

# Remo – Treino 4 – Condicionamento físico

## Prof. Marcos Ito

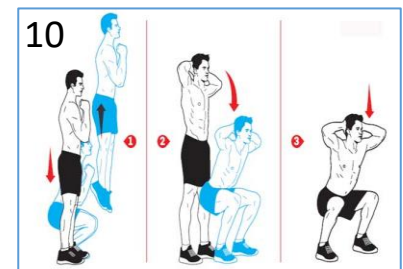
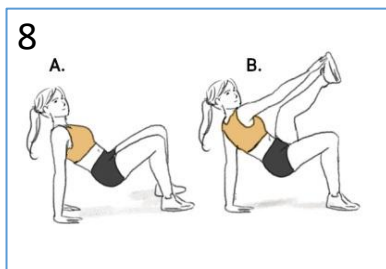
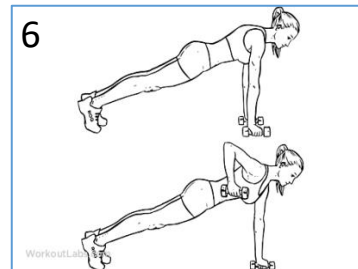
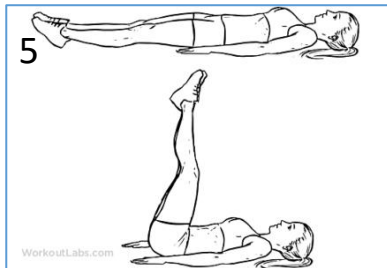
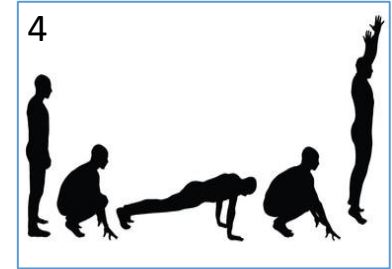
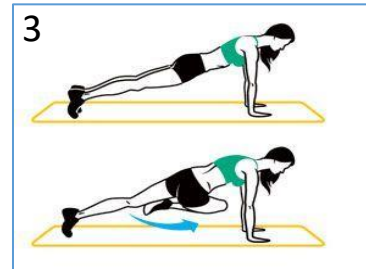
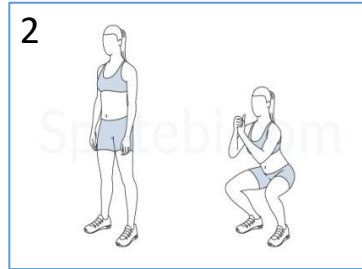
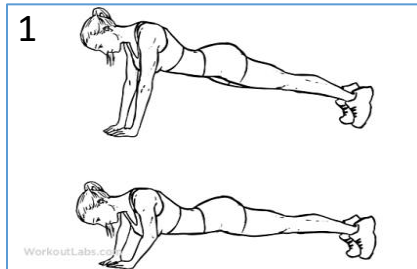
Nesta quarta semana o treino é livre.

	segunda-feira	terça-feira	quarta-feira	quinta-feira	sexta-feira	sábado	domingo
opção 1	treino 5	treino 5	treino 5	treino 5	treino 5	treino 8	Descanso
	treino 4	treino 1	treino 4	treino 2	treino 1	treino 6	Descanso
opção 2	treino 3	treino 1	treino 3	treino 1	treino 3	treino 8	Descanso
	treino 4	treino 2	treino 4	treino 2	treino 1	treino 6	Descanso
opção 3	treino 5	treino 3	treino 5	treino 3	treino 5	treino 8	Descanso
	treino 4	treino 1	treino 4	treino 2	treino 1	treino 6	Descanso
opção 4	treino 5	treino 5	treino 5	treino 5	treino 5	treino 8	Descanso
	treino 7	treino 4	treino 7	treino 4	treino 7	treino 6	Descanso
opção 5	treino 3	treino 1	treino 3	treino 1	treino 3	treino 8	Descanso
	treino 7	treino 2	treino 7	treino 2	treino 7	treino 6	Descanso

