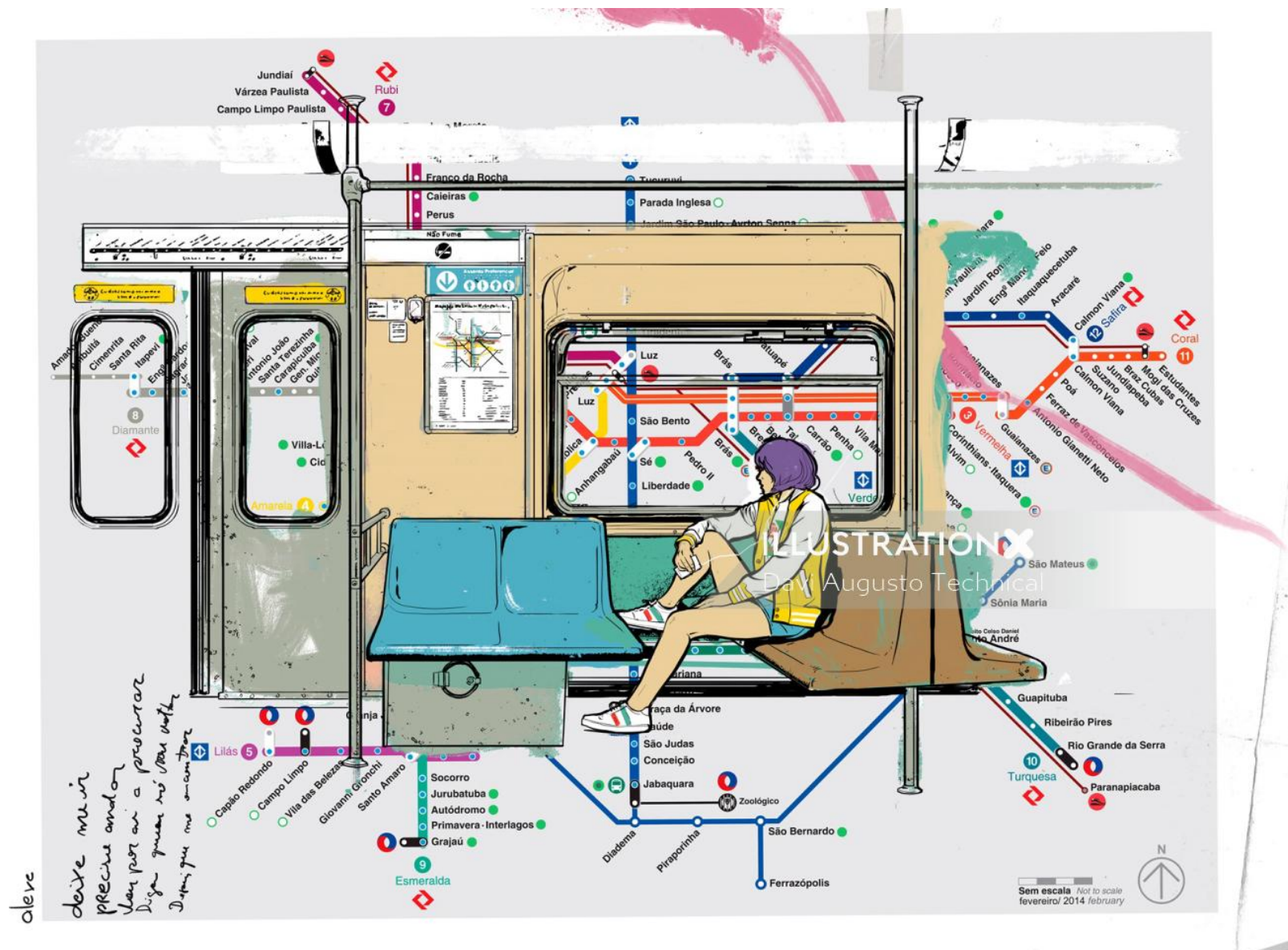


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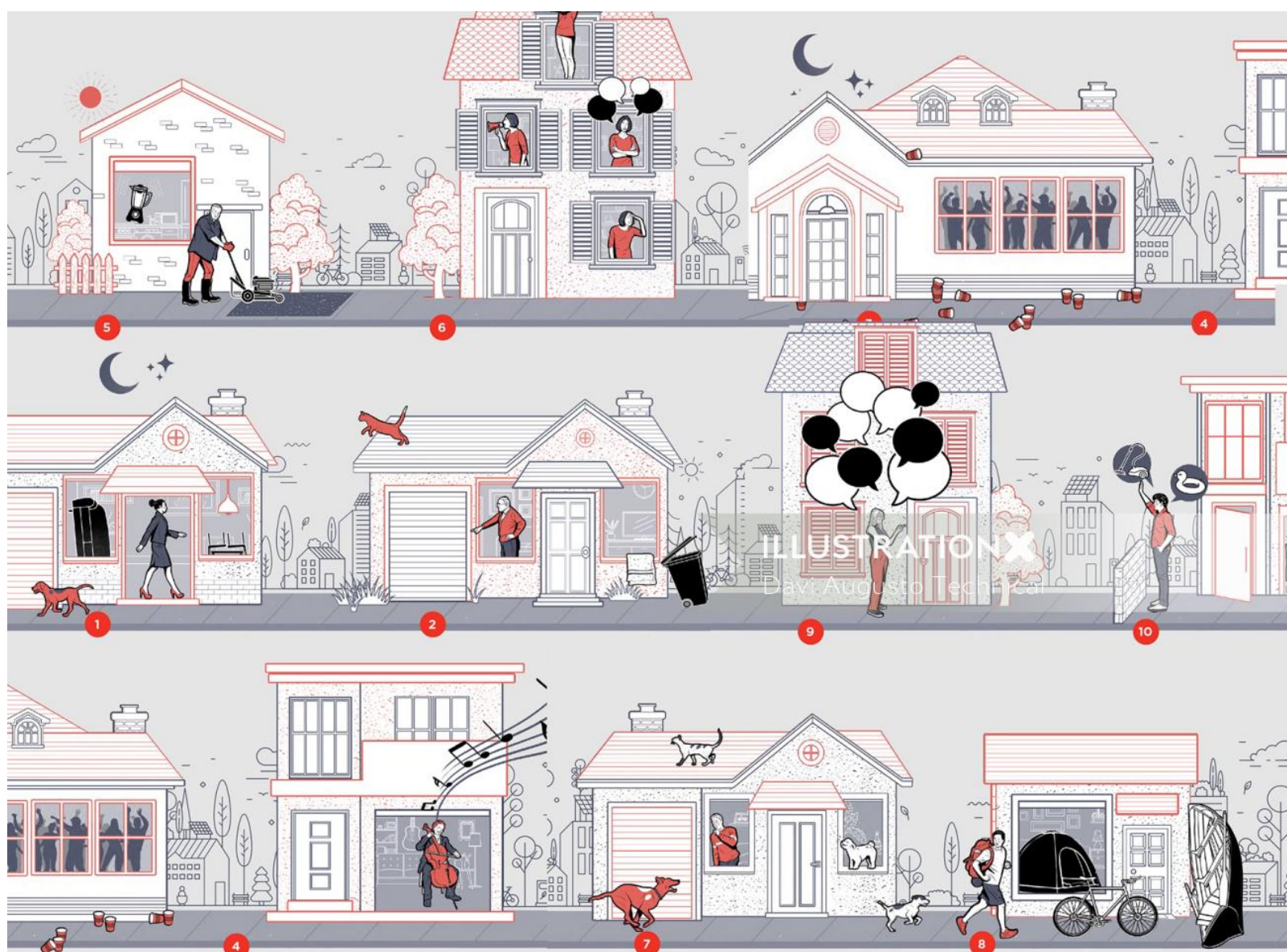
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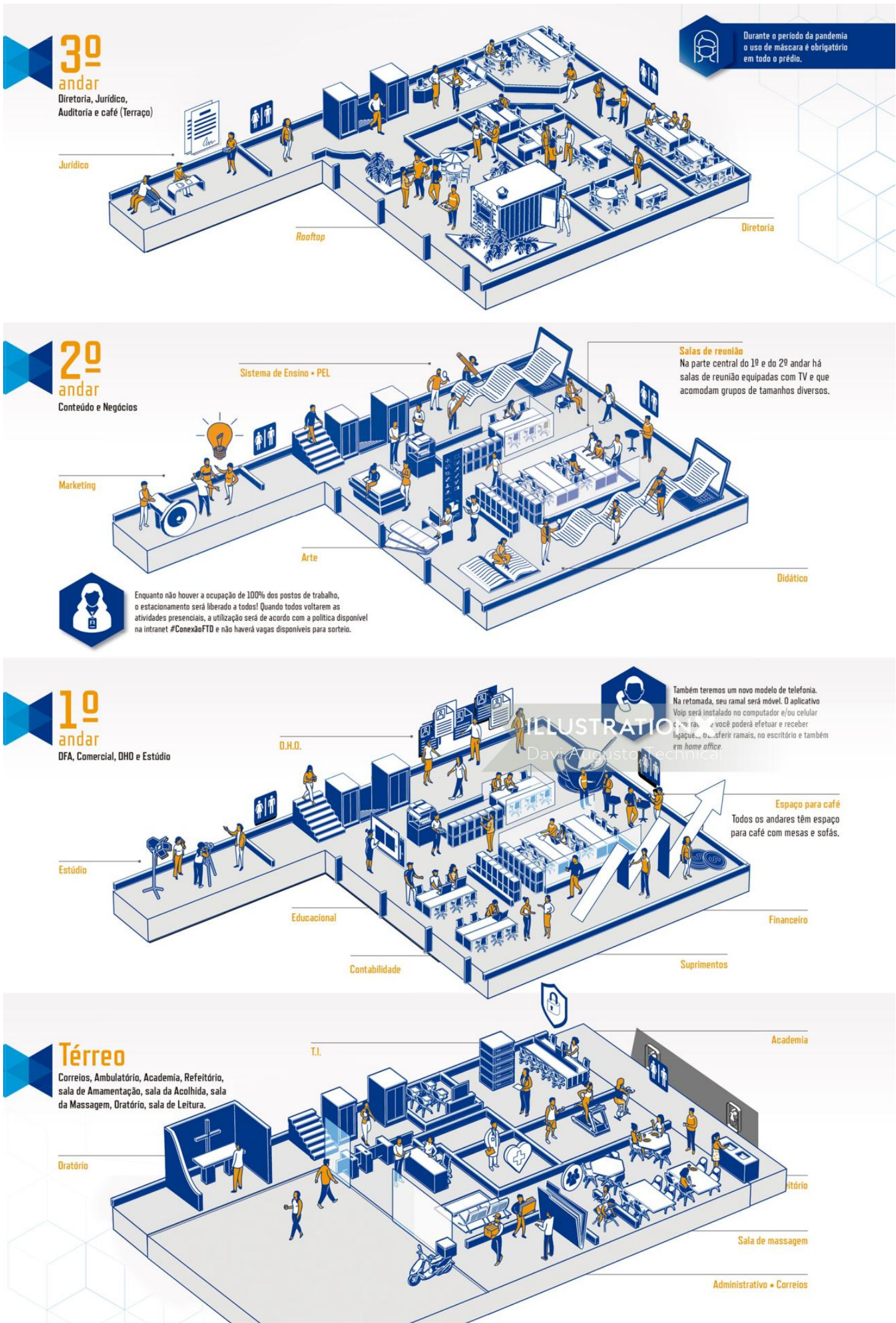
