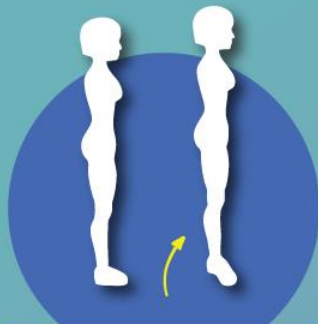


#FICAEMCASA

(1 min de descanso entre séries)
NÍVEL I: 3 séries / NÍVEL II: 5 séries
PLANO DE TREINO



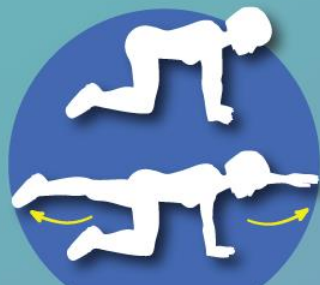
20 march steps



10 calf raises



40 shoulder raps



20 alt arm/leg raises



20 leg extensions



20 side leg extensions



10 bridges



20 flutter kicks



10 dead bugs