

# Exercícios disponíveis para seu APP Treino!

Montamos uma série de exercícios para que possam passar para seus alunos fazer em casa.

## Abdominal Canoa



[https://youtu.be/Uaqw-bEch\\_8](https://youtu.be/Uaqw-bEch_8)

## Abdominal Canivete



<https://youtu.be/wgBlsUv1gOM>



## Abdominal Inferior



<https://youtu.be/z5NY9CuecBI>

## Abdominal Remador



<https://youtu.be/IBVlylzOrnU>

## Abdominal Superman



[https://youtu.be/t2GHFEzo\\_NQ](https://youtu.be/t2GHFEzo_NQ)



## Burpee



<https://youtu.be/EY6M9C4RsZQ>

## Agachamento Livre



<https://youtu.be/rYTjvY7dm9c>

## Avanço



<https://youtu.be/9jJWonbDUb4>



## Prancha



<https://youtu.be/iRd3uGDCzXM>

## Prancha Lateral



<https://youtu.be/skSkMx95OhA>

## Elevação de Quadril no Solo



<https://youtu.be/BFds0DZZcHw>



## Shuttle Run



<https://youtu.be/Zz7pEJU-ziU>

## Flexão de Braço



<https://youtu.be/EY6M9C4RsZQ>

## Polichinelo



<https://youtu.be/CjVo0m0S0Eo>



## Barra Fixa



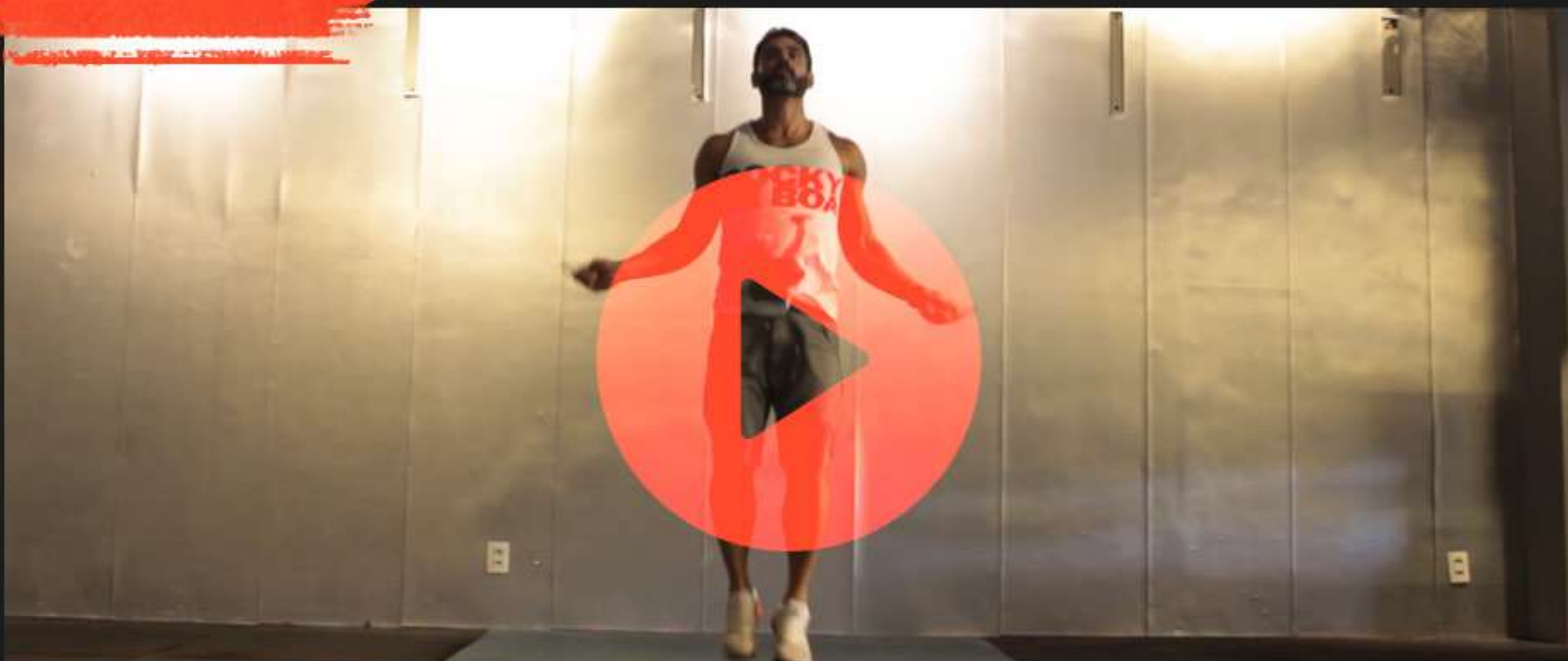
<https://youtu.be/H3jmxDqK7nl>

