

EMAGREÇA

GANHE MÚSCULOS

GUIA ESSENCIAL



Cross-Training

MULTIDISCIPLINAS DE FITNESS



37

**EXERCÍCIOS
PARA FAZER
EM CASA**

CROSSFIT

**A REVOLUÇÃO
DA INDÚSTRIA
DO FITNESS**

**TRABALHE
TODO O CORPO**

**COM CINCO
ATIVIDADES
SIMPLES**

SAIBA COMO...

- Nadar melhor ☒
- Correr mais rápido ☒
- Pedalar direito ☒

**TURBINE
SEU TREINO**

**› CONSTRUA
MÚSCULOS
SAUDÁVEIS**

**› EVITE E TRATE
AS LESÕES**

PERCA PESO E FIQUE EM FORMA

E+ **SUPERALIMENTOS • AULAS DE A a Z • CORRIDA
ALONGAMENTO • RESISTÊNCIA • GOLF E YOGA**

**COMO MALHAR POR
CONTA PRÓPRIA E
GASTAR POUCO**

**LEVANTAMENTO DE PESO
PARA DESENVOLVER
EQUILÍBRIO E FORÇA**

**A IMPORTÂNCIA DOS
CARBOIDRATOS E DA
GORDURA NA DIETA**

Guia Essencial Cross Training Guia Essencial Cross Training

Rachel S Tattersall



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