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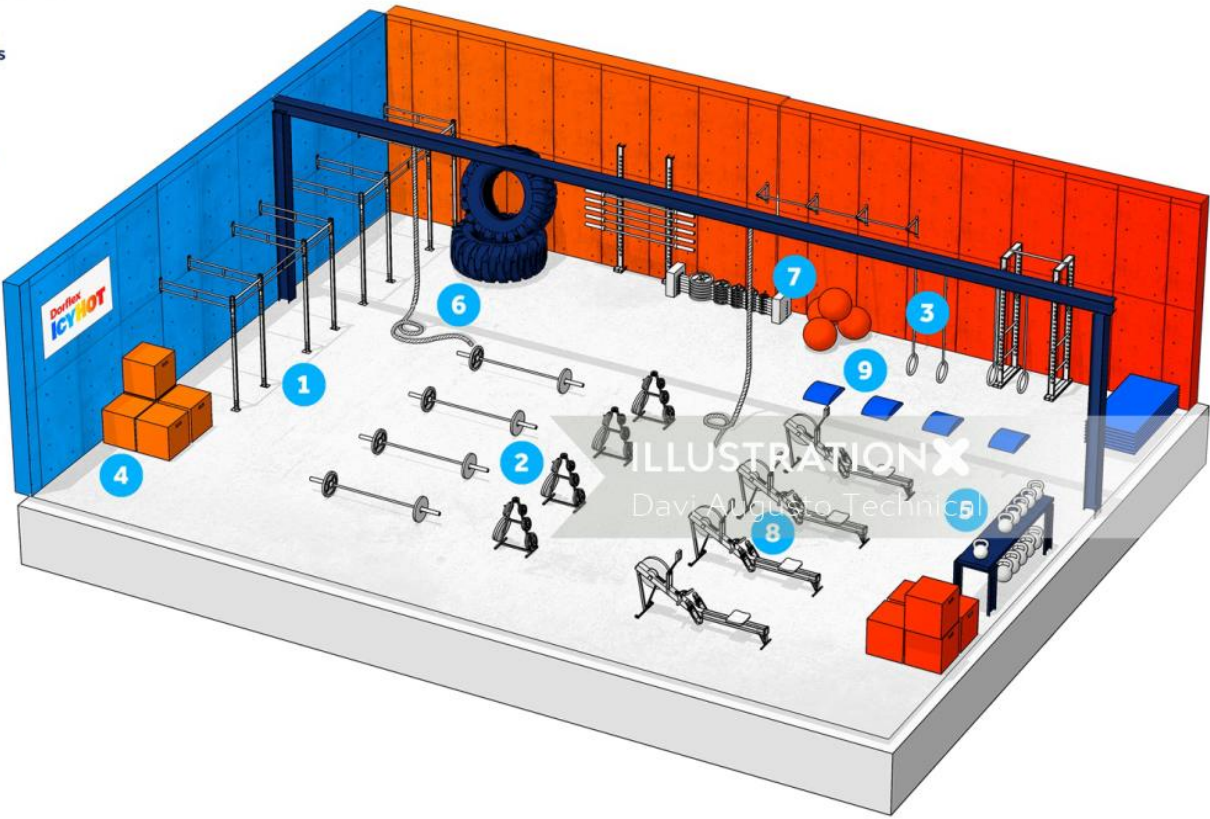


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Mapa do box de Crossfit

- 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



