

CORE E PERNAS INICIANTE



início



squat
3 x 15 reps
2 min descanso



hamstring levers
3 x 15 reps
2 min descanso



calf raises
3 x 15 reps
2 min descanso



fim



short bridge
3 x 30 seg
2 min descanso



legs hold
3 x 30 seg
2 min descanso



hanging knee raises
3 x 8 reps
2 min descanso