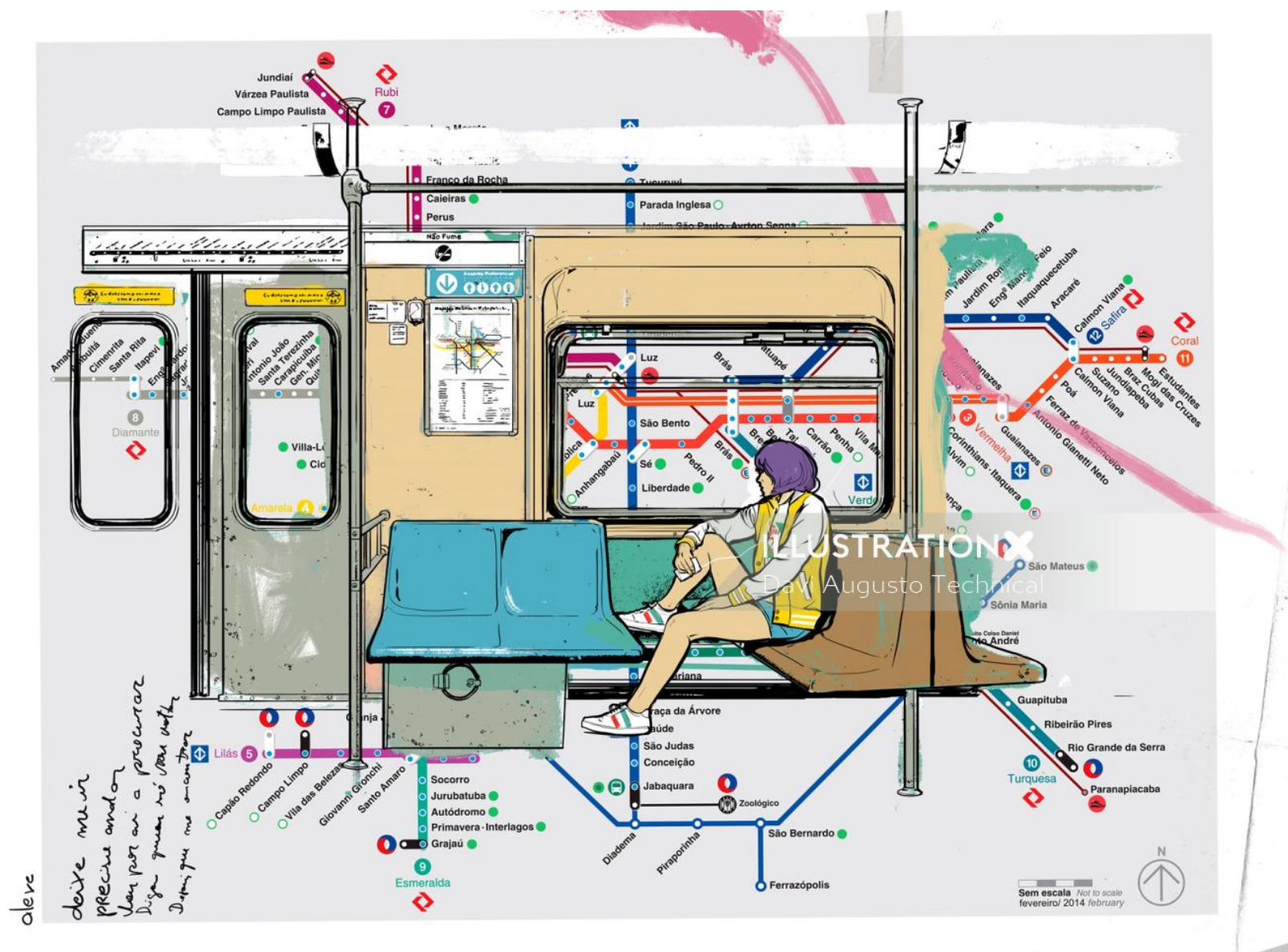


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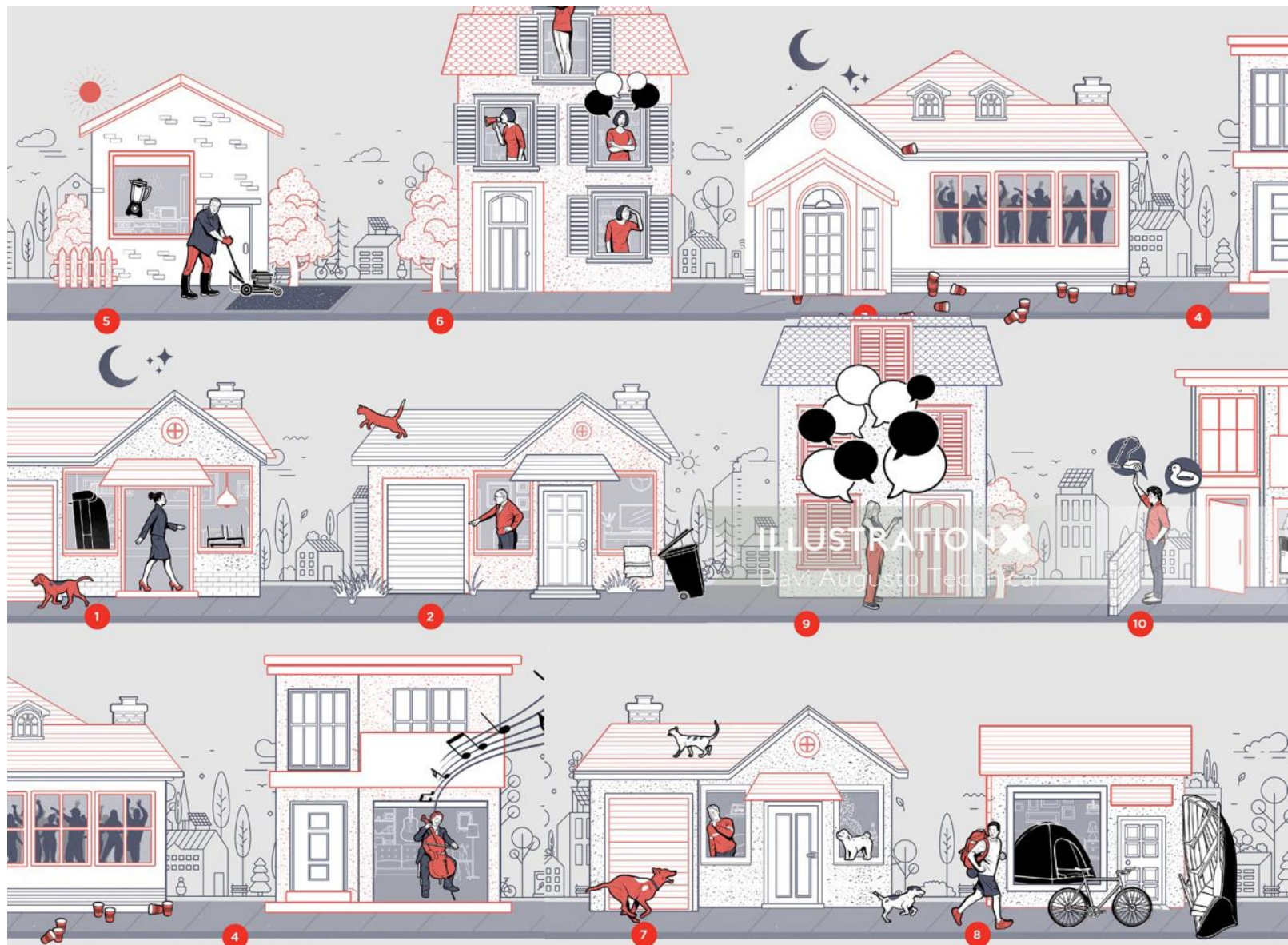
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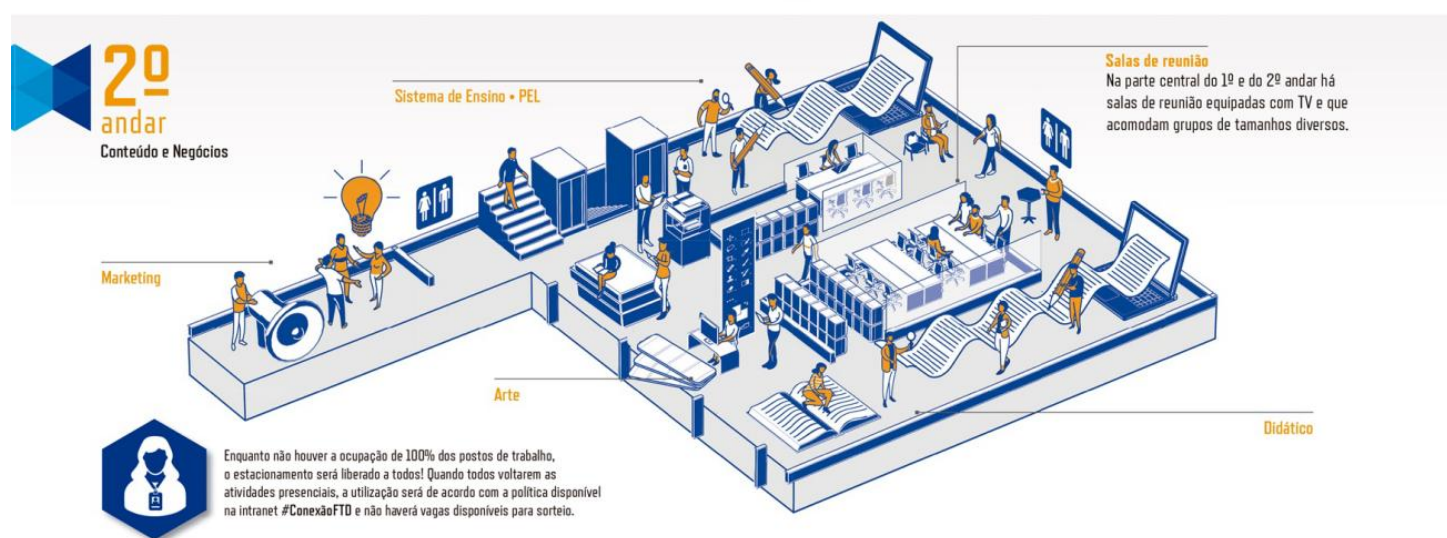
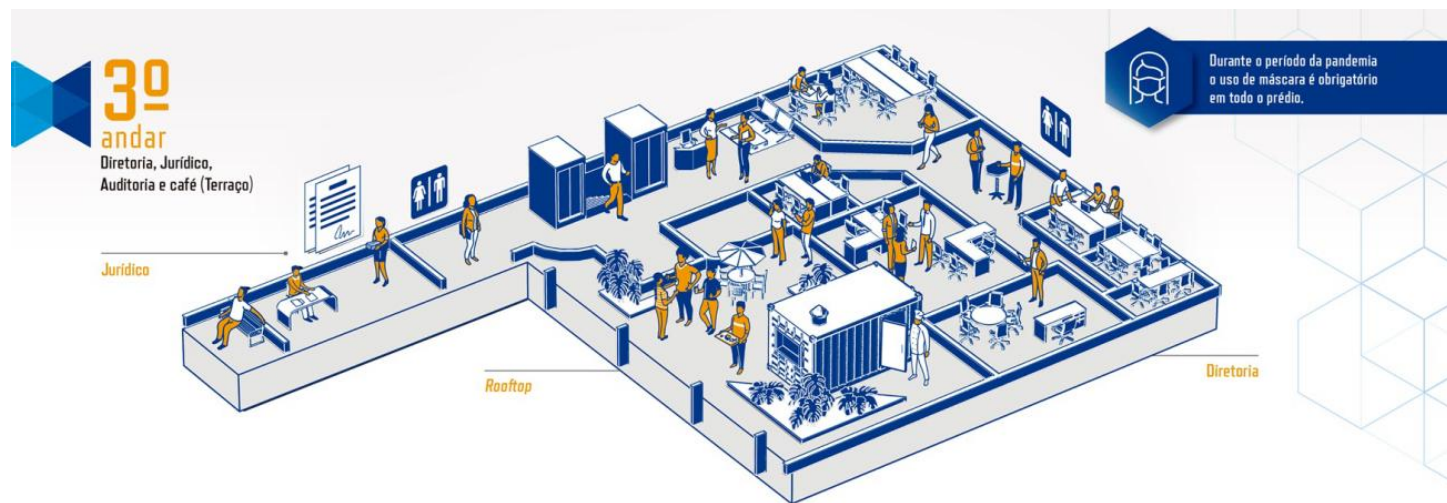
