TREINO DE ACADEMIA DIA 02/02/2012

| | | 001/000 | | | | Taa.v.a | 10000 |
|-----------------|----------------|--------------|---------|---------------|----------------|--------------|-------|
| ANDERSON | TRAÇAO | 3S X 6-8 REP | 56KG | | REMADA BAIXA | 3S X 6-8 REP | 120KG |
| | | 1S X 1 REP | 65KG | PEDRO AVERSA | | 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 | TRAÇAO | 3S X 6-8 REP | 55KG | | REMADA BAIXA | 3S X 6-8 REP | 120KG |
| | | 1S X 1 REP | 60KG | MAICON | | 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 | TRAÇAO | 3S X 6-8 REP | 150KG | | REMADA BAIXA | 3S X 6-8 REP | 170KG |
| | | 1S X 1 REP | 170KG | CASSIANO | | 1S X 1 REP | 190KG |
| J_/ \ | SUPINO | 3S X 6-8 REP | 76KG | C, 1031/1110 | SUPINO | 3S X 6-8 REP | 75KG |
| | 301 1110 | 1S X 1 REP | 96KG | | 3011110 | 1S X 1 REP | 90KG |
| İ | REMADA BAIXA | 3S X 6-8 REP | 120KG | | REMADA BAIXA | 3S X 6-8 REP | ? |
| GUILHERME / RS | MEININDA DAINA | 1S X 1 REP | 160KG | WELLTNGTON | MEIVIADA DAIAA | 1S X 1 REP | ? |
| GUILLIEKWE / K3 | SUPINO | 3S X 6-8 REP | 65KG | - WELLTINGTON | SUPINO | 3S X 6-8 REP | ? |
| | 3011110 | 1S X 1 REP | 76KG | | 3011140 | 1S X 1 REP | ? |
| | REMADA BAIXA | 3S X 6-8 REP | 120KG | | REMADA BAIXA | 3S X 6-8 REP | 160KG |
| THIAGO | KLINADA BAIAA | 1S X 1 REP | 160KG | CHARLES | KLIVIADA BAIXA | 1S X 1 REP | 190KG |
| THIAGO | SUPINO | 3S X 6-8 REP | 65KG | CHARLES | SUPINO | 3S X 6-8 REP | 84KG |
| | SUPINO | 1S X 1 REP | 76KG | | JUFINU | 1S X 1 REP | 104KG |
| LEONARDO FOZ | TRAÇAO | 3S X 6-8 REP | 65KG | | REMADA BAIXA | 3S X 6-8 REP | 160KG |
| | | 1S X 1 REP | 85KG | PEPE | NEWADA BAIAA | 1S X 1 REP | 205KG |
| | SUPINO | 3S X 6-8 REP | 80KG | r EF E | SUPINO | 3S X 6-8 REP | 84KG |
| | | 1S X 1 REP | 90KG | | | 1S X 1 REP | 104KG |
| DAFAEI | TRAÇAO | 3S X 6-8 REP | 60KG | | TRAÇAO | 3S X 6-8 REP | 65KG |
| | | 1S X 1 REP | 75KG | FABIO | | 1S X 1 REP | 75KG |
| RAFAEL | SUPINO | 3S X 6-8 REP | 55KG | FADIO | SUPINO | 3S X 6-8 REP | 80KG |
| | | 1S X 1 REP | 60KG | | | 1S X 1 REP | 84KG |
| | TRAÇAO | 3S X 6-8 REP | 65KG | | REMADA BAIXA | 3S X 6-8 REP | 80KG |
| RENAN H | | 1S X 1 REP | 85KG | DOLLANIA | | 1S X 1 REP | 90KG |
| | SUPINO | 3S X 6-8 REP | 80KG | POLIANA | SUPINO | 3S X 6-8 REP | 50KG |
| | | 1S X 1 REP | 90KG | | | 1S X 1 REP | 60KH |
| JOÃO VITOR | TRAÇAO | 3S X 6-8 REP | 180KG | | REMADA BAIXA | 3S X 6-8 REP | 110KG |
| | | 1S X 1 REP | 225KG | A N I A | | 1S X 1 REP | 150KG |
| | SUPINO | 3S X 6-8 REP | 104KG | ANA | SUPINO | 3S X 6-8 REP | 60KG |
| | | 1S X 1 REP | 120KG | | | 1S X 1 REP | 70KG |
| TICO | TRAÇAO | 3S X 6-8 REP | 180KG | | TRAÇAO | 3S X 6-8 REP | 170KG |
| | | 1S X 1 REP | 225KG | C45510 | | 1S X 1 REP | 190KG |
| TECO | CUBING | 3S X 6-8 REP | 84KG | CASSIO | CLIBING | 3S X 6-8 REP | 78KG |
| | SUPINO | 1S X 1 REP | 110KG | | SUPINO | 1S X 1 REP | 94KG |
| | | /\ ± I\EI | 1220.00 | | <u> </u> | 1 11-1 | 120 |