

PLANO DE TREINO FORÇA Nº 05

DURAÇÃO PREVISTA : 20 MINUTOS

AQUECIMENTO—Cada exercício deve ser excetuado durante 20 segundos



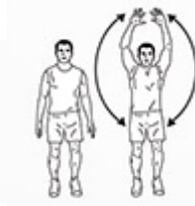
Rotação pescoço



Rotação pescoço



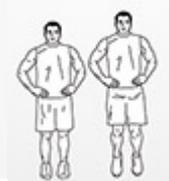
Extensão peitoral



Elevação braços



Rotação braços

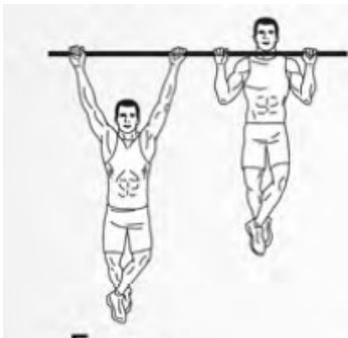


Salto no lugar

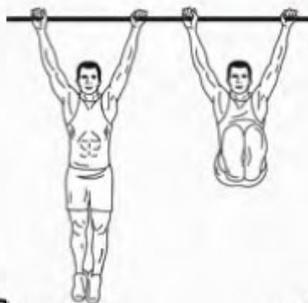


Rotação do tronco

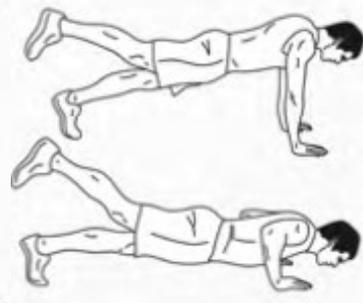
PLANO DE TREINO —3 Séries. Descanso entre séries 2 minutos



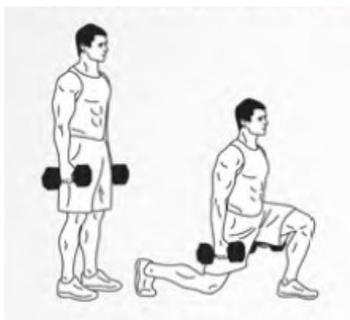
5 Pull Ups



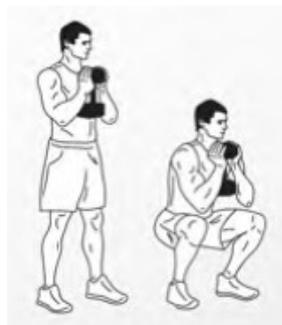
10 Leg Raises



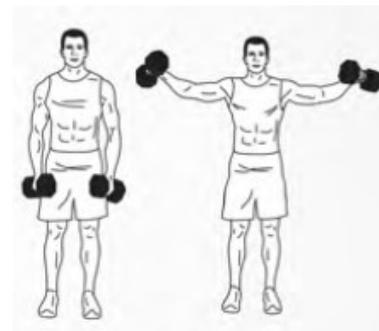
10 Raised leg Push Up



10 Foward lunges
(cada perna)



10 Goblet squats



20 seg lateral Raises