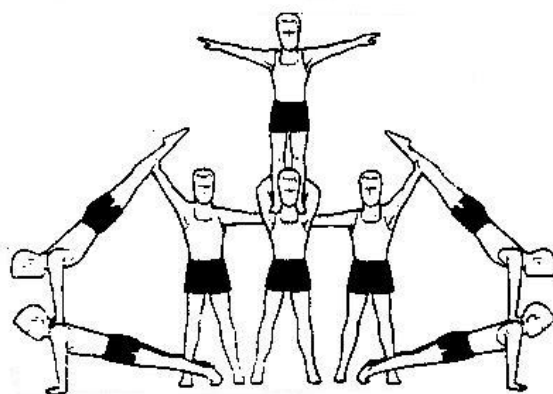
PIRÂMIDES DE APARATO



PIRÂMIDES DE 5,6 e 7 ELEMENTOS



PIRÂMIDES DE 8,9 e 10 ELEMENTOS



PIRÂMIDES DE 11,12 e 13 ELEMENTOS

