



Guia Definitivo de Exercícios com o Peso Corporal: 50+ Exercícios Avançados de Treino de Força com o Peso Corporal Revelados (Livro Um) (Portuguese Edition)

The Blokehead

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Este livro tem por objetivo apresentar 50+ Exercícios Avançados de Treino de Força com o Peso Corporal. Ele contém instruções passo a passo detalhadas de como executar cada um dos exercícios.

Este livro também explora as formas modificadas de alguns exercícios com o peso corporal que são usadas em treinamentos esportivos.

Cada um dos exercícios apresentados aqui exige somente ferramentas simples, tais como cadeiras, cordas e barras. Os praticantes poderão sempre substituir as ferramentas por itens similares que estejam disponíveis em suas casas. Não é necessário ir à academia para fazer estes exercícios. Eles podem ser feitos em casa ou no seu quintal.

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