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Mapa do box de Crossfit

1 - Rack
Usado para: Pull Up, Chest to Bar (peito na barra), Toes to Bar (pé na barra) e Bar Muscle Up

2 - Barras e anilhas
Usado para: Press, Jerk, Clean, Snatch, Deadlift, Thruster, Bench Press (supino) e agachamentos

3 - Argolas
Usado para: Ring Dip, Muscle Up

4 - Caixa
Usado para: Box Jump

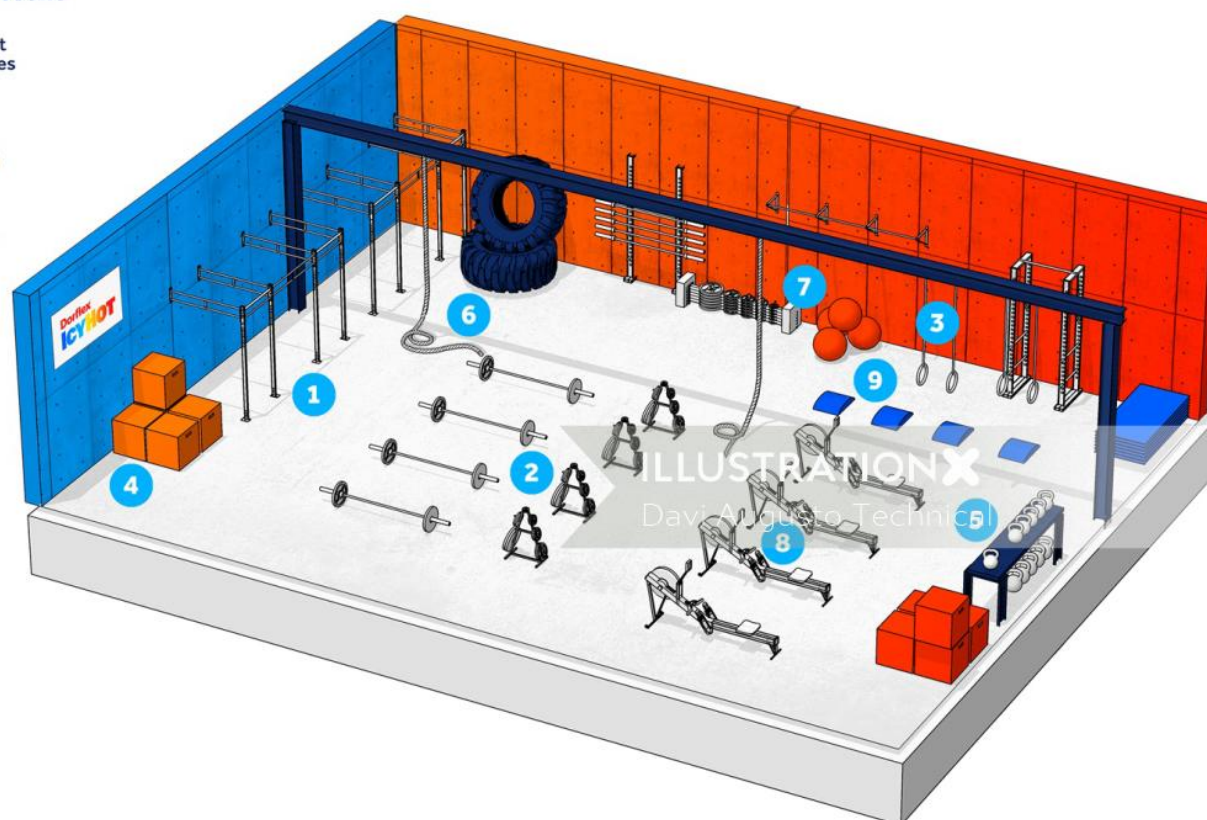
5 - Kettlebell
Usado para: Kettlebell Swing

6 - Corda
Usado para: Rope Climp

7 - Medicine Ball