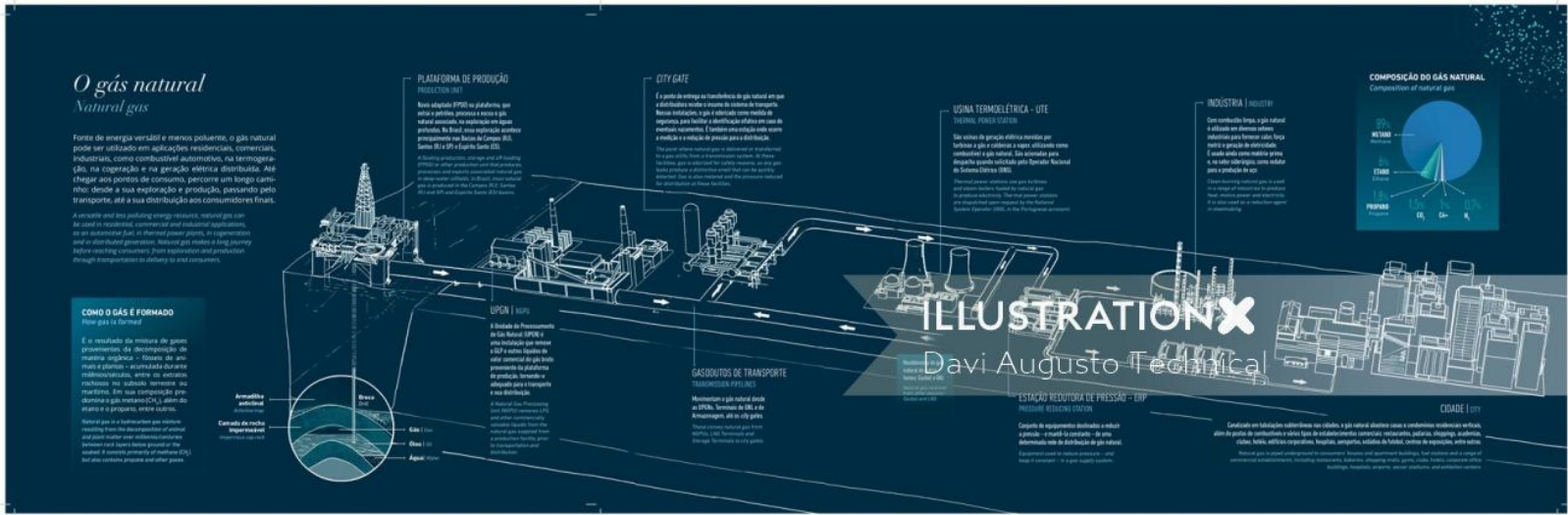
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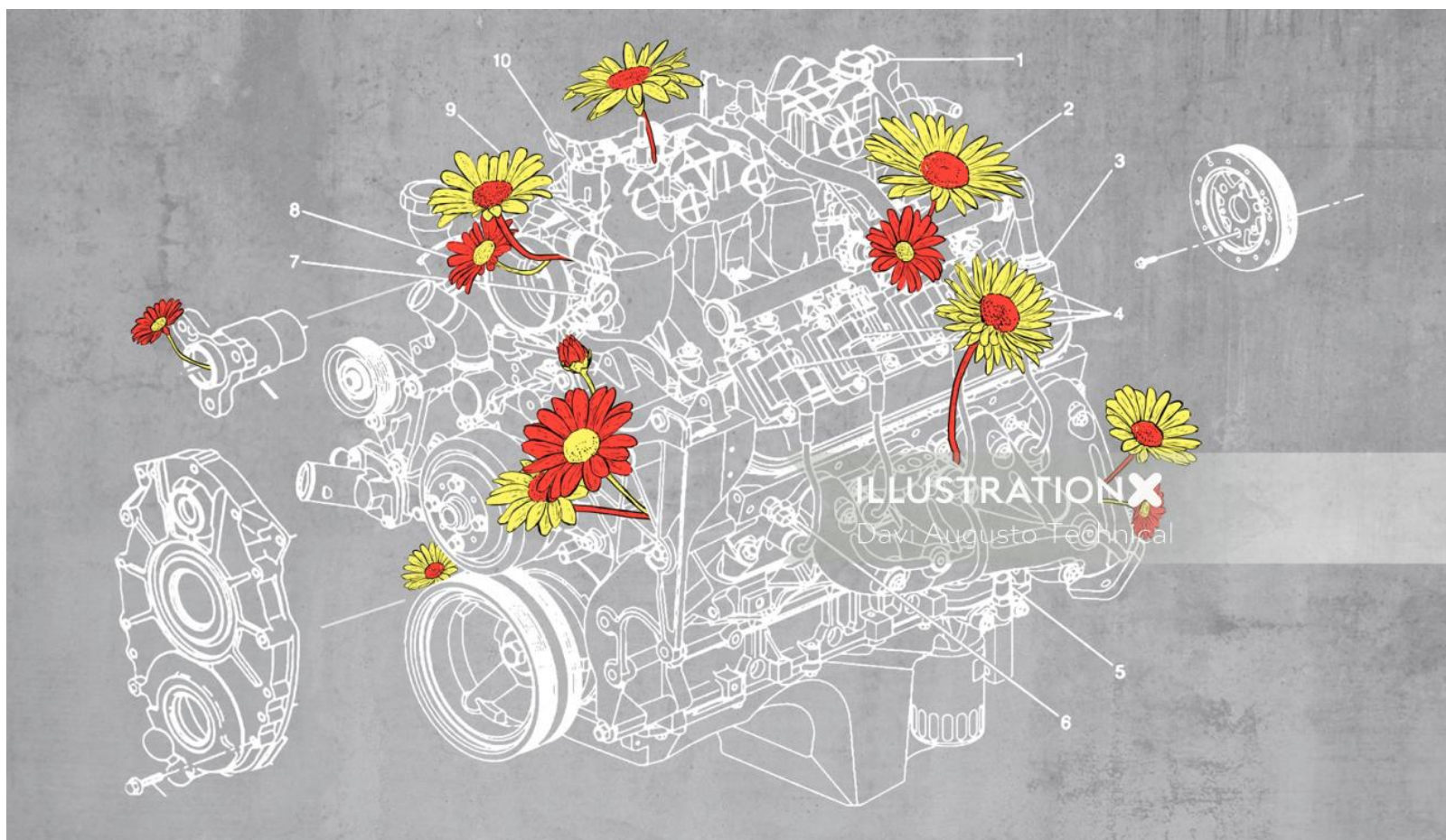
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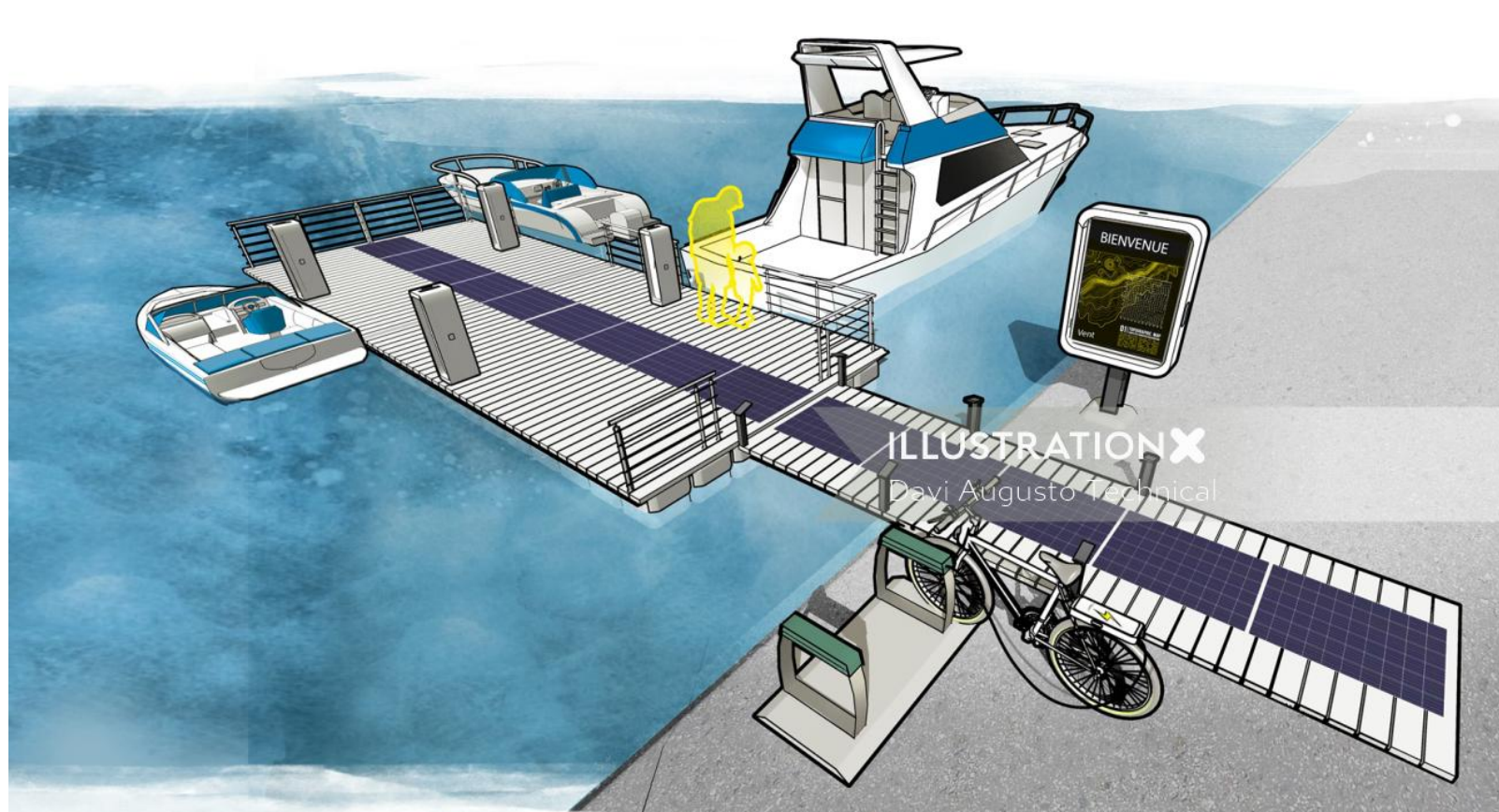
