

TREINO DE ACADEMIA DIA 02/02/2012

ANDERSON	TRAÇÃO	3S X 6-8 REP	56KG	PEDRO AVERSA	REMADA BAIXA	3S X 6-8 REP	120KG
		1S X 1 REP	65KG			1S X 1 REP	160KG
	SUPINO	3S X 6-8 REP	60KG		SUPINO	3S X 6-8 REP	65KG
		1S X 1 REP	90KG			1S X 1 REP	76KG
FELIPE	TRAÇÃO	3S X 6-8 REP	55KG	MAICON	REMADA BAIXA	3S X 6-8 REP	120KG
		1S X 1 REP	60KG			1S X 1 REP	160KG
	SUPINO	3S X 6-8 REP	80KG		SUPINO	3S X 6-8 REP	65KG
		1S X 1 REP	88KG			1S X 1 REP	76KG
JEAN	TRAÇÃO	3S X 6-8 REP	150KG	CASSIANO	REMADA BAIXA	3S X 6-8 REP	170KG
		1S X 1 REP	170KG			1S X 1 REP	190KG
	SUPINO	3S X 6-8 REP	76KG		SUPINO	3S X 6-8 REP	75KG
		1S X 1 REP	96KG			1S X 1 REP	90KG
GUILHERME / RS	REMADA BAIXA	3S X 6-8 REP	120KG	WELLTNGTON	REMADA BAIXA	3S X 6-8 REP	?
		1S X 1 REP	160KG			1S X 1 REP	?
	SUPINO	3S X 6-8 REP	65KG		SUPINO	3S X 6-8 REP	?
		1S X 1 REP	76KG			1S X 1 REP	?
THIAGO	REMADA BAIXA	3S X 6-8 REP	120KG	CHARLES	REMADA BAIXA	3S X 6-8 REP	160KG
		1S X 1 REP	160KG			1S X 1 REP	190KG
	SUPINO	3S X 6-8 REP	65KG		SUPINO	3S X 6-8 REP	84KG
		1S X 1 REP	76KG			1S X 1 REP	104KG
LEONARDO FOZ	TRAÇÃO	3S X 6-8 REP	65KG	PEPE	REMADA BAIXA	3S X 6-8 REP	160KG
		1S X 1 REP	85KG			1S X 1 REP	205KG
	SUPINO	3S X 6-8 REP	80KG		SUPINO	3S X 6-8 REP	84KG
		1S X 1 REP	90KG			1S X 1 REP	104KG
RAFAEL	TRAÇÃO	3S X 6-8 REP	60KG	FABIO	TRAÇÃO	3S X 6-8 REP	65KG
		1S X 1 REP	75KG			1S X 1 REP	75KG
	SUPINO	3S X 6-8 REP	55KG		SUPINO	3S X 6-8 REP	80KG
		1S X 1 REP	60KG			1S X 1 REP	84KG
RENAN H	TRAÇÃO	3S X 6-8 REP	65KG	POLIANA	REMADA BAIXA	3S X 6-8 REP	80KG
		1S X 1 REP	85KG			1S X 1 REP	90KG
	SUPINO	3S X 6-8 REP	80KG		SUPINO	3S X 6-8 REP	50KG
		1S X 1 REP	90KG			1S X 1 REP	60KH
JOÃO VITOR	TRAÇÃO	3S X 6-8 REP	180KG	ANA	REMADA BAIXA	3S X 6-8 REP	110KG
		1S X 1 REP	225KG			1S X 1 REP	150KG
	SUPINO	3S X 6-8 REP	104KG		SUPINO	3S X 6-8 REP	60KG
		1S X 1 REP	120KG			1S X 1 REP	70KG
TECO	TRAÇÃO	3S X 6-8 REP	180KG	CASSIO	TRAÇÃO	3S X 6-8 REP	170KG
		1S X 1 REP	225KG			1S X 1 REP	190KG
	SUPINO	3S X 6-8 REP	84KG		SUPINO	3S X 6-8 REP	78KG
		1S X 1 REP	110KG			1S X 1 REP	94KG