Usado para: Wall Ball

8 - Remo
Remada por metros ou Calorias

9 - Abmat
Usado para: Abdominais



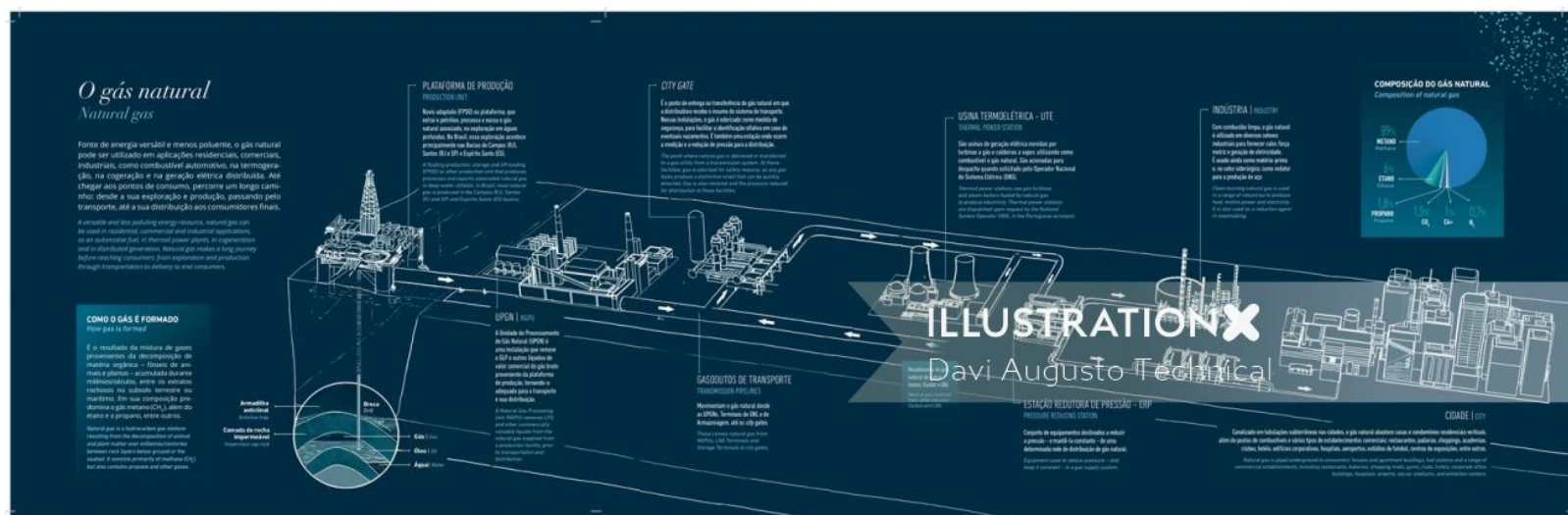
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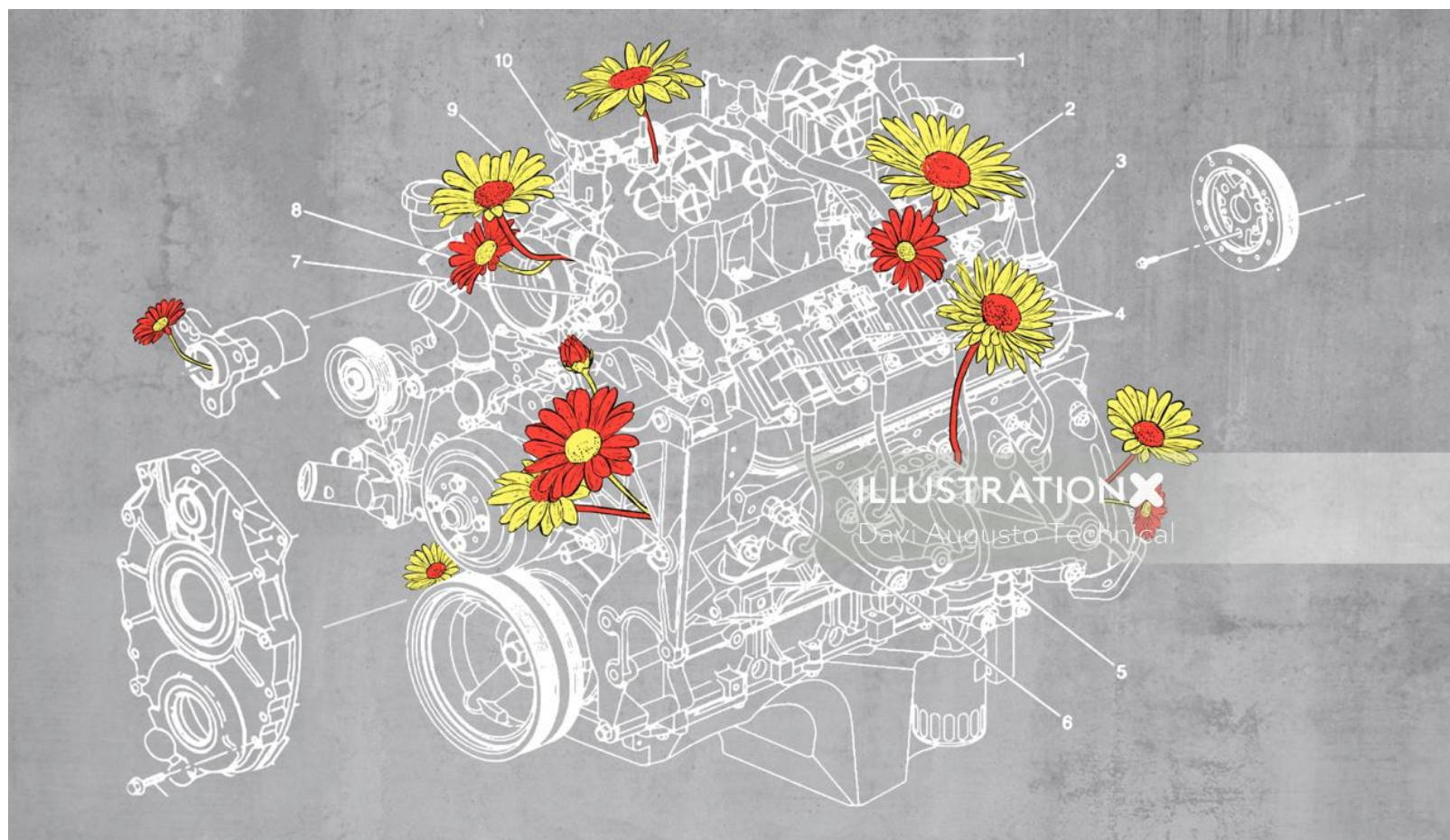