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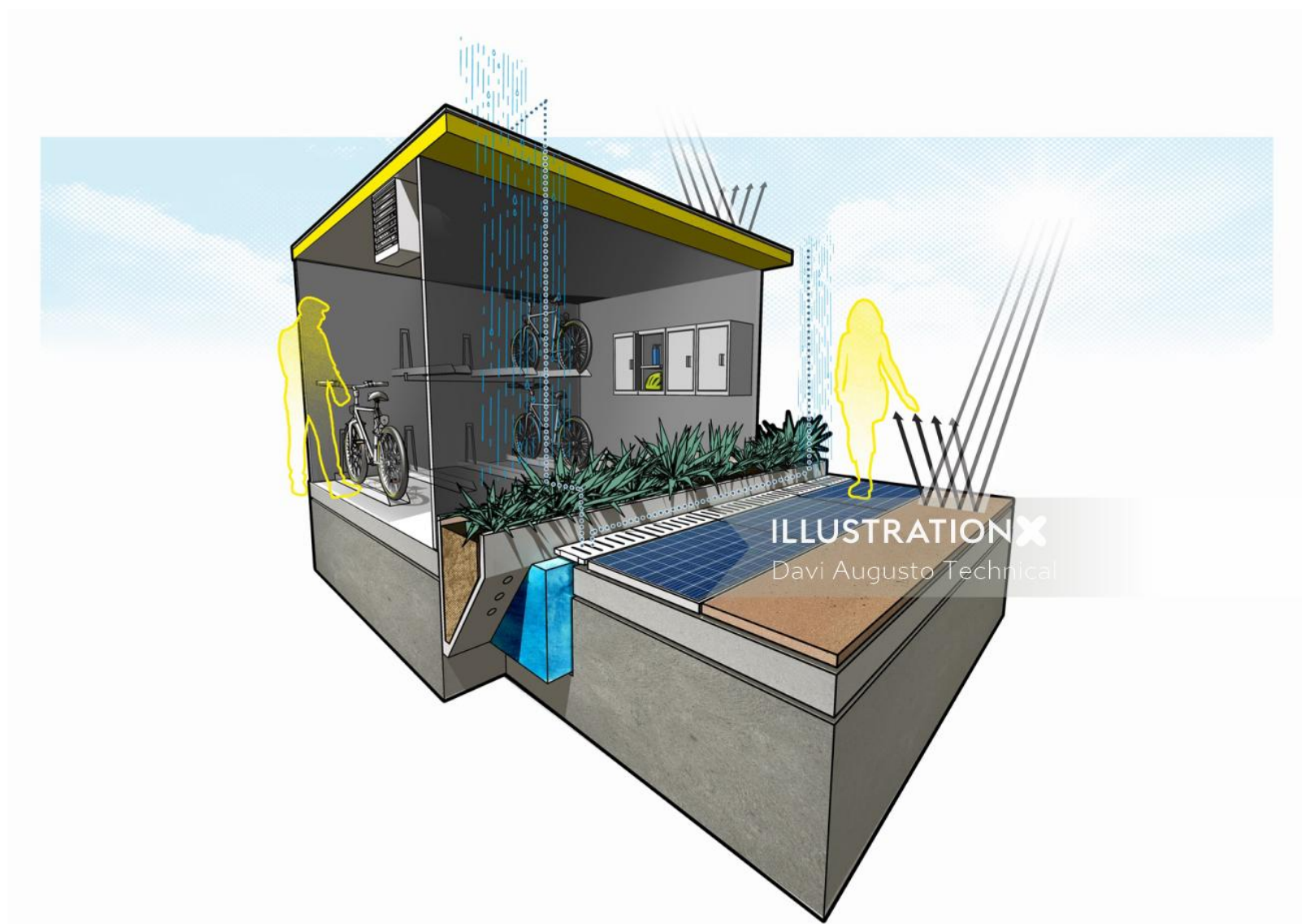
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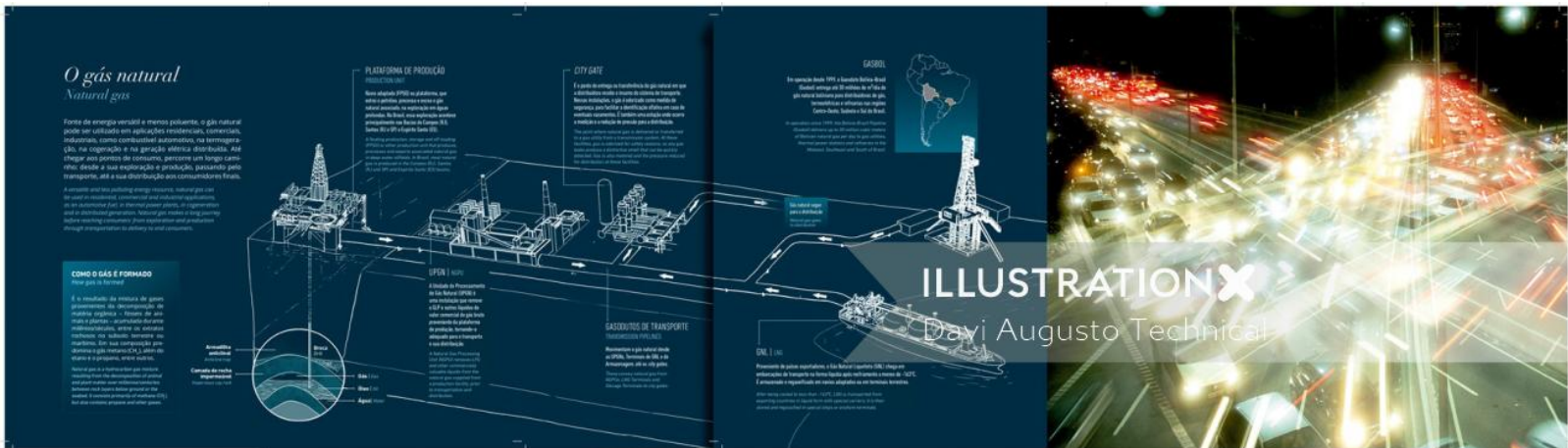
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