

# TREINO DE PUXAR INICIANTE



início



chin up

3 x 4 reps

2 min descanso



chin up advanced hold

3 x 10 seg

2 min descanso



pull up advanced hold

3 x 10 seg

2 min descanso



fim



incline chin up

3 x 12 reps

2 min descanso



australian pull up

3 x 12 reps

2 min descanso



negative pull up

3 x 8 reps

2 min descanso