# Treino 1 - CIRCUIT TRAINING I

**Objetivo:** Adaptar-se aos exercícios de força corporal e aumentar força.

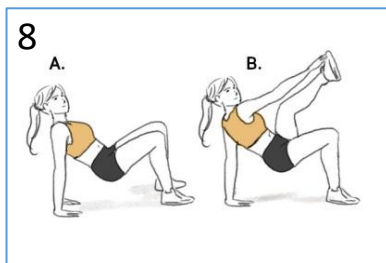
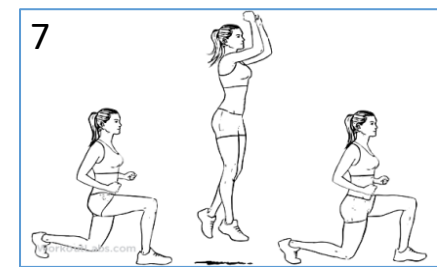
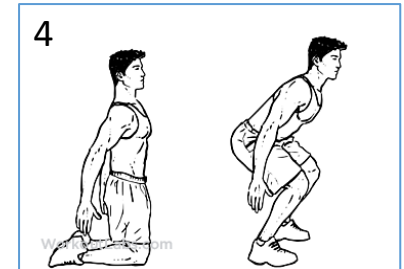
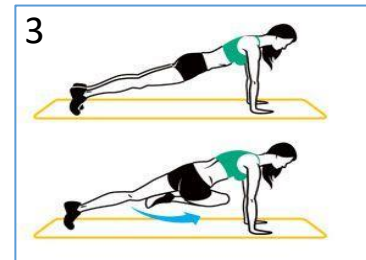
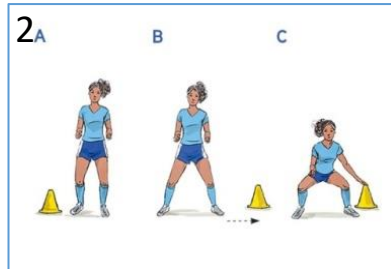
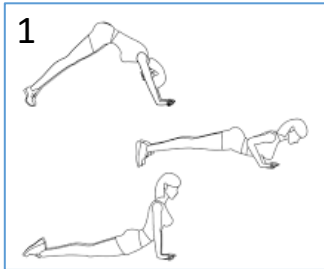
10 repetições de cada exercício, sem pausa entre eles. Até completar 10 minutos.



## Treino 2 - CIRCUIT TRAINING II

**Objetivo:** Adaptar-se aos exercícios de força corporal e aumentar força.

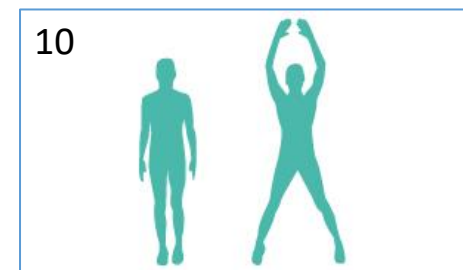
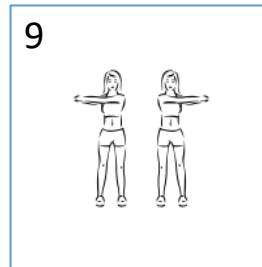
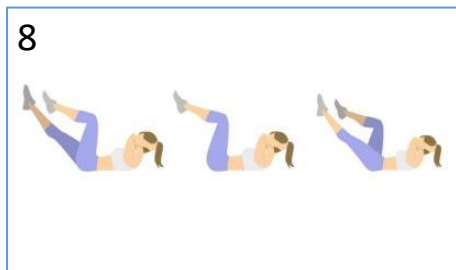
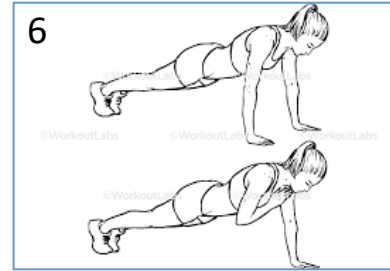
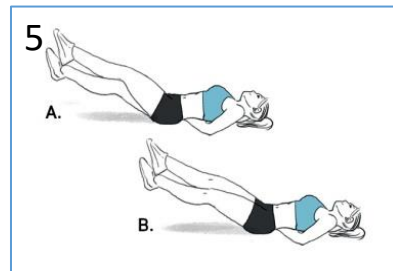
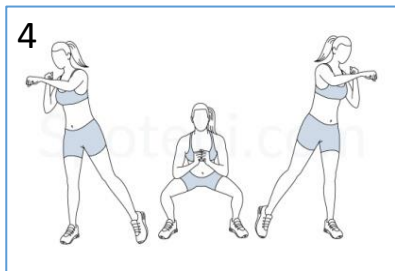
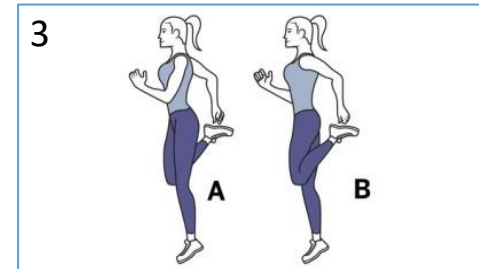
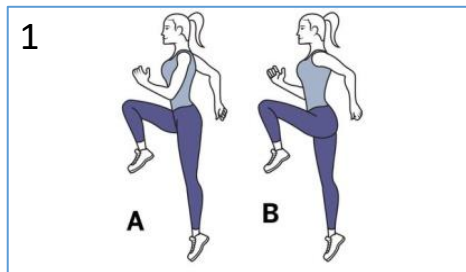
10 repetições de cada exercício, sem pausa entre eles. Até completar 10 minutos.