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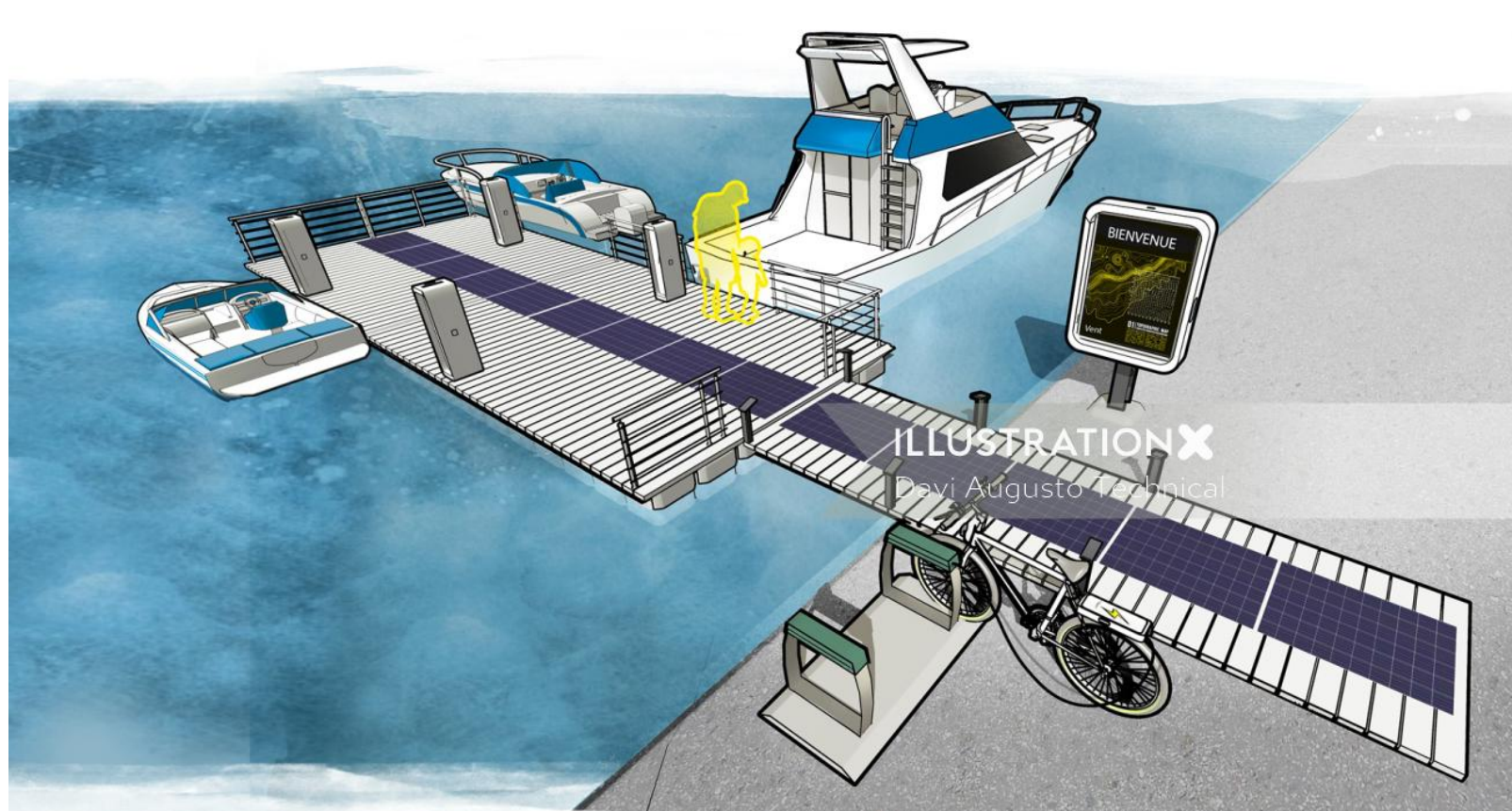
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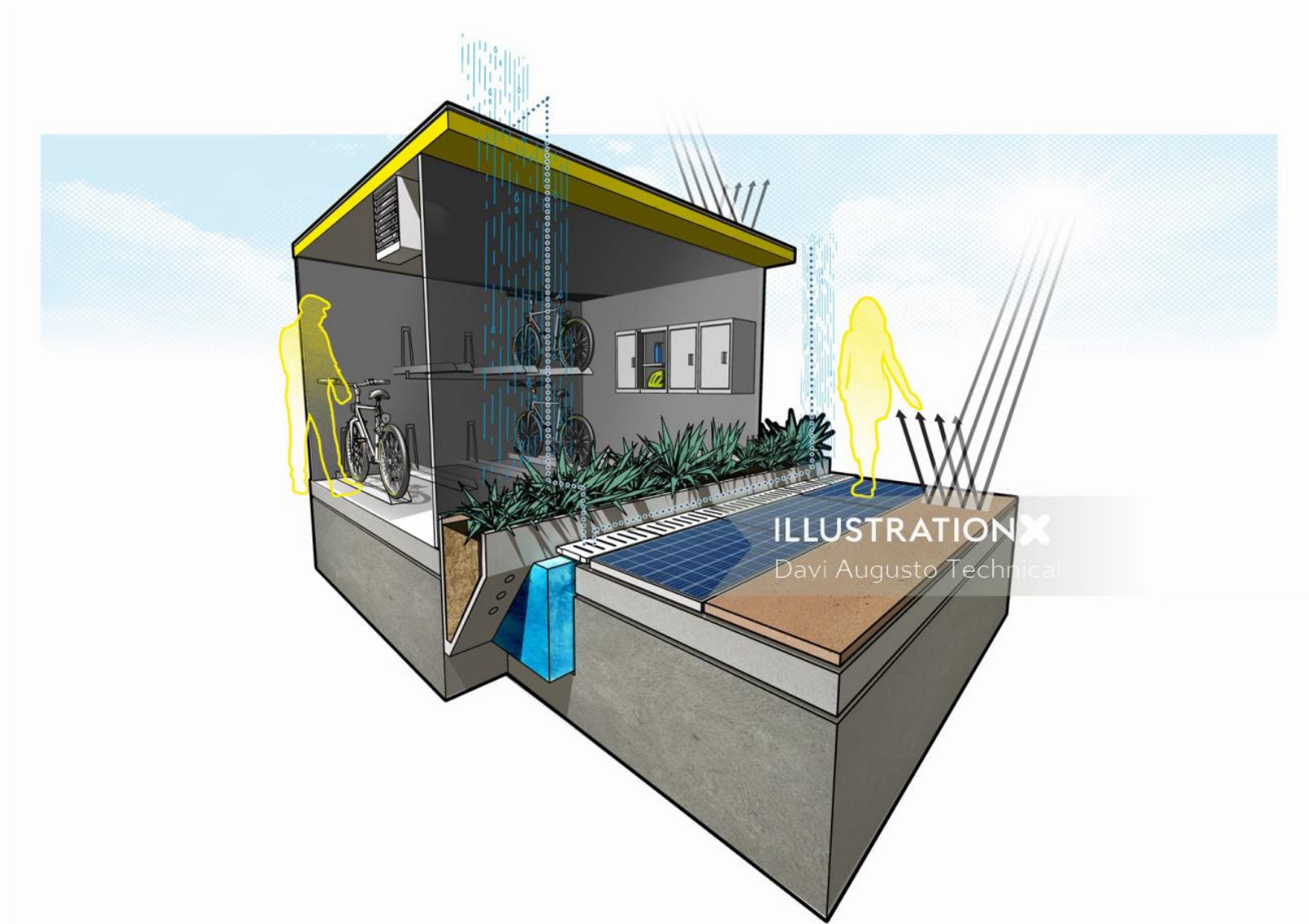
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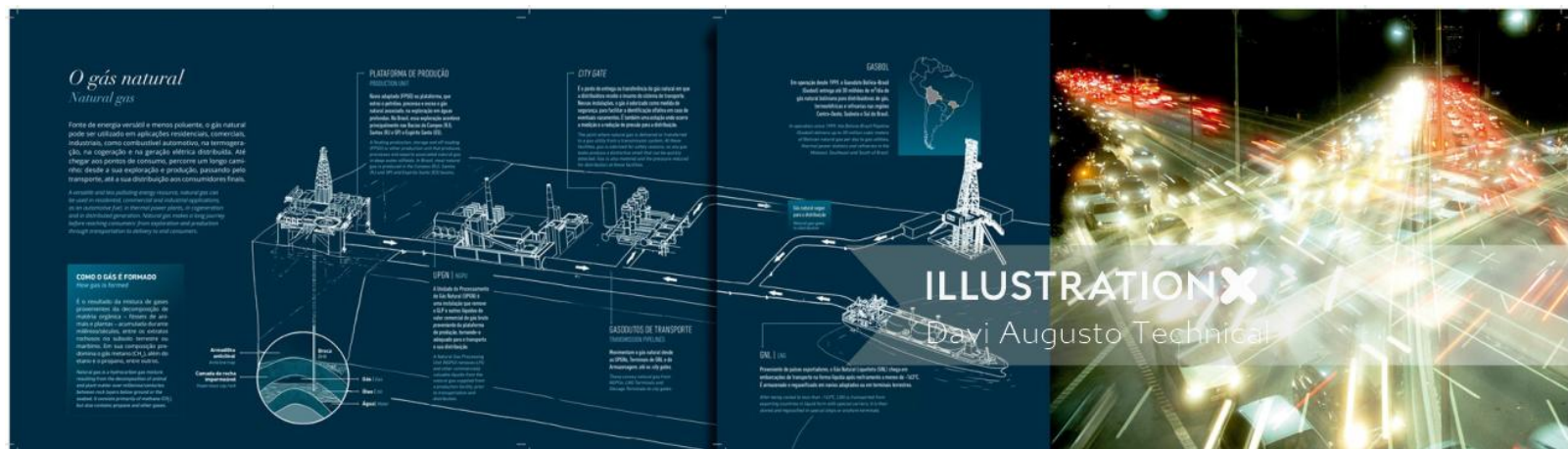
