DIA 1

Peito

Segunda

	Supino reto	4 × 8–10	90s
	Supino inclinado	4 × 10–12	90s
	Crossover	3 × 12–15	60–90s
	Peck deck	3 × 12–15	60–90s
	Fundos	3 × 8–12	60s

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DIA 2

Costas

Quarta

	Puxada alta	4 × 10–12	90s
	Remada baixa	4 × 10–12	90s
	Remada curvada	3 × 8–10	120s
	Puxada neutra	3 × 10–12	60–90s
	Remada unilateral	3 × 10–12	60–90s

Cada lado, na unilateral

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DIA 3

Pernas

Sexta · com abdómen



Agachamento — 4 × 8–10 — 120s



Leg press — 4 × 12 — 90s



Extensora — 3 × 12–15 — 60s



Flexora — 3 × 12–15 — 60s



Gémeos — 3 × 12–15 — 60s



Abdominais — 3 × 15–20 — 45s

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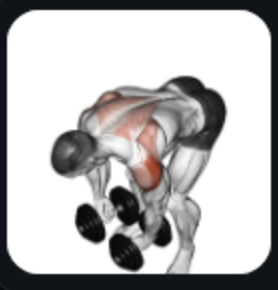
DIA 4

Ombros e braços

Sábado

	Desenvolvimento	4 × 8–10	90s
	Elevação lateral	4 × 12–15	60s
	Crucifixo invertido	3 × 12–15	60s
	Elevação frontal	3 × 12–15	60s
	Rosca direta	3 × 10–12	60s
	Rosca martelo	3 × 10–12	60s
	Rosca Scott	3 × 10–12	60s
	Tríceps corda	3 × 12–15	60s

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