# Treino 3 - CIRCUIT TRAINING III

**Objetivo:** Desenvolver a resistência aeróbia com exercícios corporais

30s de repetições para cada exercício, pausa de 30s entre eles.  
Seguir a sequência e realizar 3 séries, 5 minutos de descanso entre séries.



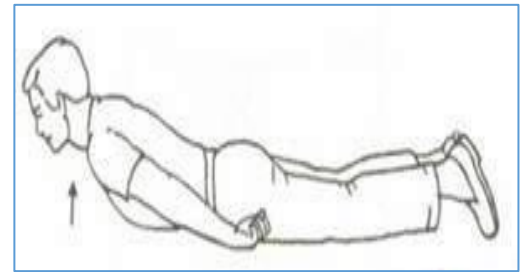
## Treino 4 - Força corporal

**Objetivo:** Adaptar-se aos exercícios de força corporal.

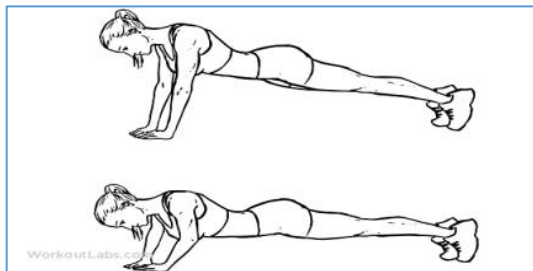
Nessa sessão de treinamento podemos fazer várias séries, mas totalizando o valor pedido. Por exemplo, poderei fazer 5 séries de 40 repetições no exercício abdominal e também poderei variar o exercício.



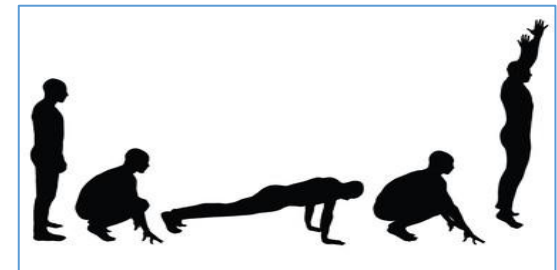
200 abdominais



200 dorsais



45 masculino  
30 feminino



90 burpee

## Treino 5 – Treino aeróbio

**Objetivo:** Aumentar a resistência aeróbia.

Nesse treino recomenda-se ter um relógio que monitora os batimentos cardíacos para mensurar a intensidade do exercício.

Duração do treino: **30 minutos direto.**

Existem 4 sugestões de exercícios aeróbios.  
Escolha aquele da sua preferência e possibilidade.

Remoergômetro - Manter freq. cardíaca entre 75% - 80% da máxima (220 - idade).

Corrida - Manter freq. cardíaca entre 75% - 80% da máxima (220 - idade).

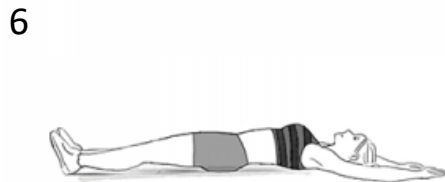
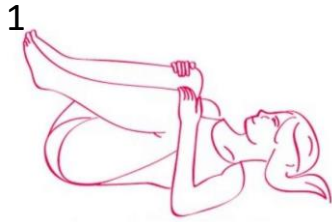
Caminhada - Em algum momento faça uma pequena corrida de no máximo 2 minutos.

Bicicleta - Manter freq. cardíaca entre 75% - 80% da máxima (220 - idade).

## Treino 6 - Alongamentos

**Objetivo:** Aumentar a flexibilidade.

Os exercícios serão em sequência e com permanência de 25 segundos em cada posição.



