

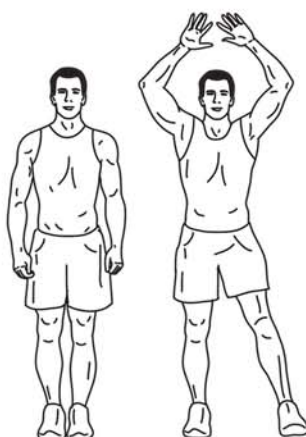
TREINO EM CASA

Feito por DAREBEE @ darebee.com

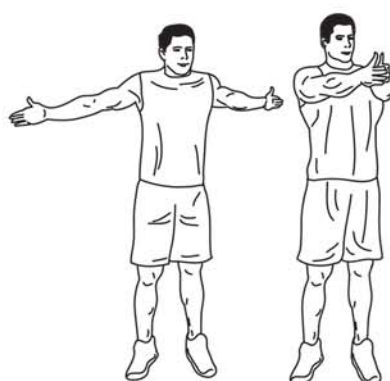
Repita num total de 5 vezes - Descanse por 2 minutos



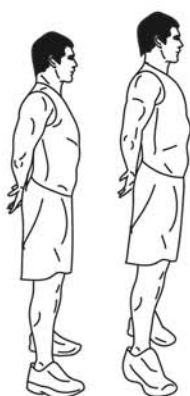
10 Rotações de Quadril



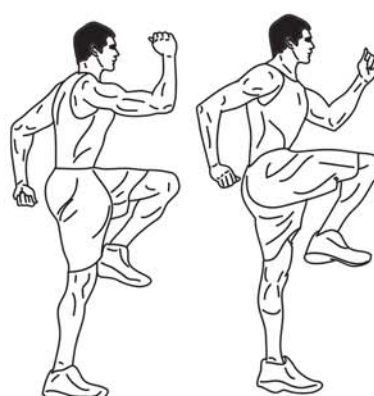
10 Polichinelo com
Passo Lateral



10 Expansões de Peito



10 Extensão de Panturrilha



10 Marcha Estacionária