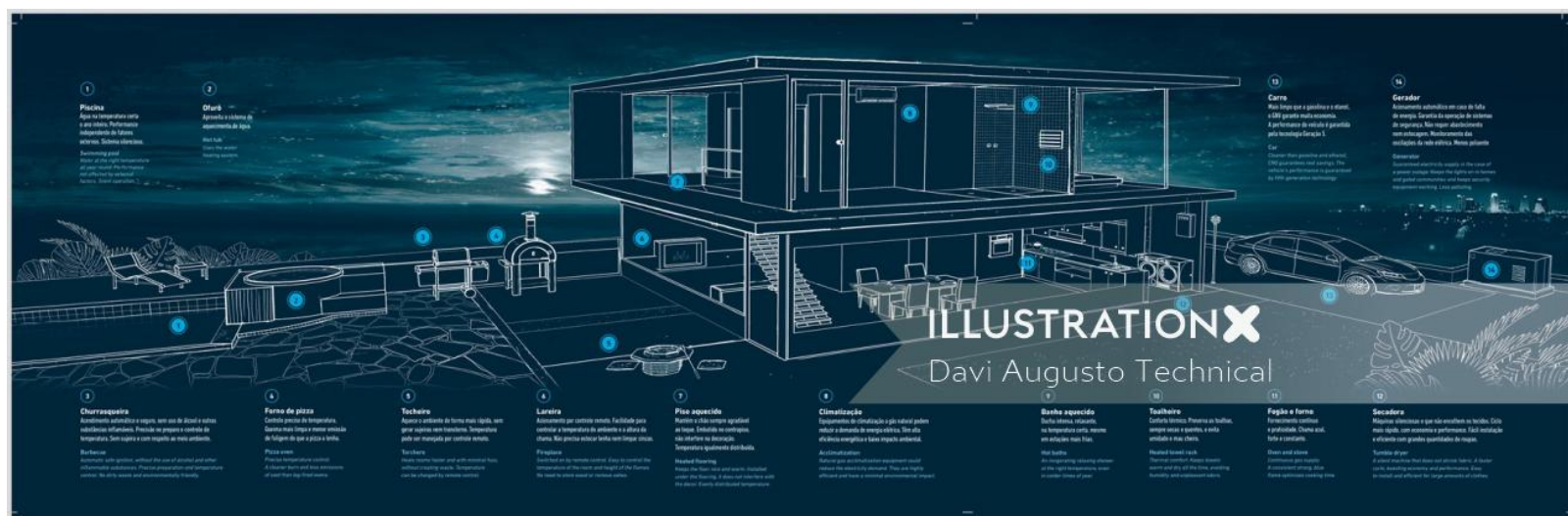


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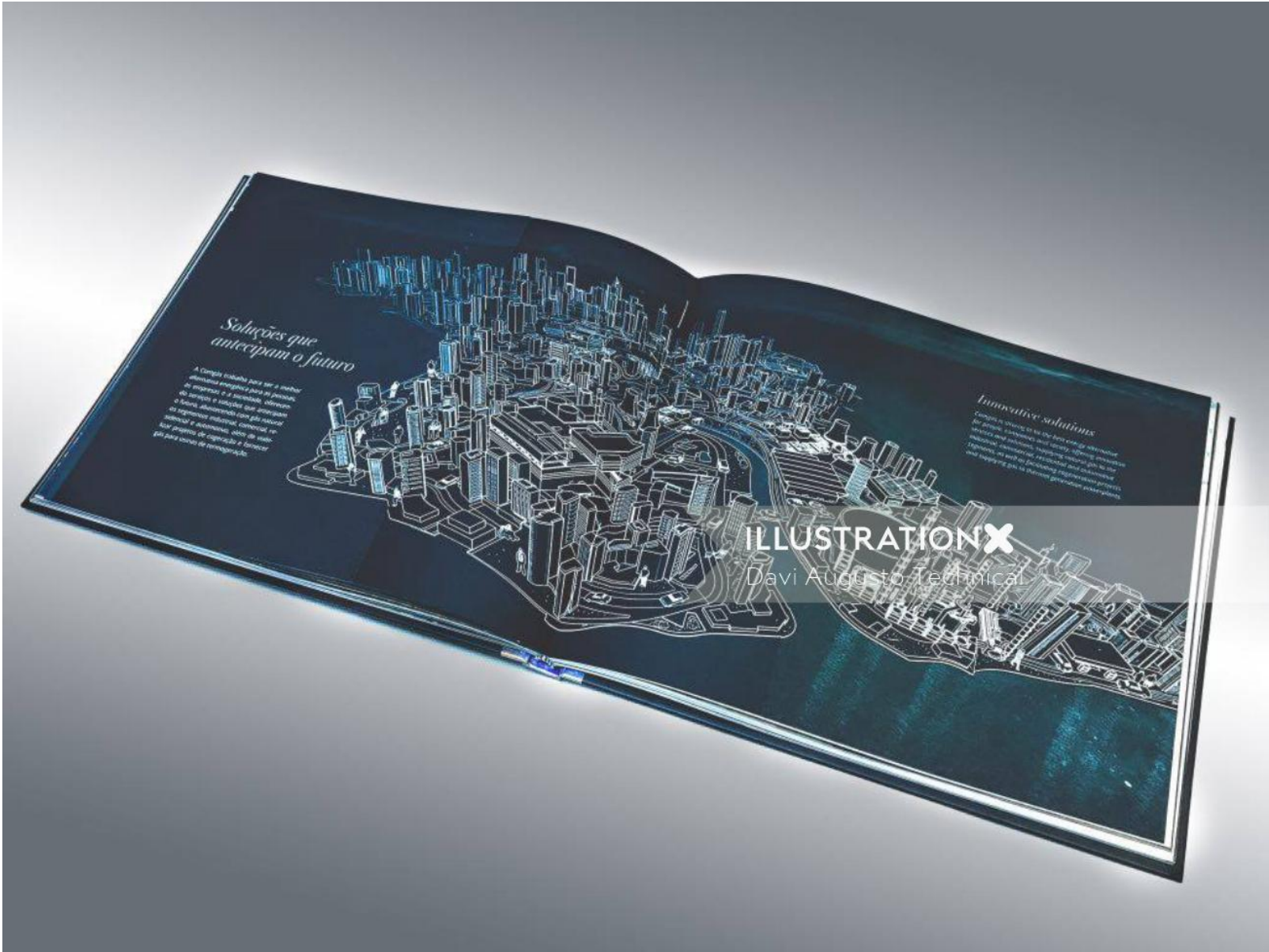


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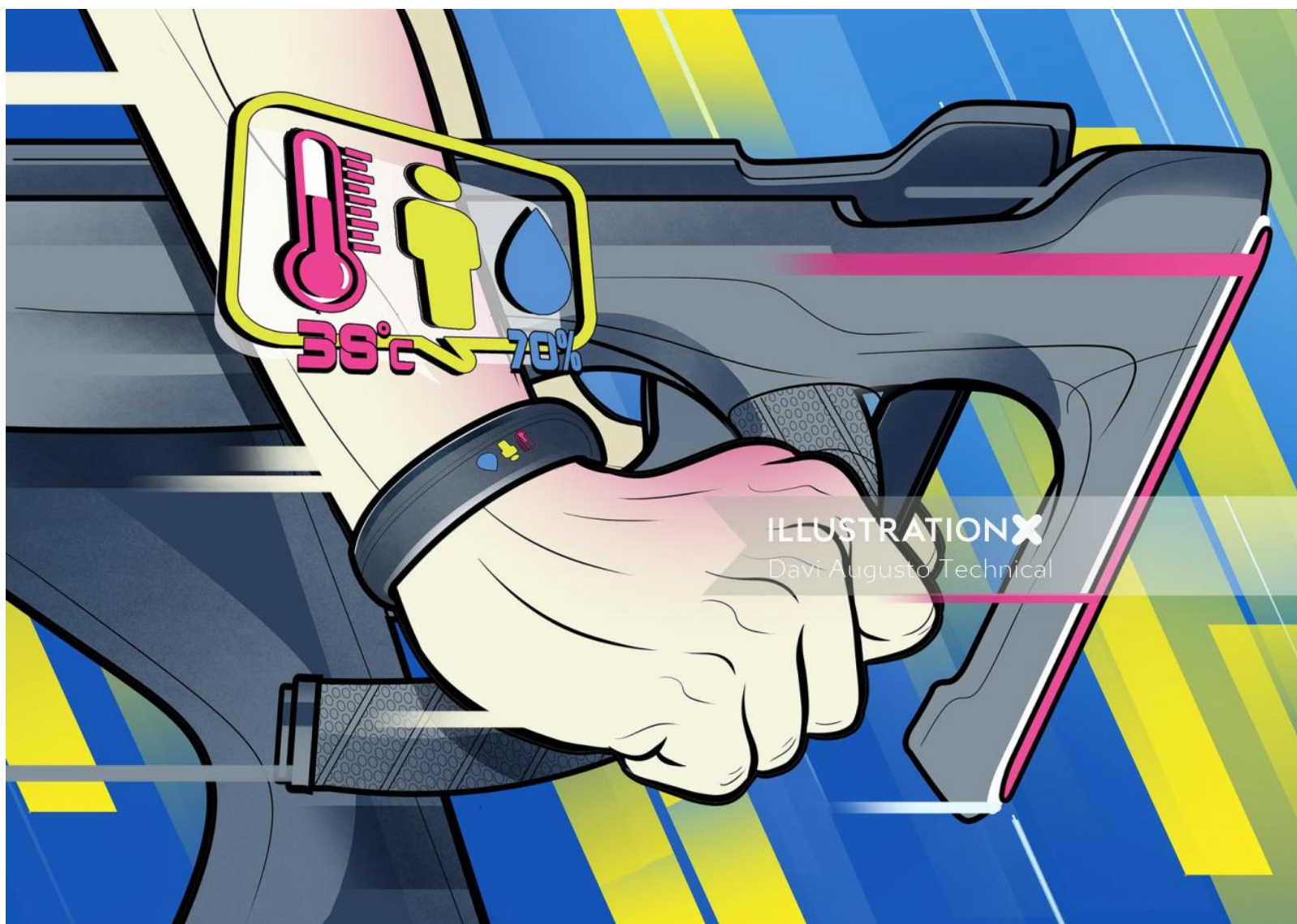
