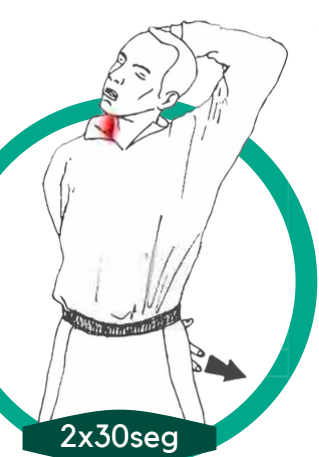


PLANILHA DE ALONGAMENTOS E ATIVIDADES FUNCIONAIS

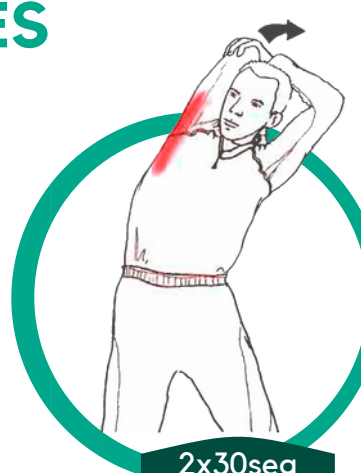
Para exercitar e manter a mente e o corpo produtivo.
Não deixe de Praticar!!!

ALONGAMENTOS RELAXANTES



ALONGAMENTO DA MUSCULATURA DE CERVICAL

2x30seg



ALONGAMENTO DA MUSCULATURA DE OMBRO E BRAÇO

2x30seg



ALONGAMENTO DA MUSCULATURA DE ANTEBRAÇO

2x30seg

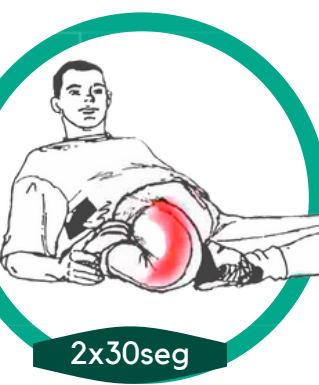


2x30seg

ALONGAMENTO DA MUSCULATURA LOMBAR



2x30seg



ALONGAMENTO DA MUSCULATURA ANTERIOR DA COXA

2x30seg

ALONGAMENTO DE MUSCULATURA POSTERIOR DE COXA



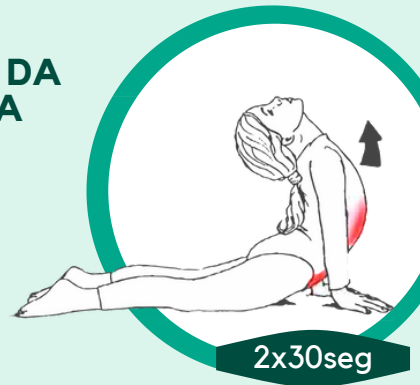
2x30seg



ALONGAMENTOS DA MUSCULATURA DE GLÚTEOS

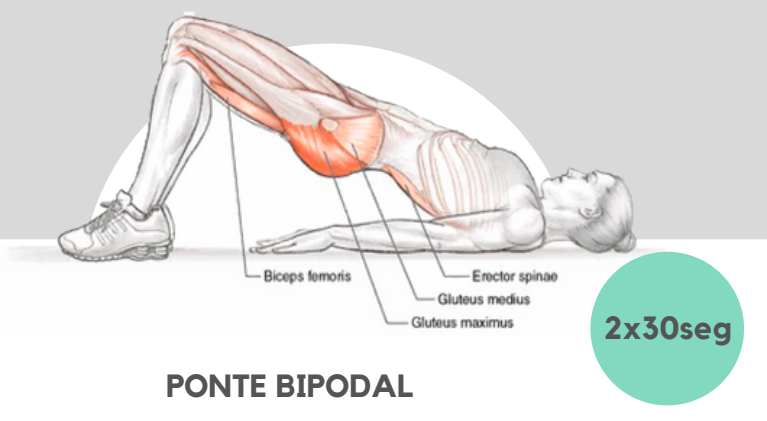
2x30seg

ALONGAMENTO DA MUSCULATURA ABDOMINAL



2x30seg

TREINAMENTO FUNCIONAL



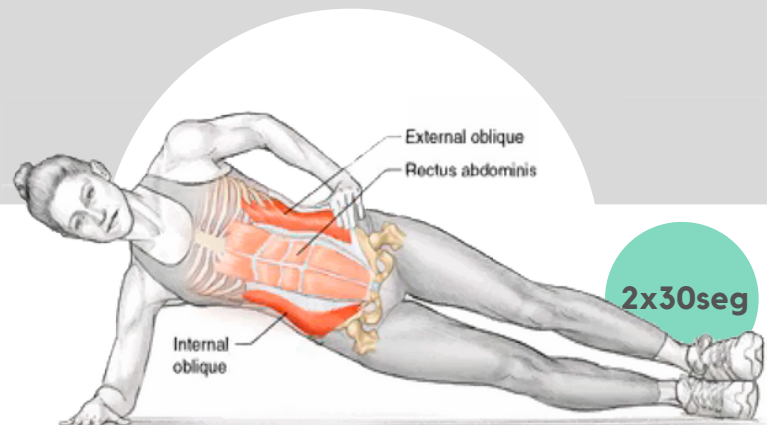
PONTE BIPODAL

2x30seg



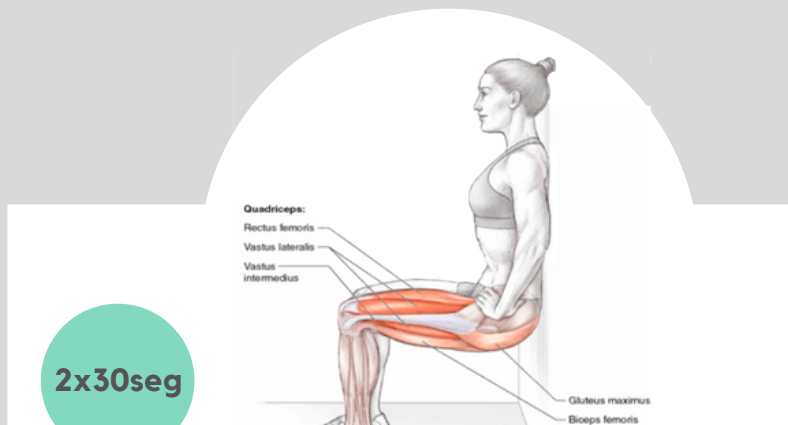
PRANCHA VENTRAL

2x30seg



PRANCHA LATERAL

2x30seg



AGACHAMENTO ISOMÉTRICO NA PAREDE

2x30seg



AFUNDO DINÂMICO

2x12 repetições