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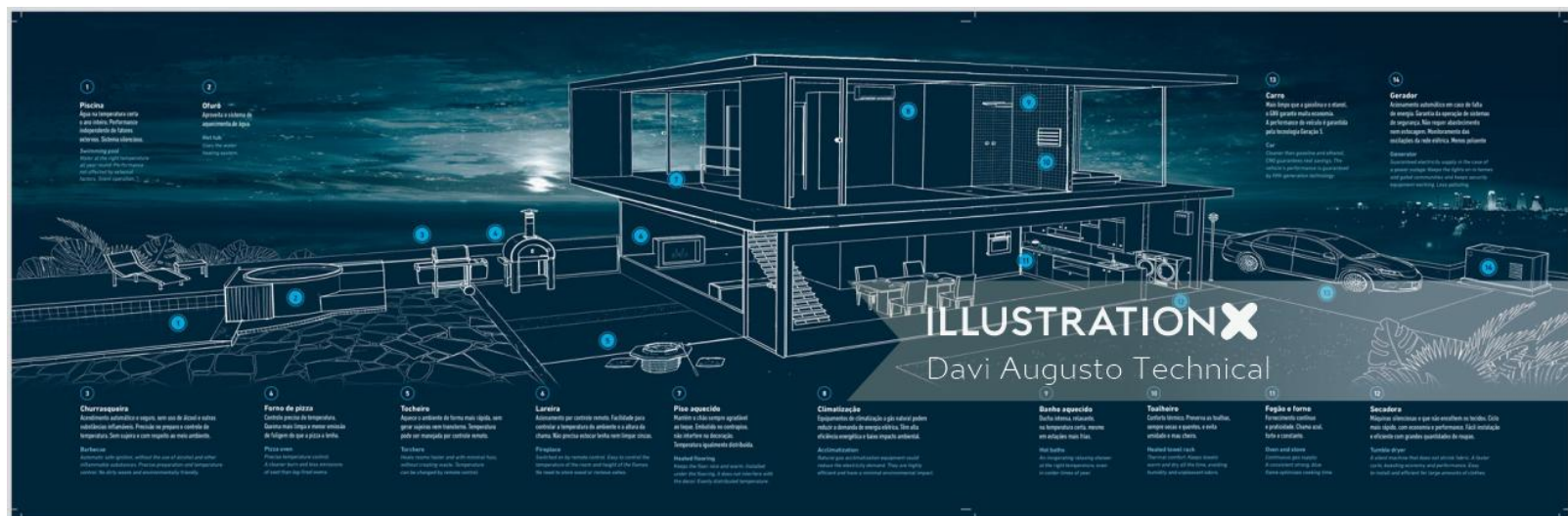
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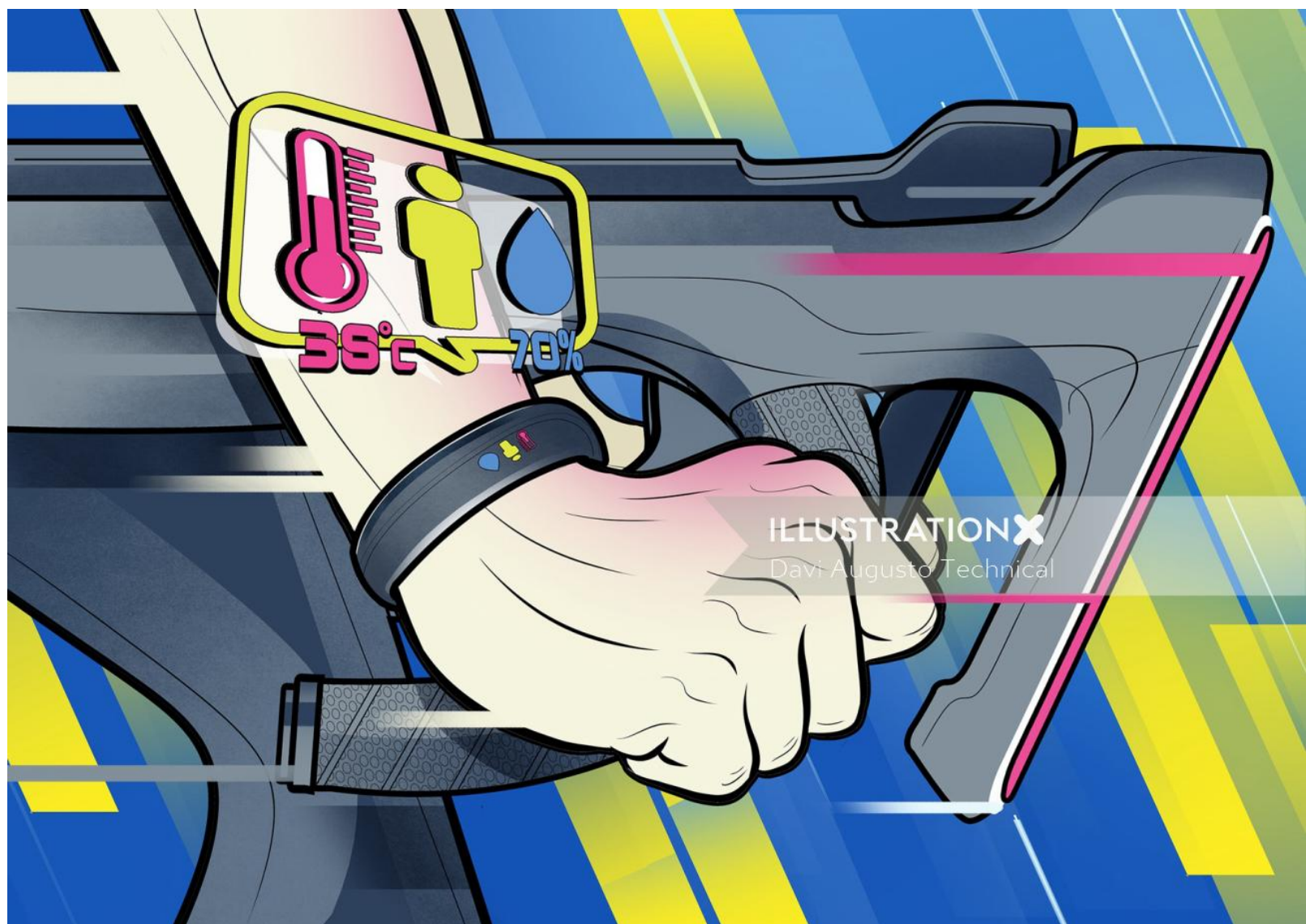
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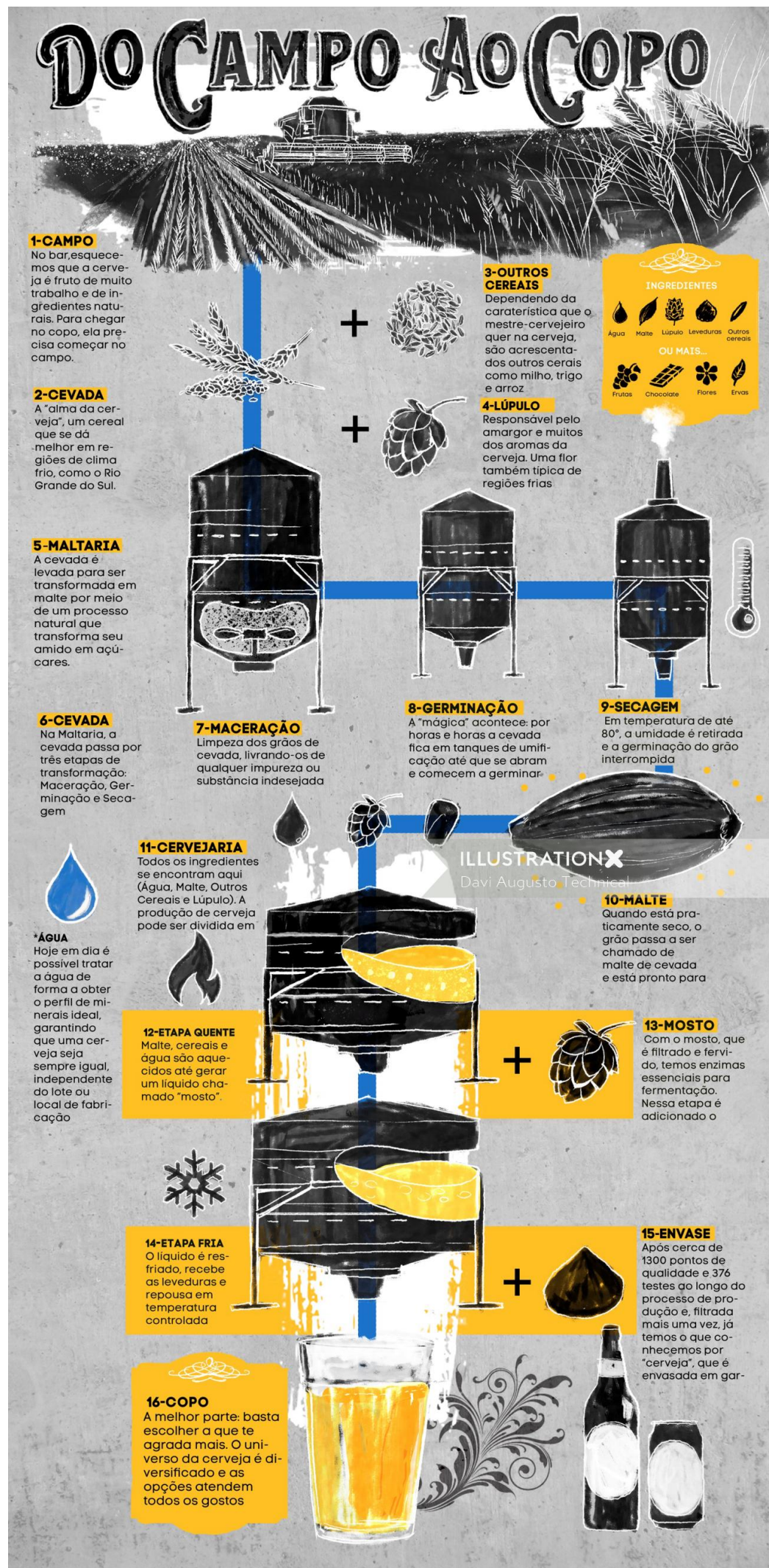