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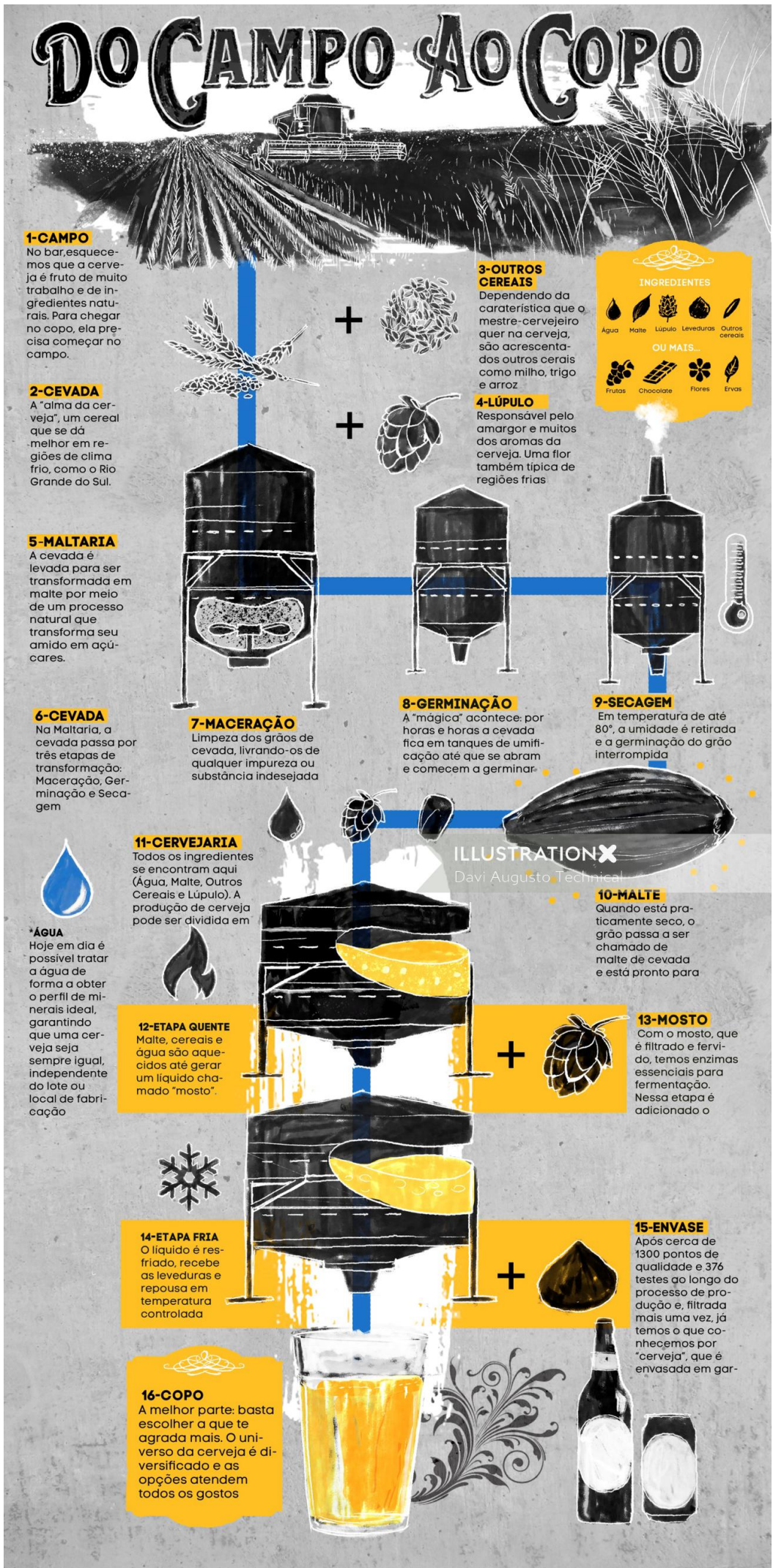
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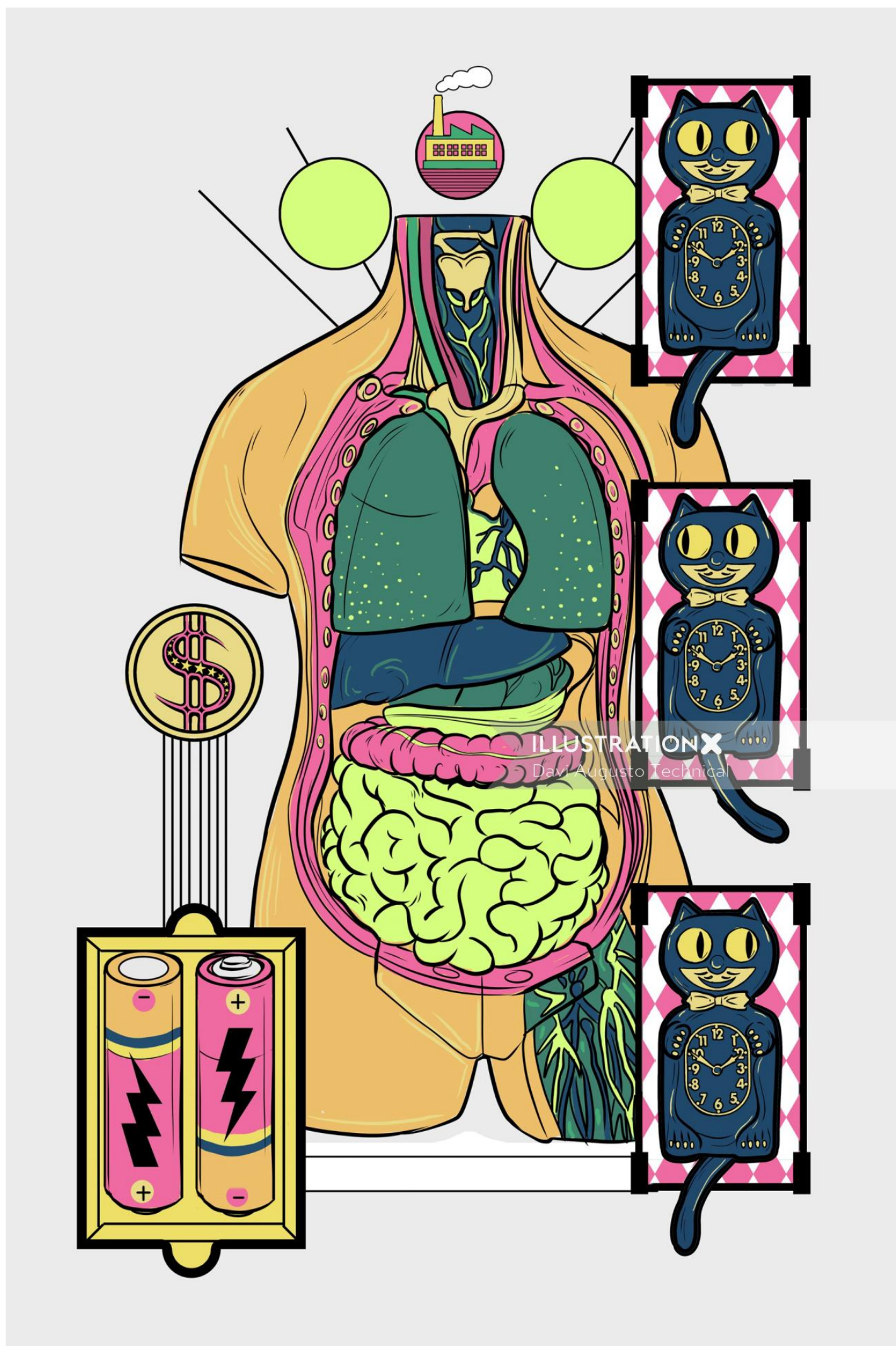
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