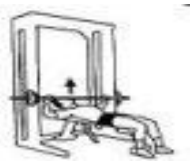
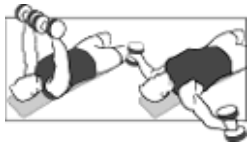
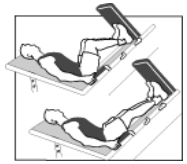
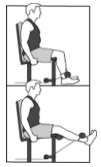
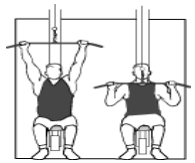
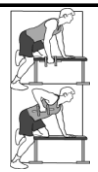
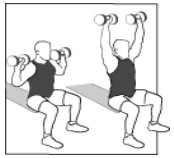
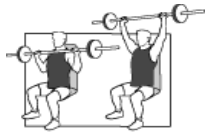
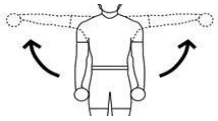
PLANO TREINO DE MUSCULAÇÃO (Int-4)	Nº Inscr.:_____ Nome: _____ Nº_____ Ano/Turma:_____ Idade: _____
	FASE DE TREINO: _____ OBJETIVO: _____ Data inicio: ____/____/_____

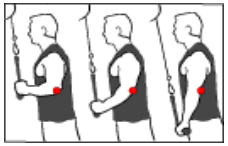
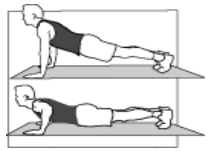
GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
PEITORAL	Press na Maquina (2)			Supino na *multipower* (5)			Aberturas com halteres		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

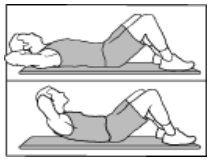
GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
PERNAS	Prensa de pernas (6)			Extensão dos joelhos (3)			Flexão dos joelhos (1)		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

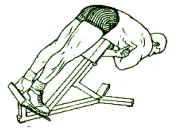
GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
DORSAL	Puxador dorsal (4)			Remada horizontal halter			Elev horizont *multip (5)*		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
BICIPETE	Flex braços halteres inclin			Flex braços halteres sent			Flex braço (concentrado)		
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
OMBROS	Press ombros sent halteres			Press ombr sent multip (5)			Elev lateral halteres		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
TRICIPETE	Extens. braços cabo (4)			Extens braço c/haltere			Extensões barços no solo		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
ABDOMINAIS	Crunch no solo			Crunch diagonal			Elev pernas (intertido)		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga

GM	ORDEM Nº			ORDEM Nº			ORDEM Nº		
LOMBARES	Extens tronco maquina (6)			Extens tronco solo			Extens perna-braço		
									
	Séries	Reps	Carga	Séries	Reps	Carga	Séries	Reps	Carga