continua

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10



11



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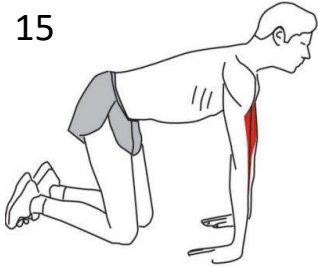
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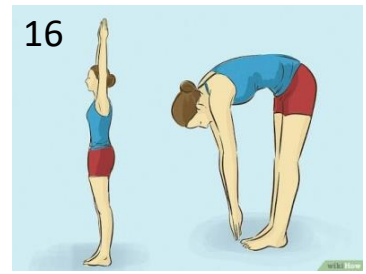
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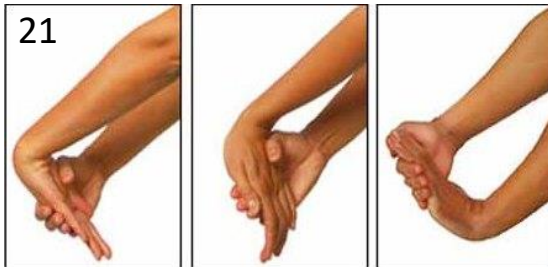
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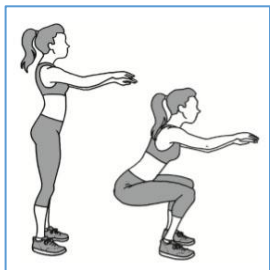
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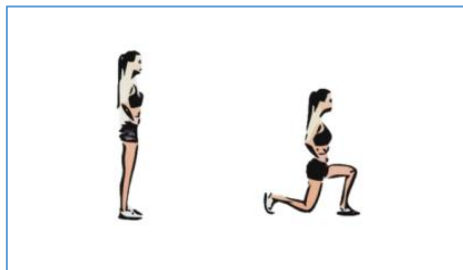


# Treino 7 - TREINO MEMBROS INFERIORES

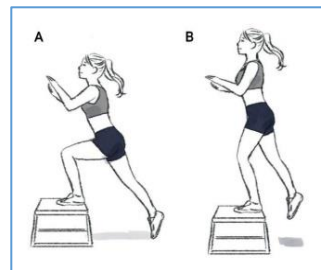
**Objetivo:** Fortalecer os membros inferiores.



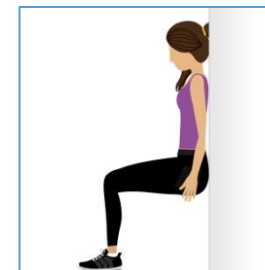
10 rep



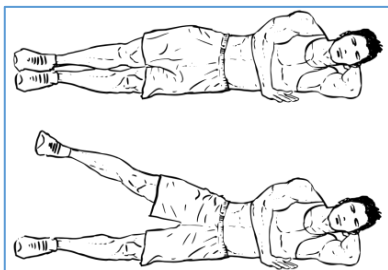
10rep cada perna



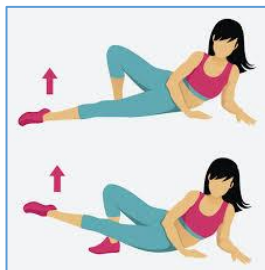
10rep cada perna



10 rep



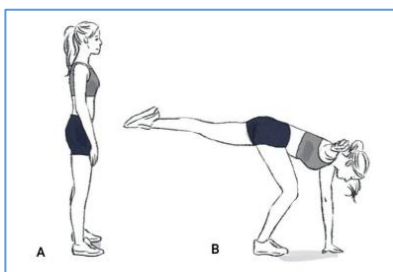
45s cada perna



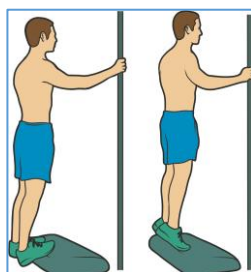
10rep cada perna



10rep cada perna



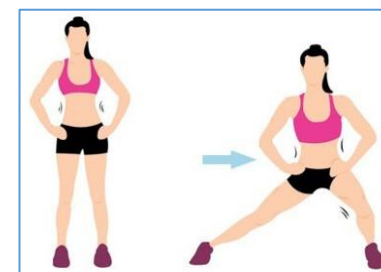
10rep cada perna



30 rep



10rep



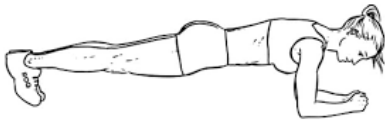
10rep cada perna

## Treino 8 - CORE EXERCISE

**Objetivo:** Fortalecer as musculaturas do core que suportam e estabilizam a bacia, pélvis e abdome.

45s em cada posição, sem pausa entre eles.

1



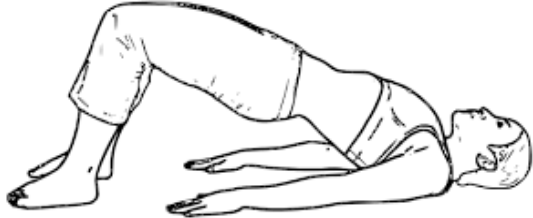
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8