## Abdução com Elástico



<https://youtu.be/H3jmxDqK7nl>

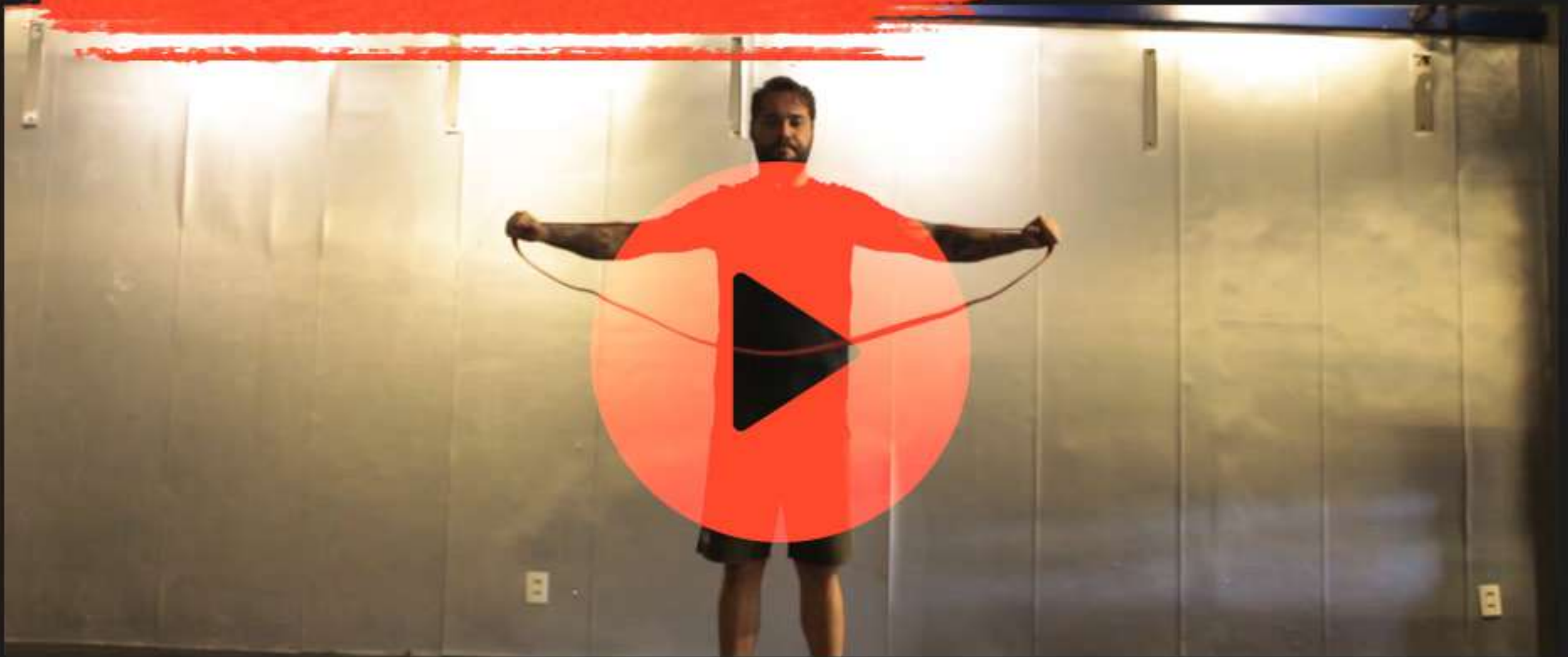
## Corda



<https://youtu.be/G-v8zvqWdes>



## Crucifixo Inverso com Elástico



<https://youtu.be/jee-y1V4kQc>

## Desenvolvimento com Elástico



<https://youtu.be/1Wa1QYSctxU>

## Desenvolvimento com Halteres



<https://youtu.be/1Wa1QYSctxU>



## Elevação de Quadril



<https://youtu.be/INKM-nnXhVg>

## Elevação de Quadril Unilateral



<https://youtu.be/tcW8Vk6feiw>

## Pullover com Elástico



<https://youtu.be/3eSUonSFjo4>