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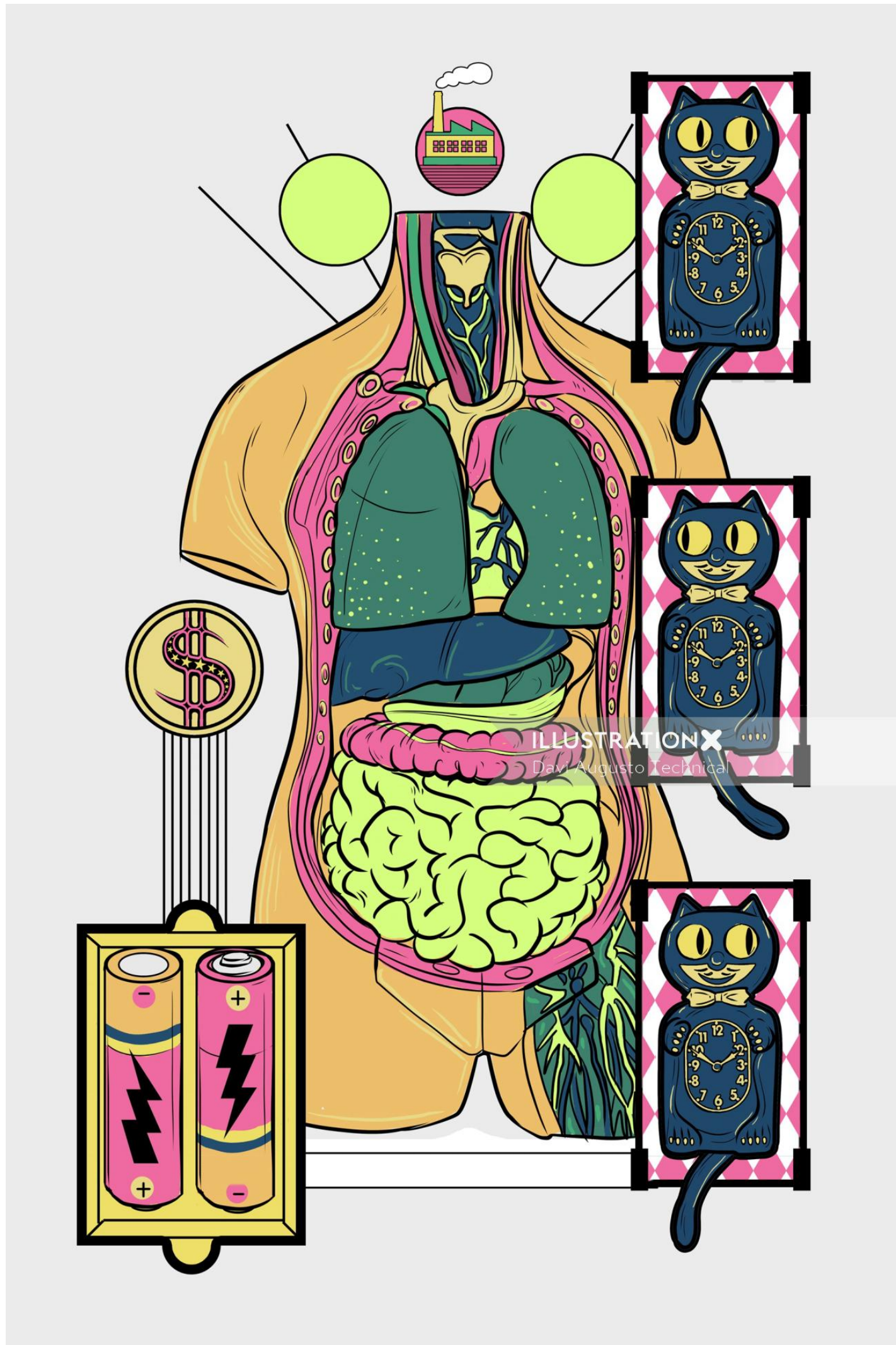
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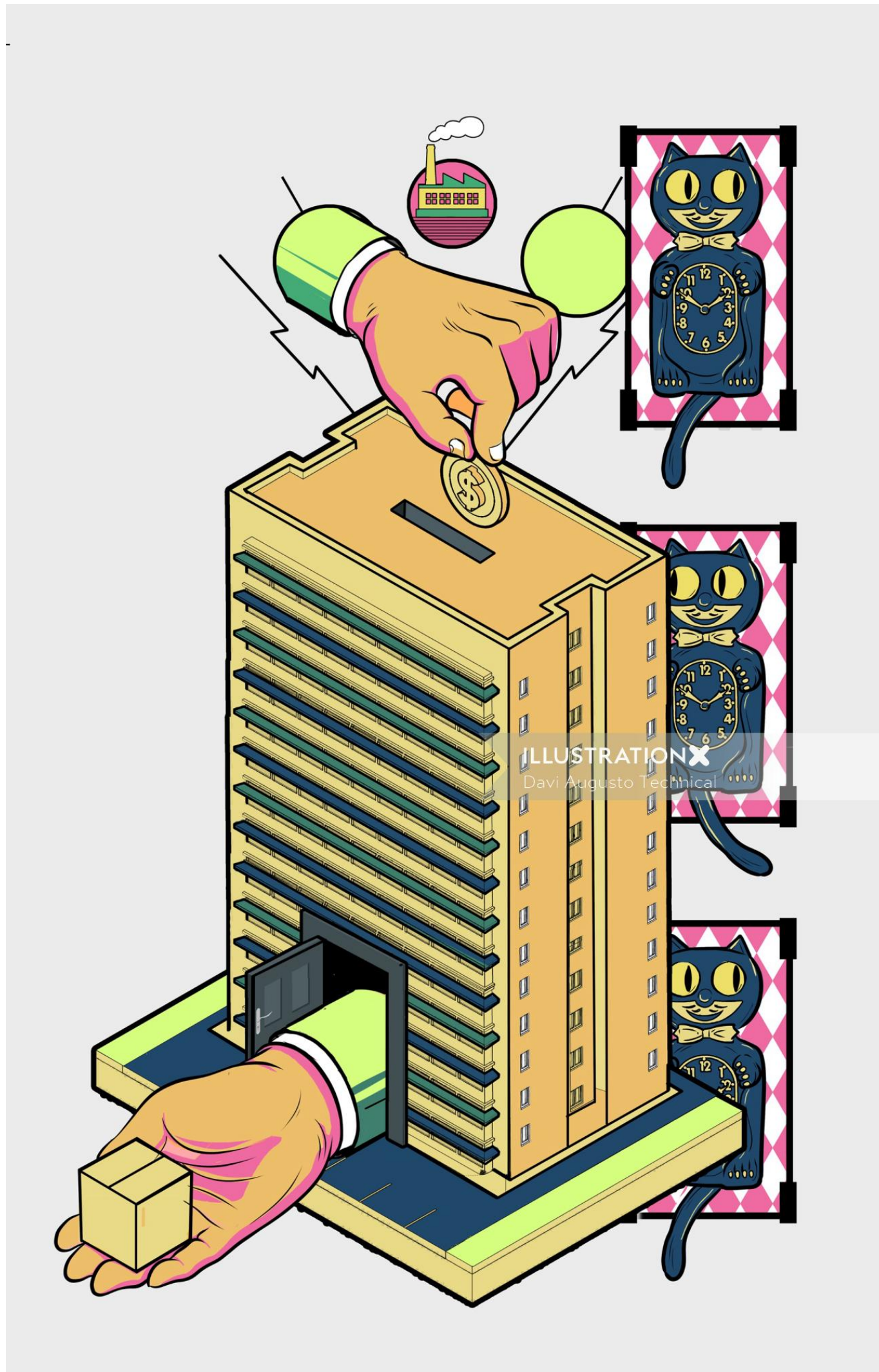
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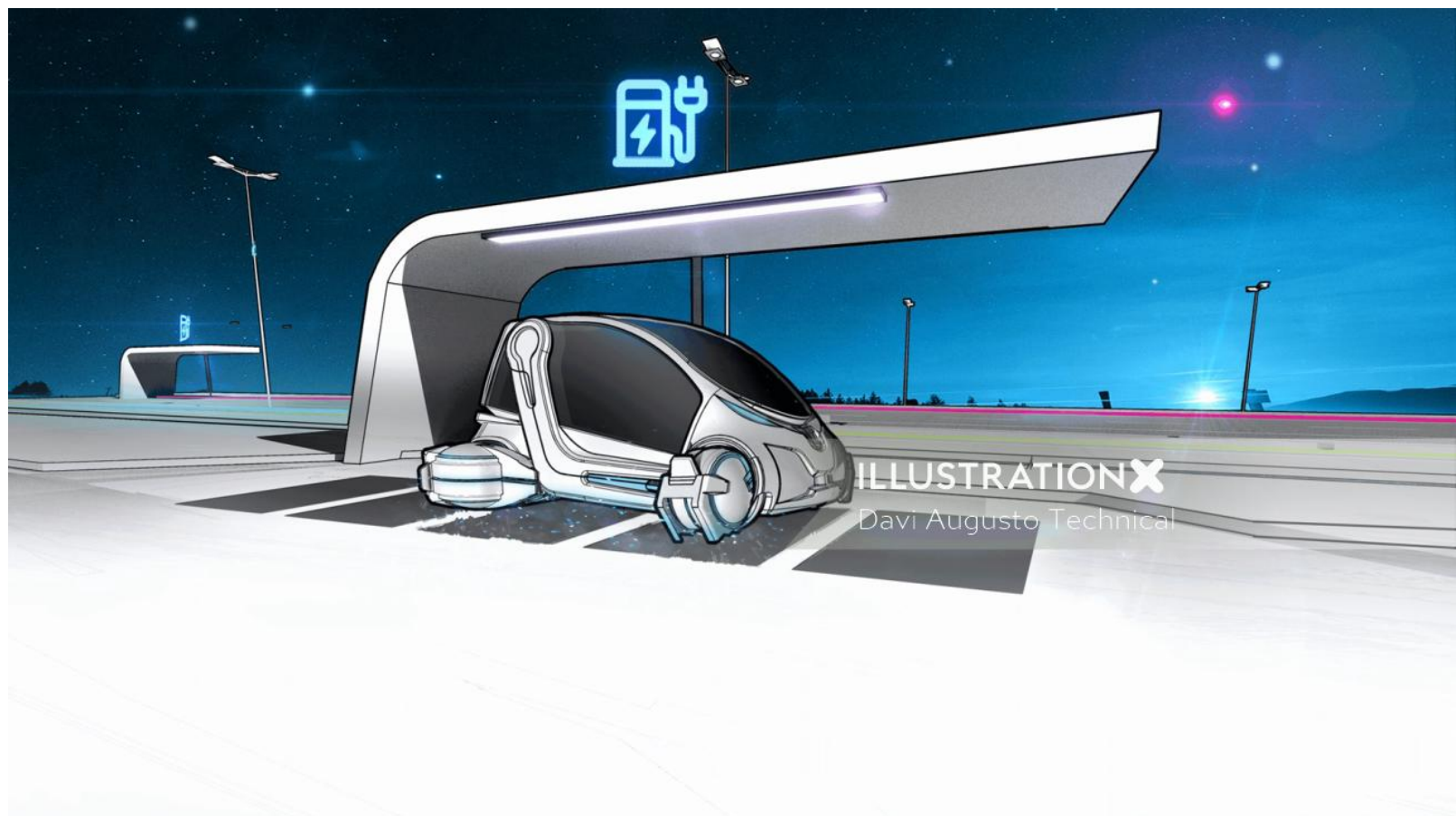
