

# EXERCÍCIOS BÁSICOS

You  
Tube



» Press Peitoral

<https://youtu.be/-hmcN03jJ6U>



» Remada inclinada

<https://youtu.be/ym3PCAZgIU>



» Desenvolvimento

<https://youtu.be/cUE5zLmZ3nQ>



» Rosca lateral

<https://youtu.be/LObHCN9GT9U>



» Tríceps lateral

<https://youtu.be/lqJAAlgHQV7U>



» Abdominais

<https://youtu.be/GCX4Agyu1iU>



» Leg press

<https://youtu.be/6k7XLSlgxSI>



» Gêmeos

<https://youtu.be/cxa9ycubr5c>

**MONTAGENS MULTIFLEX**  
**Exercícios básicos**

BIODELTA  
by PORTICO  
Fitness Equipment



# EXERCÍCIOS COMPLEMENTARES



- » Press inclinado <https://youtu.be/gtsik-OWhrc>
- » Flying <https://youtu.be/DQpGfjTvr54>
- » Mergulho <https://youtu.be/AF9XkWygnAw>
- » Pulldown <https://youtu.be/iQmImCDvUA0>
- » Pullover <https://youtu.be/NgOtrkW8Bbo>
- » Puxada alta <https://youtu.be/l1nmOmeqib4>
- » Remada unilateral <https://youtu.be/xPAyT8nvb90>
- » Encolhimento <https://youtu.be/oQGDiqrnZoY>
- » Extensão cervical <https://youtu.be/gRIP2DXxsJM>
- » Flexão cervical <https://youtu.be/Uz4kG-u4doE>
- » Elevações frontais <https://youtu.be/SNjS2WqM7b8>
- » Elevações laterais <https://youtu.be/l43mvkBA4Sw>
- » Rosca concentrada <https://youtu.be/JP5QNiHeEOg>
- » Rosca reversa <https://youtu.be/BSSaDY3XriQ>
- » Flexões e Extensões de Punho <https://youtu.be/hKf-y-nRog0>
- » Tríceps à frente <https://youtu.be/TBGYTWjvcsW>
- » Tríceps testa <https://youtu.be/mWKqfkBphT0>
- » Stiff e Stiff com apoio <https://youtu.be/Gj8uxU6pmWg>
- » Extensão e Flexão de joelhos <https://youtu.be/EgPgNu62LHQ>
- » Soleares <https://youtu.be/VYOAGWuozRE>

**MONTAGENS MULTIFLEX**  
**Exercícios complementares**

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