## Knees to Chest



<https://youtu.be/N3SDSPxBULA>

## Levantamento Frontal com Elástico



<https://youtu.be/ydaLC74GShE>

## Kettlebell Swing



<https://youtu.be/P0hVqz2dq4c>

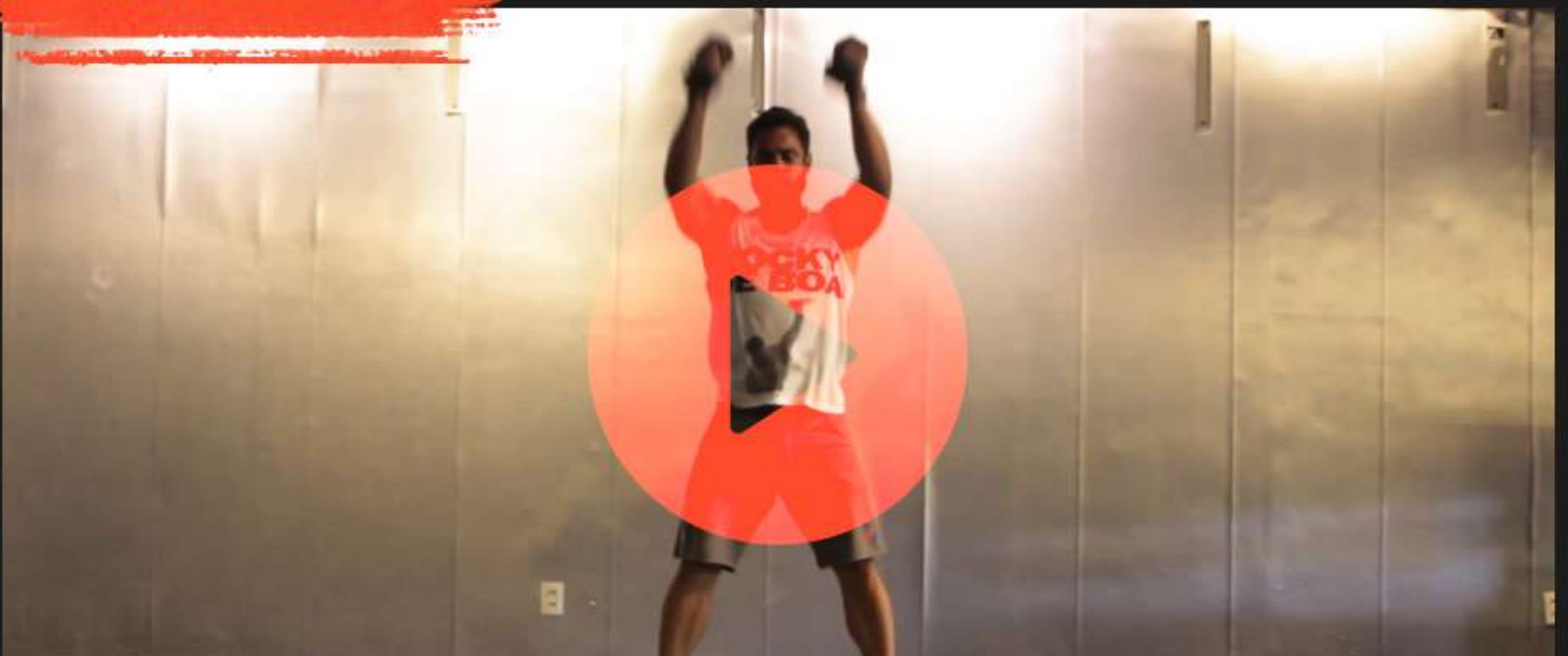


## Prancha Alta com Remada



<https://youtu.be/SPxrkrfK88Q>

## Man Maker



<https://youtu.be/FH7tmAgyiyA>

## Push Press



<https://youtu.be/mNAO8BHtPeM>



## Remada Curvada



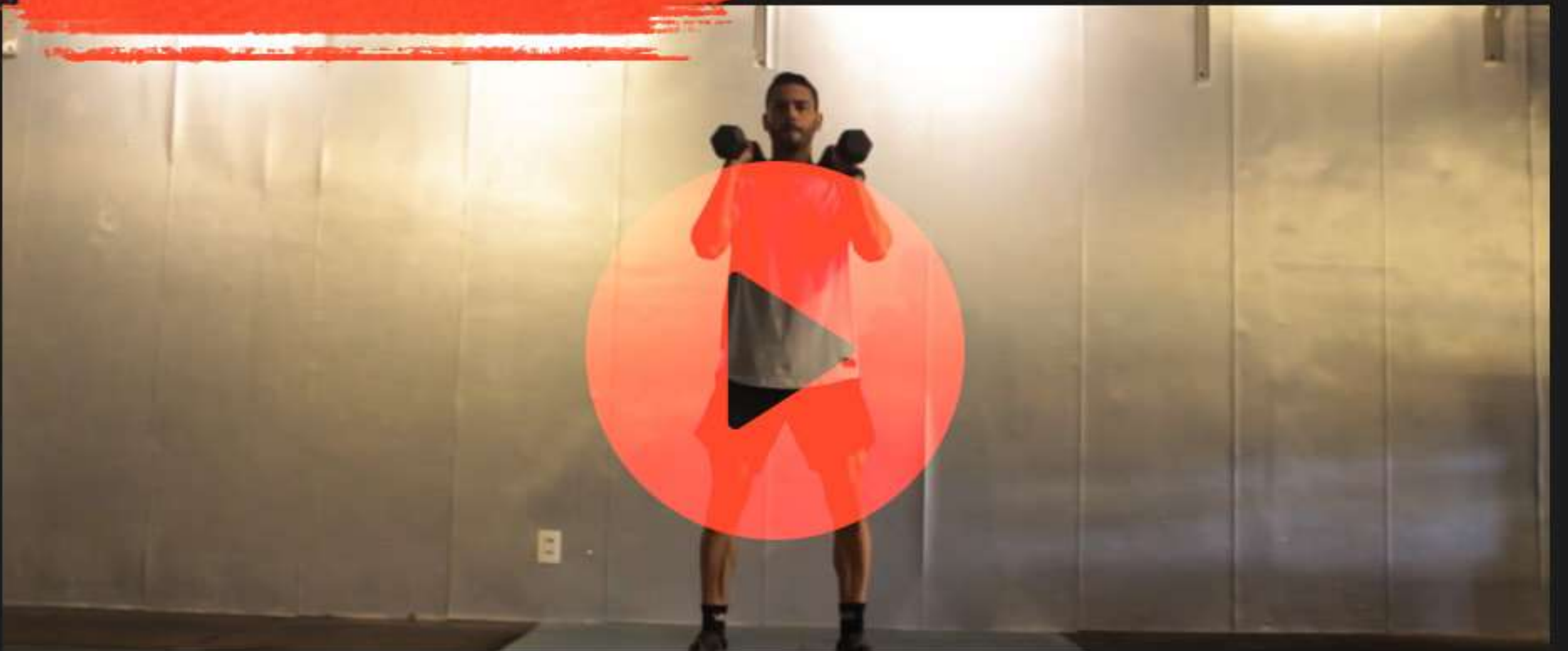
[https://youtu.be/nA\\_BkpuBUJU](https://youtu.be/nA_BkpuBUJU)

