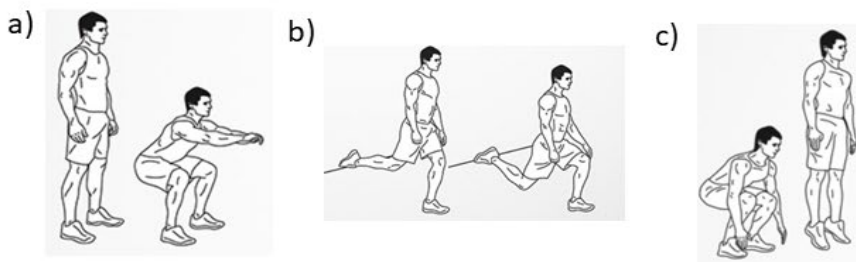


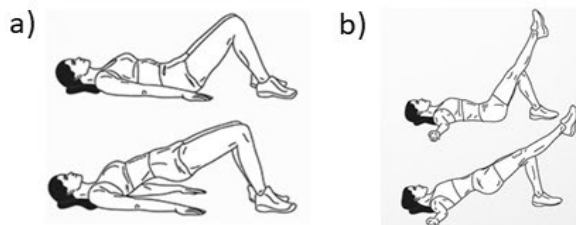
# ANEXO I

1

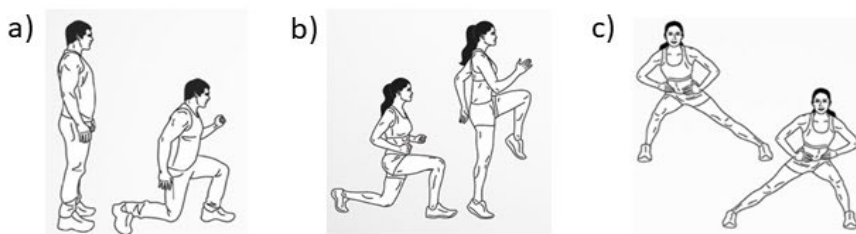
## Agachamento



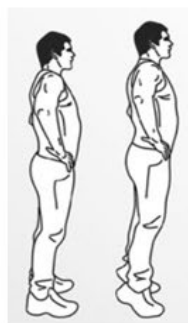
## Ponte



## Lunge



2



**Elevação Calcanhar**



**Flexões**



**Prancha**



**Wall-Sit**



**Abdução**