



ART | GYM
medicine project

- Dobrar com as duas esticar só com a perna boa 20xs



- Para trás em rot ext para frente em posição neutra – 20xs



- Apoiado na perna afetada. Fletir tronco e perna de apoio. Retorno à posição inicial com a perna boa

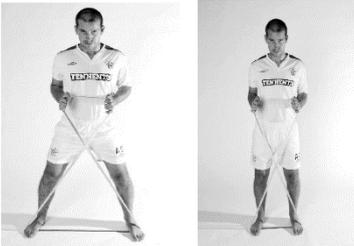
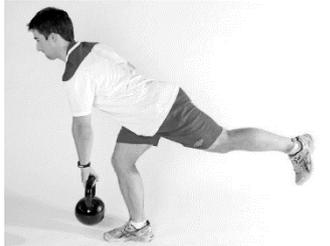
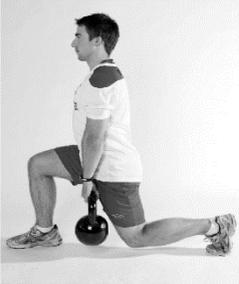


R. de Nossa Sra. da Maia
131, 4470-204 Maia,
Portugal
913 944 449

Visite nossas redes sociais



www.artgymmedicine.pt

<p>1) Nordic Hamstrings</p> 	<p>2) Sidestepping (X-Band)</p> 	<p>3) SL Deadlift</p> 
<p>4) Side Plank Clam</p> 	<p>5) Split-Squat</p> 	<p>6) Bird-Dog</p> 