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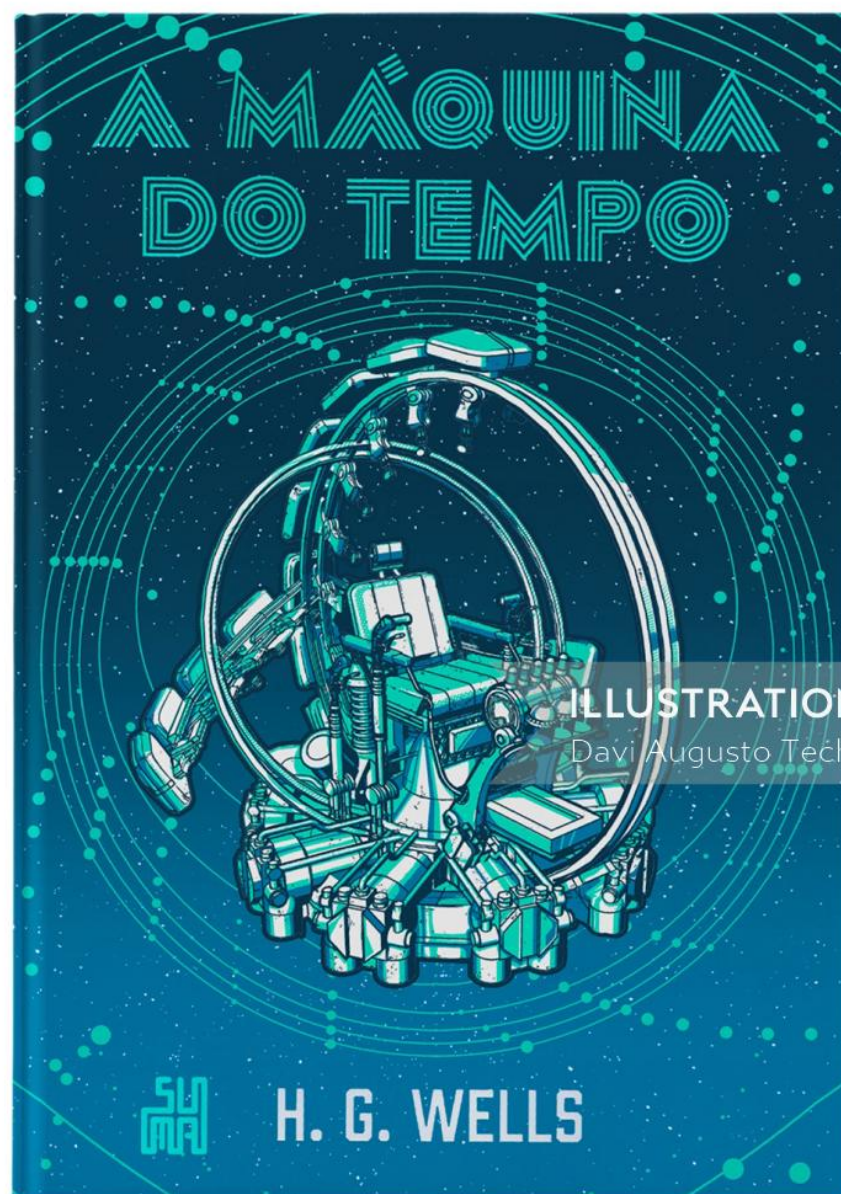
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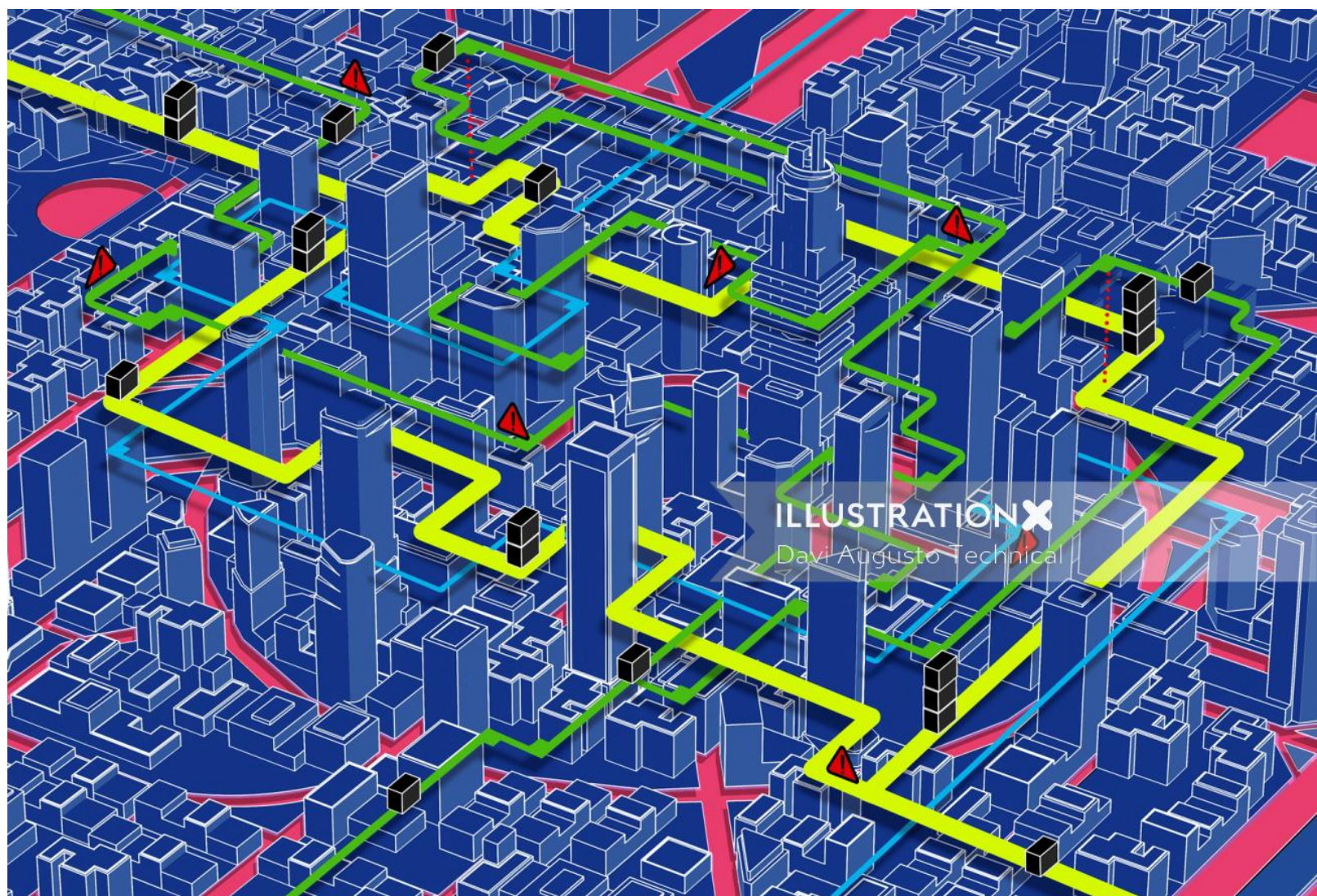
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