

ANEXO 2

Tabela 2– Programa de Treinamento Virtual

Exercício	Duração ou repetição
Fase 1 – técnica (1-2 semanas)	
1. Warm Up: Juggle It	2min
2. Warm Up: Kick It	2min
3. Warm Up: Hu-la-la	2min
4. Run The World: NY Broadway	400m
5. Jump Rope: Easy	2min
6. Workout: Glutes 100% A	
a. Knee up-side kick - D	8rep
b. Sumo squat	8rep
c. Knee up-side kick – E	8rep
7. Workout: Glutes 100% B	
a. Dumbbell Knee up-side kick-D	8rep
b. Dumbbell squat	8rep
c. Dumbbell Knee up-side kick-E	8rep
d. Dumbbell Knee up-side kick- D	8rep
e. Dumbbell squat	8rep
f. Dumbbell Knee up-side kick- E	8rep
8. Workout: Leg 100% A	
a. Step squat	4rep
b. Sumo squat	8rep
c. Side-to-side lunge	8rep
9. Workout: Leg 100% B	
a. Dumbbell step squat	8rep
b. Dumbbell squat	8rep
c. Back Lunge	4rep
d. Dumbbell step squat	8rep
e. Dumbbell squat	8rep
f. Back Lunge	4rep
Fase 2 – resistência (3-5 semanas)	
1. Run The World: NY Times Square	650m
2. Jump Rope: Medium	1'28min
3. Workout: Glutes 100% C	
a. Braced Squat	8rep
b. Dumbbell sumo squat	8rep
c. Lunge	4rep
d. Braced Squat	8rep
e. Dumbbell sumo squat	8rep
f. Lunge	4rep
4. Workout: Glutes 100% D	
a. Offset back lunge – D	8rep
b. Sumo squat	8rep
c. Offset back lunge – E	8rep
d. Dumbbell knee up-side kick- D	8rep
e. Dumbbell step squat	8rep
f. Dumbbell knee up-side kick- E	8rep
g. Step side lunge – D	8rep
h. Sumo rising	8rep
i. Step side lunge – E	8rep
j. Offset back lunge – D	8rep
k. Sumo squat	8rep
l. Offset back lunge – E	8rep
m. Dumbbell knee up-side kick- D	8rep
n. Step squat	8rep
o. Dumbbell knee up-side kick- E	8rep
5. Workout: Leg 100% C	
a. Bicep comb lunge – D	6rep

b.	Globet squat	8rep
c.	Bicep comb lunge – E	6rep
d.	Bicep comb lunge – D	6rep
e.	Globet squat	8rep
f.	Bicep comb lunge – E	6rep
6.	Workout: Leg 100% D	
a.	Bicep comb lunge – D	4rep
b.	Dumbbell squat	8rep
c.	Bicep comb lunge – E	4rep
d.	Muscle Man Twist – D	4rep
e.	Dumbbell sumo squat	4rep
f.	Muscle Man Twist – E	4rep
g.	Knee-up Side-kick – D	8rep
h.	Squat	8rep
i.	Knee-up Side-kick – E	8rep
j.	Bicep comb lunge – D	4rep
k.	Dumbbell squat	8rep
l.	Bicep comb lunge – E	4rep
m.	Muscle Man Twist – D	4rep
n.	Dumbbell sumo squat	4rep
o.	Muscle Man Twist - E	4rep
Fase 3 – Desempenho (6-8 semanas)		
1.	Run The World: 5 th Avenue	800m
2.	Jump Rope: Hard	2min
3.	Workout: Glutes 100% E	
a.	Back lunge	6 rep
b.	Goblet squat	6 rep
c.	Curtsy lunge raise	6 rep
d.	Single side lunge – D	12 rep
e.	Step squat	6 rep
f.	Single side lunge – E	12 rep
g.	Dumbbell knee up-side kick- D	12 rep
h.	Dumbbell sumo squat	12 rep
i.	Dumbbell knee up-side kick- E	12 rep
j.	Single side lunge – D	12 rep
k.	Step squat	6 rep
l.	Single side lunge – E	12 rep
m.	Back lunge	6 rep
n.	Goblet squat	6 rep
o.	Curtsy lunge raise	6 rep
4.	Workout: Leg 100% E	
a.	Offset back lunge – D	12 rep
b.	Curtsy lunge raise	6 rep
c.	Offset back lunge – E	12 rep
d.	Tap side tap back – D	8 rep
e.	Sumo squat	8 rep
f.	Tap side tap back – E	8 rep
g.	Muscle Man Twist – D	8 rep
h.	Dumbbell squat	6 rep
i.	Muscle Man Twist – E	12 rep
j.	Tap side tap back – D	6 rep
k.	Sumo squat	8 rep
l.	Tap side tap back – E	6 rep
m.	Offset back lunge – D	6 rep
n.	Curtsy lunge raise	6 rep
o.	Offset back lunge - E	6 rep

rep, repetição; m, metros; min, minutos