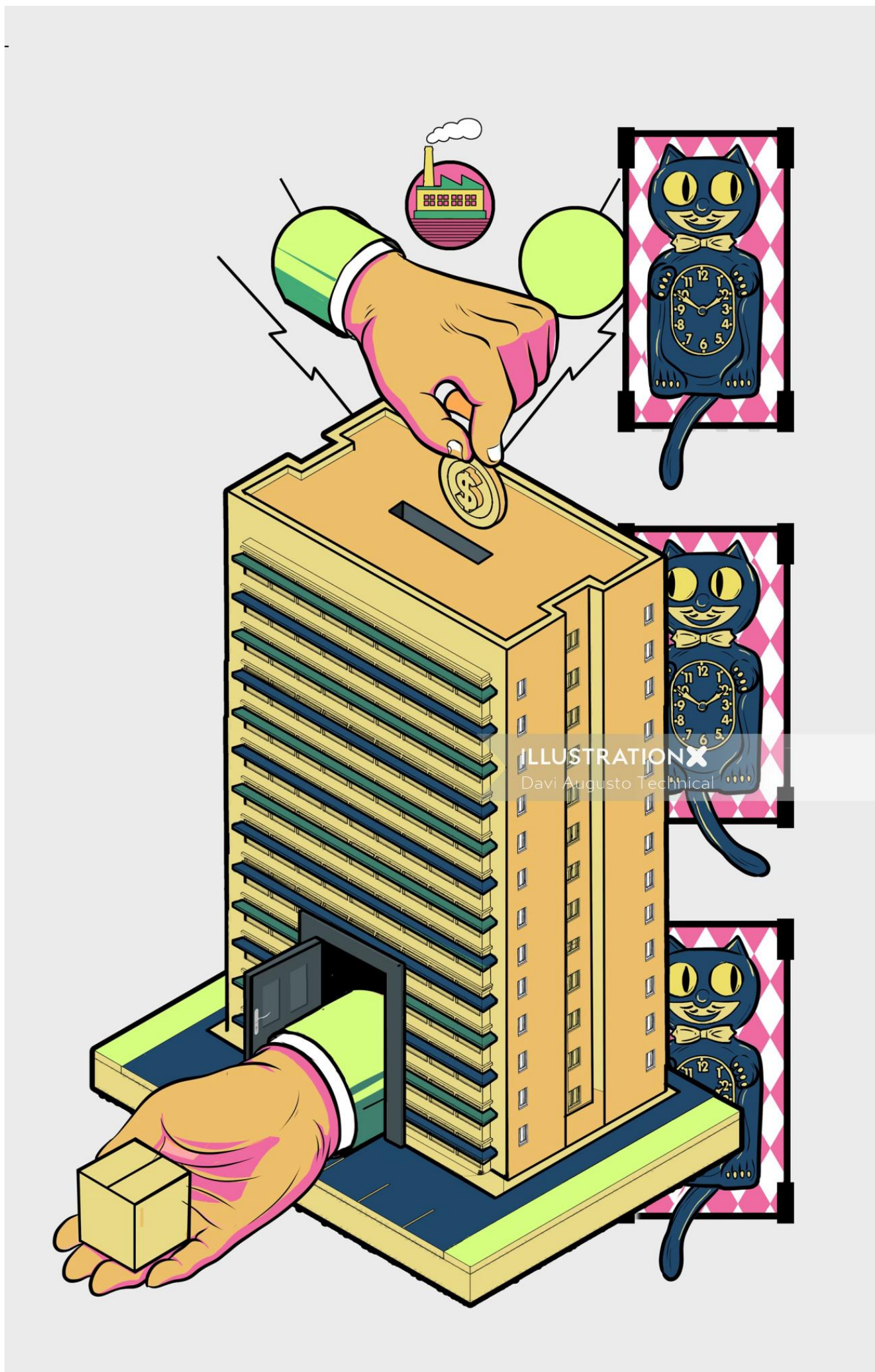
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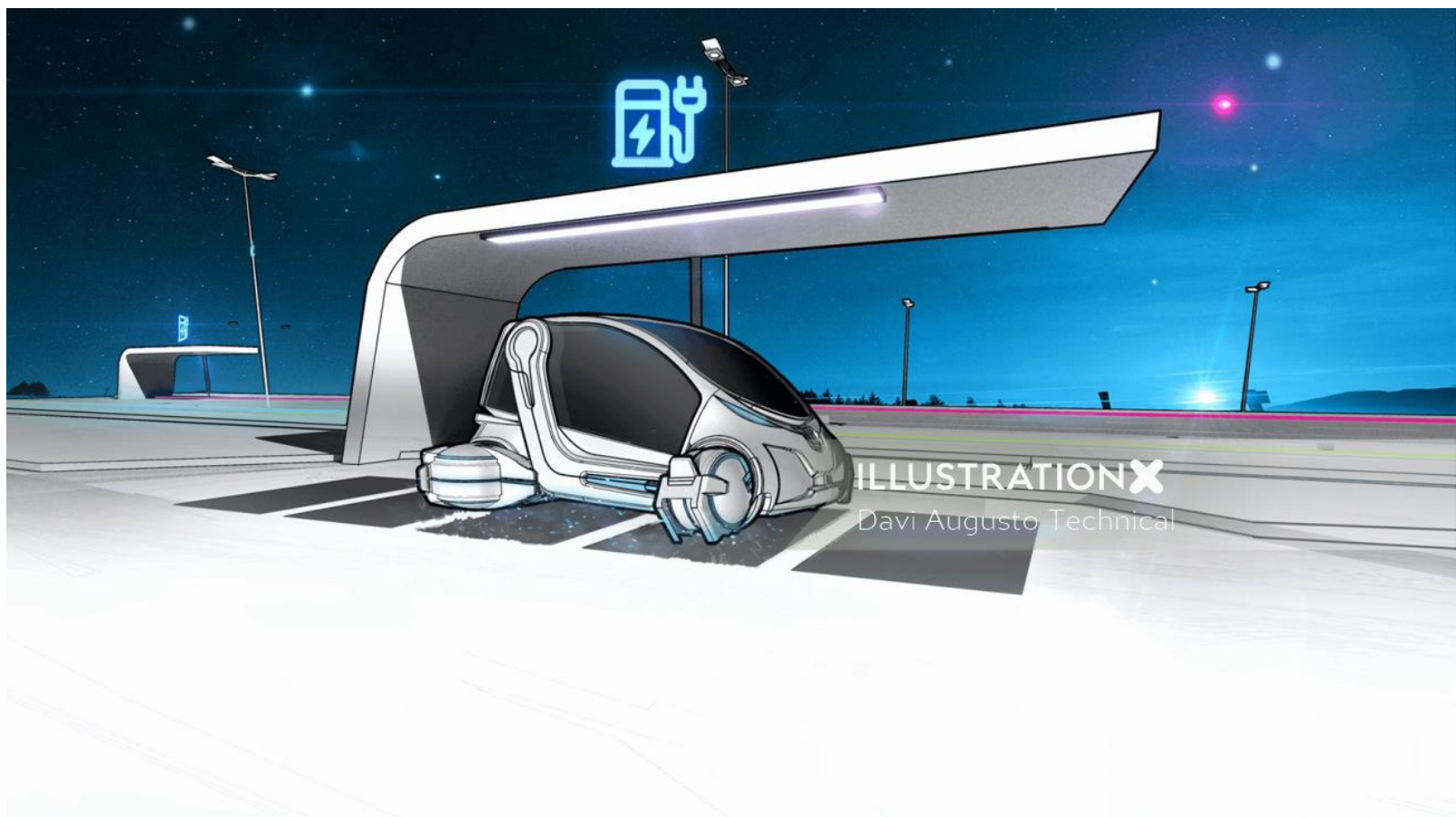
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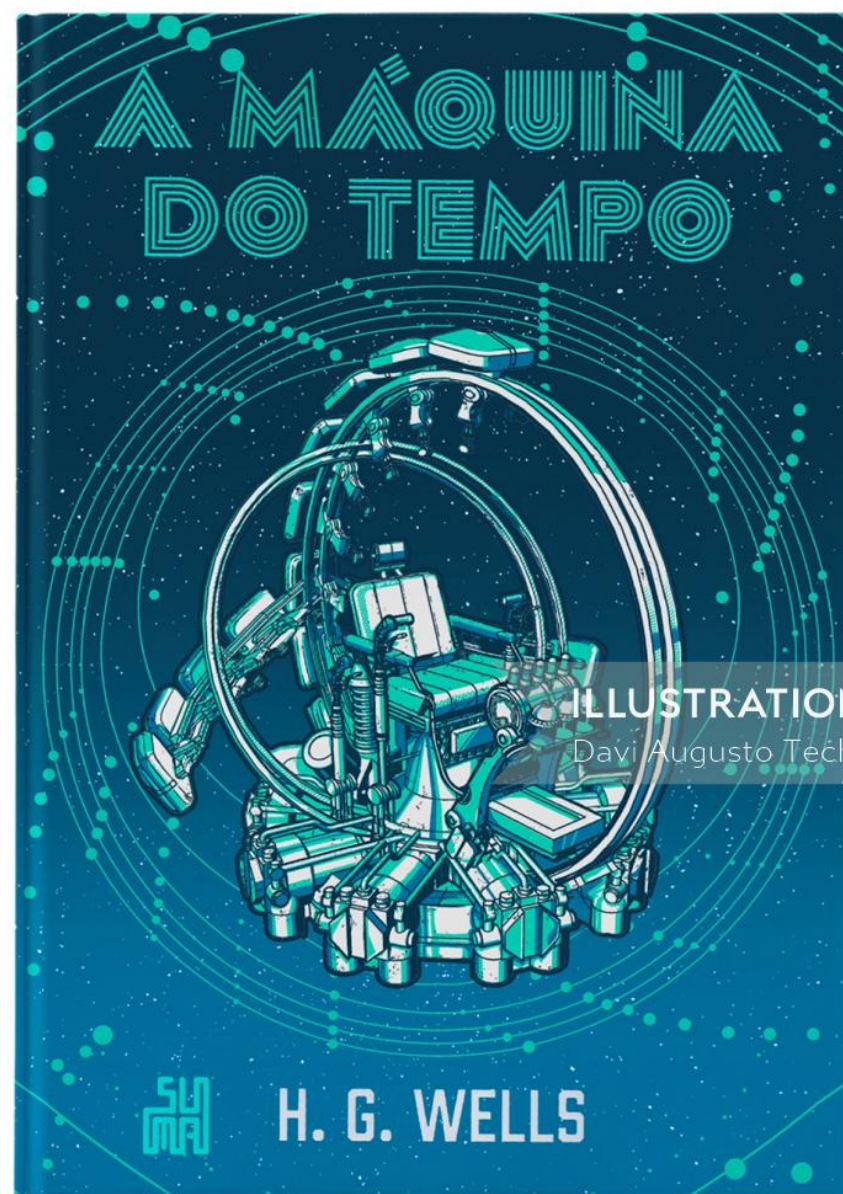