## Single Arm Devil Press



<https://youtu.be/kCUHrK6EqHI>

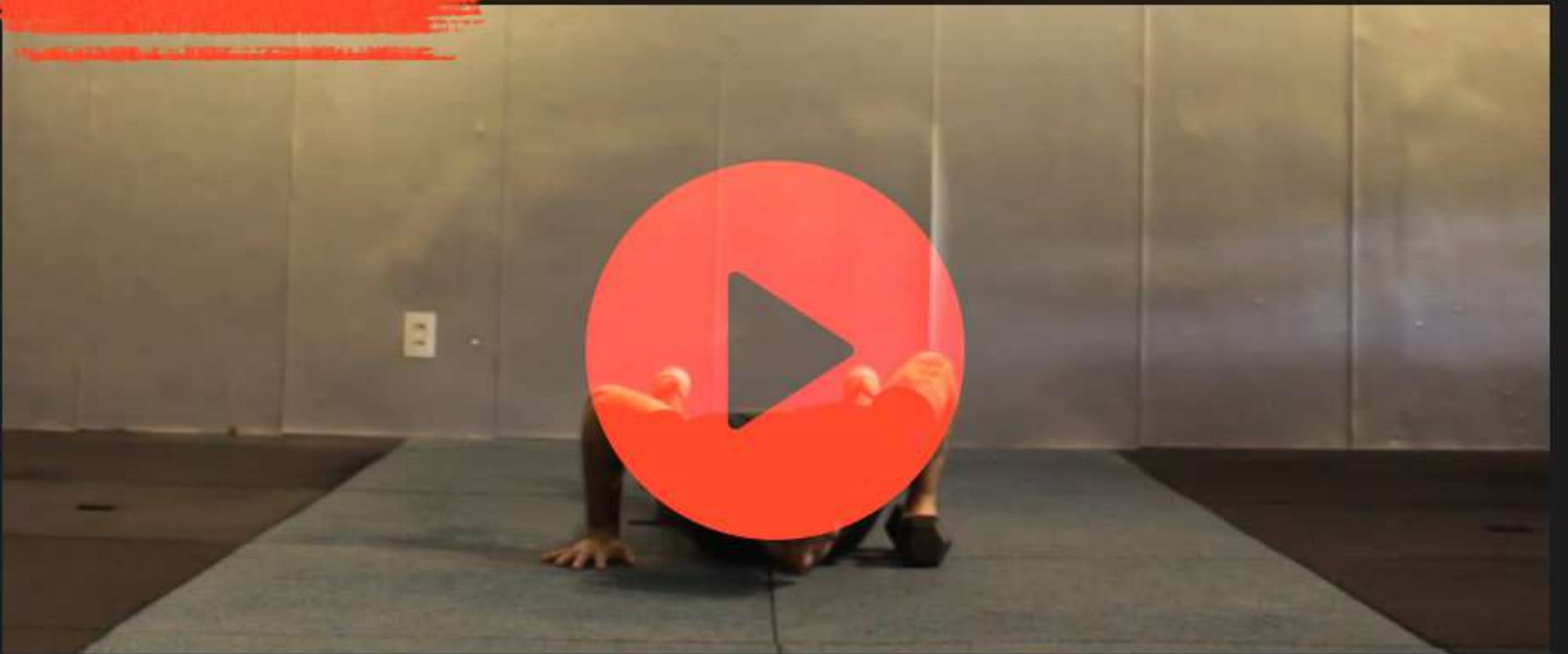
## Thruster com Halter



<https://youtu.be/fb3EsuK6jU0>



## Devil Press



[https://youtu.be/qJSxwjit\\_PA](https://youtu.be/qJSxwjit_PA)

## Tríceps Banco



<https://youtu.be/Tf0BxISZ6s8>

## Step Up



<https://youtu.be/yextQ6ADDI4>



