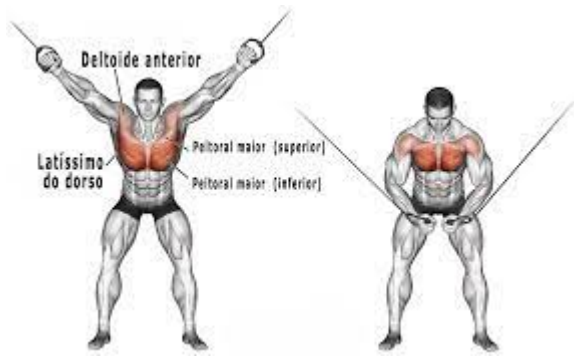


Cross Over



Desenvolvimento Ombro Com Halters



Puxada Triangulo



Triceps Convergentes



Puxada Triangulo



Serrote Dorsal



Remada Maquina