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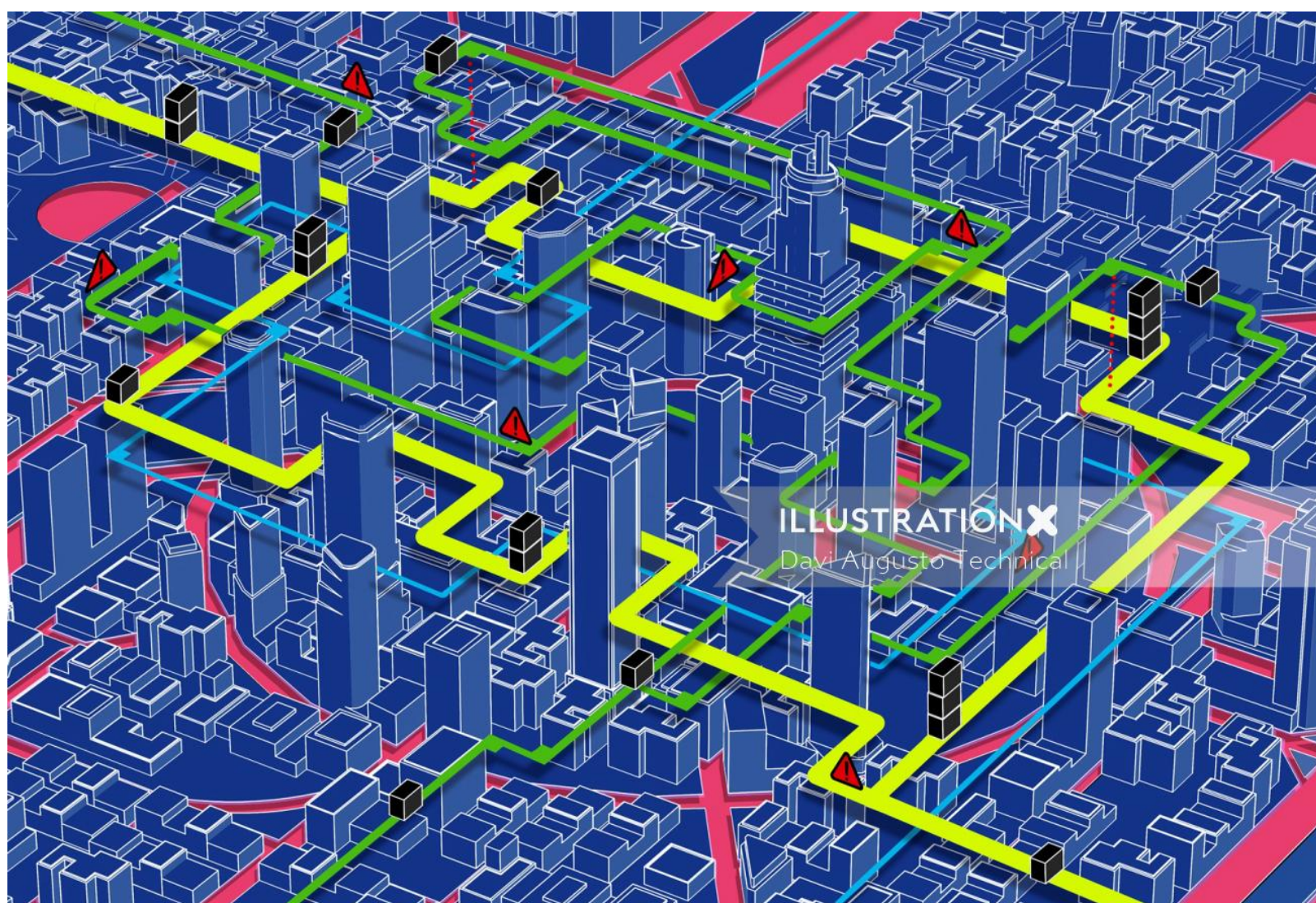
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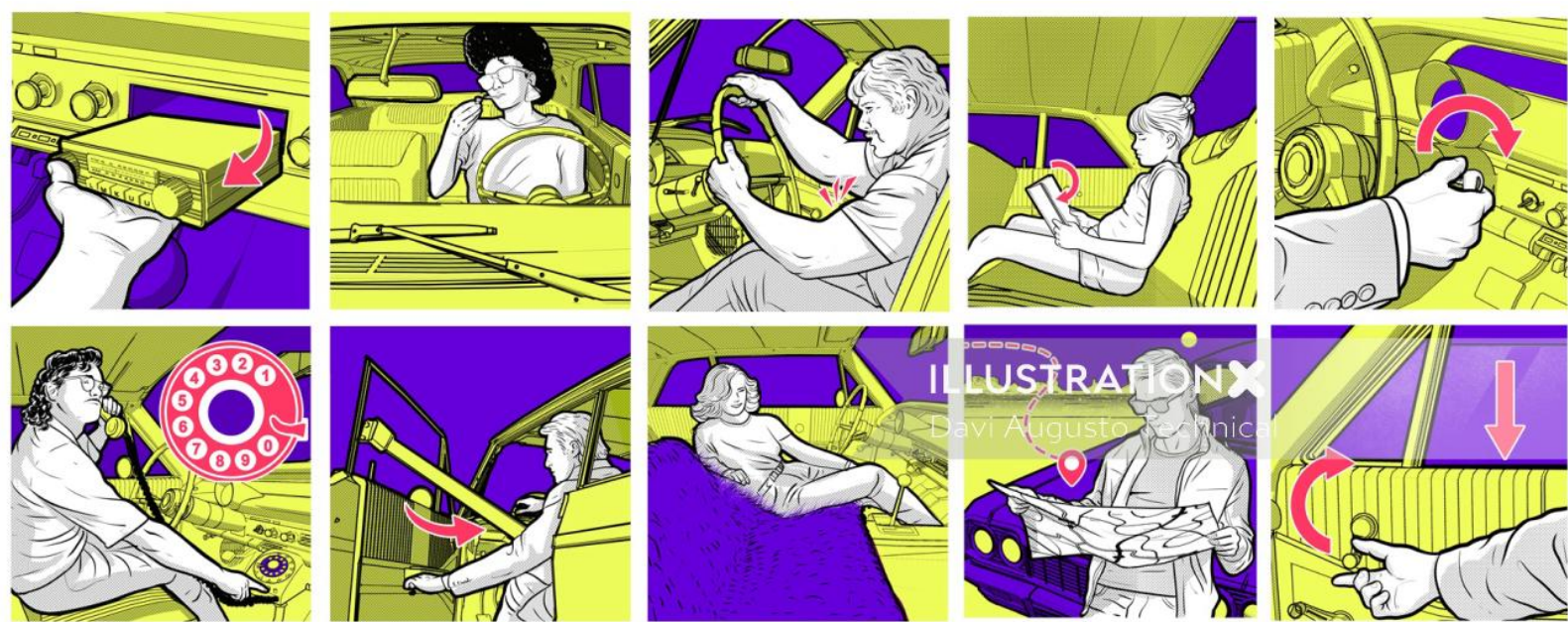
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